

HOME SCIENCE (Code No. 064)
(CLASSES – IX AND X)
(2021-2022)

Home science is a practical science that is essential for every individual to handle challenging responsibilities of the life. Home Science as a discipline aims to empower learners by developing understanding of five different areas namely:

- | Foods and Nutrition
- | Human Development and Childhood Studies
- | Resource Management
- | Fabric and Apparel Sciences
- | Community Development and Extension

The subject helps students to understand changing needs of Indian society, academic principles as well as develop professional skills.

Objectives: The syllabus at Secondary level develops an understanding in the learners that the knowledge and skills acquired through Home Science facilitates development of self, family and community. It endeavours to –

- | Acquaint learners with the basics of human development with specific reference to self and child.
- | Help to develop skills of judicious management of various resources.
- | Enable learners to become alert and aware consumers.
- | Impart knowledge of nutrition and lifestyles to enable prevention and management of diseases.
- | Inculcate healthy food habits.
- | Help to develop understanding of textiles for selection and care of clothes.
- | Develop skills of communication to assist in advocacy and dissemination of knowledge to community.

Class - IX HOME SCIENCE

TERM I

Course Structure: Theory & Practical

Theory: 35 Marks

UNIT No.	Units	Marks	No. of Pd.
1	Concept and scope of Home Science Education and recent trends	03	05
2	Human growth & Development – I	08	25
3	Family and Values	08	20
4	Food, Nutrition and Health	16	40
	Total	35	90

TERM II

Course Structure: Theory & Practical

Theory : 35 Marks

UNIT No.	Units	Marks	No. of Pd.
5	Fiber and Fabric	14	36
6	Resource Management	14	36
7	Measures of Safety and Management of Emergencies	07	18
	Total	35	90

CLASS IX HOME SCIENCE
TERM I

Unit I : Concept and scope of Home Science Education and recent trends

- a) Concept of Home science
- b) Fields of Home Science
- c) Relevance of study of Home Science and career options
- d) Recent trends

Unit II : Human Growth & Development – I

- a) Concept of growth and development
- b) Principles of growth and development
- c) Factors affecting growth and development (environmental and heredity)
- d) Age specific milestones (Birth to 3 years)-Physical, motor ,social, emotional, cognitive and language

Unit III : Family and Values

- a) Concept and types of family
- b) Role of family in Holistic development of an individual
(Physical, Social, Psychological and spiritual)
- c) Ethical and value based society (need for happy family, respect and care for each member of family, Dignity of labour, work distribution within the family)
- d) Importance of Girl Child.
- e) Influence of various factors on a family : Globalisation, urbanisation, migration, technology and media.

Unit IV : Food, Nutrition and Health

- a) Definition of food, nutrition, nutrient, Health and nutritional status.
- b) Food and its functions (Physiological, social and psychological)
- c) Nutrients : sources and functions
- d) Relationship of food, health and diseases
- e) Malnutrition : concepts and components (over nutrition and under nutrition)
- f) Concept of Balanced Diet

TERM II

Unit V : Fibre and Fabric

- a) Definition of Fiber and Yarn
- b) Classification of fiber on the basis of origin and length
- c) Characteristics of fibers : feel, appearance, colour fastness, length, strength, absorbency, shrinkage, elasticity, effect of heat and sunlight.

Unit VI : Resource Management

- a) Resources : Definition and characteristics
- b) Types of resources (Human : Time, Energy, Knowledge and attitude Non-Human : Money, materialistic goods and community resources)
- c) Waste Management – Need to refuse, reduce, reuse, repair and recycle waste.
- d) Proper disposal of kitchen waste (Biodegradable : Composting, Vermicomposting, biogas and bagass. Non Biodegradable : Inceneration, Land fills and recycle)

Unit VII : Measures of Safety and Management of Emergencies

- a) Accident prone / Unsafe Zones at home
- b) Need of safety at home
- c) Measures of safety against burns, electric shocks, cuts, fractures, bites, poisoning
- d) First Aid : Concept and Importance

CLASS IX HOME SCIENCE PRACTICALS

TERM I

1. Observation of physical development in a child from birth to three years.
2. Observation of motor skills in a child from birth to 3 years.
3. Role of family members: collage / chart etc.
4. Design educational games specific to functions / sources of nutrients.
5. Weights and measures: Equivalentents / conversions of Ounce, gram, cup teaspoon, tablespoon, how to use a kitchen weighing scale.
6. Identification of fruits, vegetables, spices, oils, sugars, cereals, and lentils.
7. Food processing method demonstration: Germination and Fermentation.

