

**HOME SCIENCE (Code No. 064)**  
**(CLASSES - IX AND X)**  
**(2022-23)**

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.

## Home Science (Code No. 064)

### Class - IX (2022-23)

Course Structure: Theory & Practical

Time: 3 Hrs.

Theory : 70 Marks

Practical : 30 Marks

| No. | Units   | Marks      | No. of Pd. |
|-----|---|------------|------------|
| 1   | Concept and scope of Home Science Education and recent trends | 03         | 03         |
| 2   | Human growth & Development – I                                | 08         | 24         |
| 3   | Family and Values   | 08         | 15         |
| 4   | Food, Nutrition and Health                                    | 15         | 24         |
| 5   | Fiber and Fabric  | 15         | 20         |
| 6   | Resource Management   | 14         | 28         |
| 7   | Measures of Safety and Management of Emergencies              | 07         | 12         |
|     | <b>Total</b>  | <b>70</b>  | <b>126</b> |
|     | <b>Practical</b>  | <b>30</b>  | <b>28</b>  |
|     | <b>Grand Total</b>  | <b>100</b> | <b>154</b> |

#### 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

### **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

## Practicals

30 Marks

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 or sources of nutrients.
5. Weights and measures: Equivalents / 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.
8. Collection and Identification of fibre: physical characteristics and burning tests.
9. Create a slogan or poster for proper disposal of domestic waste .
10. Prepare a first aid kit and practice giving first aid for burns, cuts, bites, fractures, electric shocks (group activity)

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

**M.M-30**

**I. LAB ACTIVITY-**

- |   |         |
|---|---------|
| a) Observation of physical development in a child from birth to three years             | 3 marks |
| OR  |         |
| Observation of motor skills in a child from birth to 3 years.                           |         |
|   |         |
| b) Prepare and present a dish using germination OR fermentation(With fire/without fire) | 7 Marks |
| c) Identification of fibre using physical characteristics and burning tests.            | 3Marks  |
|   |         |
| II. First Aid Kit   | 5 Marks |
| III. File Work  | 10Marks |
| IV. Viva  | 2 Marks |

## Home Science (Code No. 064)

### Class - X (2022-23)

Course Structure: Theory & Practical

Theory : 70Marks

Time:3 Hrs.

Practical : 30Marks

| No. | Units                                       | Marks      | No. of Pd. |
|-----|---|------------|------------|
| 1   | Human Growth & Development – II             | 12         | 20         |
| 2   | Management of Resources                     | 12         | 20         |
| 3   | Food and Personal Hygiene                   | 08         | 16         |
| 4   | Meal Planning                               | 13         | 30         |
| 5   | Food Safety and Consumer Education          | 12         | 20         |
| 6   | Care and Maintenance of Fabrics and Apparel | 13         | 20         |
|     | <b>Total</b>                                | <b>70</b>  | <b>126</b> |
|     | <b>Practical</b>                            | <b>30</b>  | <b>28</b>  |
|     | <b>Grand Total</b>                          | <b>100</b> | <b>154</b> |

#### Unit I : Human growth & development II

- a. Play (birth-5 years), role of play in growth & development of children. Types of play- active, passive, natural, serious and exploratory, selection of play material for children.
- b. Childhood(3 to11 years)-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 and 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 and Personal Hygiene**

- a) Principles of hygienic handling and serving of food
- b) Hygiene in kitchen
- c) Personal hygiene of food handler
- d) Hygiene during food storage

## **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 given by ICMR
- 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- 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 these adulterants on human health,
- 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



## Practicals

30 Marks

1. Make a suitable play material for children between birth to 5 years (group activity)
2. Plan a balanced meal for yourself.
3. Make a time plan to self for one day.
4. Write a report on any five malpractices you have observed in the market and write your responsibilities as a consumer in each context.
5. Prepare a slogan/poster to create awareness on consumer education
6. Remove stains from white cotton fabric: curry, grease, ball pen ink, lipstick, tea and coffee
7. List five areas of agreement and disagreement each with parents, siblings and friends, and give your suggestion to improve the relationships.

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

**M.M-30**

| 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 |
| c)  | Remove any two stain from white cotton sample- curry, grease, ball pen ink, lipstick, tea and coffee | 5 marks |
| II  | Play Material  | 8 Marks |
| III | File Work  | 5 Marks |
| IV  | Viva   | 2 Marks |

**QUESTION PAPER DESIGN 2022-23**  
**HOME SCIENCE (CODE NO. 064)CLASS- IX& X**

**TIME: 3 HOURS**

**Max. Marks: 70**

| <b>S. No</b> | <b>Competencies</b>   | <b>Total Marks</b> | <b>% Weightage</b> |
|--------------|---|--------------------|--------------------|
| 1.           | Knowledge and understanding based questions terms, concepts, principles, or theories; Identify, define, or recite<br>interpret, compare, contrast, explain, paraphrase information)   | 28                 | 40%                |
| 2.           | Application - or knowledge/concepts based questions<br>(Use abstract information in concrete situation, to apply knowledge to new situations. Use given content to interpret a situation, provide an example, or solve a problem)   | 21                 | 30%                |
| 3..          | Formulation, analysis, Evaluation and creativity based question (Appraise, judge, and /or justify the value or worth of a decision or outcome, or to predict outcomes)<br>Classify, compare, contrast, or differentiate between different pieces of<br>integrate unique piece of information from a variety of sources) | 21                 | 30%                |
|              | <b>TOTAL</b>  | <b>70</b>          | <b>100</b>         |

**NOTE:** Internal Choice of 30% will be given

Easy- 20%

Average- 60%

Difficult- 20%