TERM II

1. Collection and Identification of fibre: physical and burning tests.
2. Create a slogan/poster for proper disposal of domestic waste .
3. Prepare a first aid kit and practice giving first aid for burns, cuts, bites, fractures, electric shock .

**SCHEME FOR PRACTICAL EXAMINATION
CLASS IX HOME SCIENCE**

TERM I

I	LAB ACTIVITY	MARKS
a)	Observation of physical development in a child from birth to three years OR Observation of motor skills in a child from birth to 3 years.	3 marks
b)	Prepare a dish using germination OR fermentation (With fire/without fire)	7 marks
II	File Work	5 marks
	TOTAL	15 marks

TERM II

I	LAB ACTIVITY	MARKS
a)	Identification of fibre using physical and burning tests.	3 Marks
II	First Aid Kit	5 Marks
III	File Work	5 Marks
IV	Viva	2 Marks
	TOTAL	15 marks

CLASS - X HOME SCIENCE

TERM I

Course Structure: Theory & Practical

Theory : 35 Marks

UNIT No.	Units	Marks	No. of Pd.
1	Human Growth & Development – II	13	36
2	Management of Resources	14	36
3	Food and Personal Hygiene	08	18
	Total	35	90

TERM II

Course Structure: Theory & Practical

Theory: 35 Marks

UNIT No.	Units	Marks	No. of Pd.
4.	Meal Planning	12	30
5.	Food Safety and Consumer Education	11	30
6.	Care and Maintenance of Fabrics and Apparel	12	30
	Total	35	90

CLASS X HOME SCIENCE
TERM I

Unit I : Human Growth and Development II

- a. Play (birth-5 years), role of play in growth and development of children.
Types of play-active, passive, natural, serious and exploratory,
selection of play material for children.
- b. Childhood (3years onwards)-Age specific milestones- Physical, motor ,
social, emotional, cognitive and language
- c. Adolescents : Special Features- Physical and biological, motor ,social, emotional,
cognitive and language

Unit II : Management of Resources : Time, Energy & Money

- a) Time Management - Definition and Importance
- b) Time plans - Factors affecting time plan
- c) Energy Management : Definition and Importance
- d) Fatigue and Work Simplification

Unit III : Food & Personal Hygiene

Principles of hygienic handling of food, including serving of food.

- a) Hygiene in kitchen
- b) Personal hygiene of food handler
- c) Hygiene during food storage

TERM II

Unit IV : Meal Planning

- a) Concept of Meal Planning
- b) Factors affecting meal planning : age, sex, climate, occupation, cost of food items, number of family members, occasion, availability of food, family traditions, likes and dislikes
- c) Basic food groups
- d) Use of food groups in planning balanced meal for self and family.

Unit V : Food Safety and Consumer Education

- a) Problems faced by Consumer-Mal-practices of traders, price variation, poor quality, Faulty weights and measures, non-availability of goods, misleading information, lack of standardized products
- b) Food adulteration : Concept, adulterants (Metanil yellow, Argemone , Kesari dal) and harmful effects of adulteration,
- c) Food Safety Standards-FSSAI (2006)

Unit VI : Care and Maintenance of Fabrics and Apparel

- a) Cleaning and finishing agents used in routine care of clothes.
- b) Stain Removal
- c) Storage of cotton, silk, wool and synthetics

CLASS X HOME SCIENCE

PRACTICALS

TERM I

1. Make a suitable play material for children between birth to 5 years (group activity)
2. List five areas of agreement and disagreement each with parents, siblings and friends, and give your suggestion to improve the relationships.
3. Plan a balanced meal for yourself.
4. Make a time plan to self for one day.

TERM II

1. Write a report on any five malpractices you have observed in the market and write your responsibilities as a consumer in each context.
2. Prepare a slogan/poster to create awareness on consumer education
3. Remove stain from white cotton fabric: curry, paint, ball pen ink, lipstick, tea and coffee

**SCHEME FOR PRACTICAL EXAMINATION
CLASS X HOME SCIENCE**

TERM I

I	LAB ACTIVITY	MARKS
a)	Plan a balanced meal for yourself	5 Marks
b)	Prepare a time plan for self for one day	5 Marks
II	Play Material	5 Marks
	TOTAL	15 Marks

TERM II

I	LAB ACTIVITY	MARKS
a)	Remove one stain from white cotton sample-curry, grease, ball pen ink, lipstick, tea and coffee	5 Marks
II	File Work	8 Marks
III	Viva	2 Marks
	TOTAL	15 Marks