

HUMAN ECOLOGY AND FAMILY SCIENCES

THEORY CLASS - XI

One Paper

Time : 3 Hours

70 Marks

Unit	Topics	Marks
I.	Introduction to Human Ecology and Family Sciences	2
II.	Understanding oneself: Adolescence	30
III.	Understanding Family, Community and Society	12
IV.	Childhood	12
V.	Adulthood	14
Total =		70

Unit 1: Introduction to Human Ecology and Family Sciences **2 Period**
Evolution of the discipline and its relevance to the quality of life.

Unit 2: Understanding oneself: Adolescence **55 Period**

- A. Sense of self - understanding 'Who am I'?
- B. Characteristics and needs.
- C. Influences on identity formation.
 - Biological and physical changes.
 - Socio-cultural contexts.
 - Emotional changes.
 - Cognitive changes.
- D. Food, Nutrition, Health and Fitness.
- E. Management of resources - time, money, energy and space.
- F. Fabric and apparel.
- G. Media and communication technology (pg. 88 & 89 deleted)

Unit 3: Understanding Family, Community and Society **30 Period**

A. Concerns and needs in diverse contexts Family, School, Community and Society

Key areas:

- a. Health, Nutrition and Hygiene
- b. Resource availability and management

Unit-4: Childhood

30 Period

- Nutrition, Health and Wellbeing
- Clothes and Apparel

Unit- 5: Adulthood

33 Period

- Financial planning and Management
- Care and maintenance of fabrics and apparel.



HUMAN ECOLOGY AND FAMILY SCIENCES

CLASS-XI PRACTICAL

One paper

Time : 3 Hours

30 Marks

- I. HUMAN DEVELOPMENT AND FAMILY STUDIES: (4)**
1. Study of physical self with reference to
 - (a) Age, height, weight, hip size, round chest/be round waist.
 - (b) Age at menarche (Girls).
 - (c) Growth of beard, change in voice (Boys).
 - (d) Colour of hair and eyes.
 2.
 - (a) Record own emotions for a day in different contexts.
 - (b) Reflect on the “why” of these emotions and ways of handling them.
 3. List and discuss 4 (four) areas of agreement and disagreement with:
 - (a) Mother
 - (b) Father
 - (c) Siblings
 - (d) Friends
 - (e) Teacher
- II. NUTRITION, FOOD SCIENCE AND TECHNOLOGY: (6)**
1. Understanding oneself with reference to health status.
 2.
 - (a) Record own diet for a day.
 - (b) Evaluate qualitatively for adequacy.
 3. Preparation of different healthy snacks for an adolescent suitable in his/her context.
- III. FABRIC AND APPAREL: (4)**
1. Understanding oneself with reference to garment sizing.
 2.
 - (a) Record the fabrics and apparel used in a day.
 - (b) Categorize them according to functionality.
 3. Relationship of fibre properties to their usage
 - (a) Flammability.
 - (b) Moisture absorbency and comfort.

IV. RESOURCE MANAGEMENT: (6)

1. (a) Record one day's activities relating to time use and work.
(b) Prepare a time plan for oneself.
2. Study of labels on
 - (a) Food
 - (b) Drugs and Cosmetics
 - (c) Fabrics and Apparel
 - (d) Consumer durables
3. Plan a budget for self for a given situation/purpose
4. List five problems faced by your family as a consumer.
Suggest solutions to overcome the same.

V. COMMUNICATION AND EXTENSION: (5)

1. Project:
Media availability and preference
 - (i) Aim & Objectives
 - (ii) Materials and methods
 - (iii) Summary of the project
 - (iv) Viva Voce on the project

VI. LABORATORY RECORDBOOK: (5)

- (i) Completeness of practical work
- (ii) Regularity on submitting record
- (iii) Neatness and accuracy of record
- (iv) Viva Voce on record

PRESCRIBED TEXT BOOKS:

1. Human Ecology and Family Sciences Part-I
Textbook for Class-XI
Published by : NCERT, New Delhi.
2. Human Ecology and Family Sciences Part-II
Textbook for Class-XI
Published by : NCERT, New Delhi.

REFERENCE BOOKS:

1. Home Science for Class XI
By: Sharda Gupta, Shubh Sadhana Sahay and Savita Sharma.
Published by: New Saraswati House (India) Pvt. Ltd. New Delhi-110002



DESIGN OF QUESTION PAPER

**Subject : HUMAN ECOLOGY
AND FAMILY SCIENCES**

**Paper : Theory
Class : XI
Full Mark : 70
Time : 3 Hours**

WEIGHTAGE TO OBJECTIVES					
	Objectives	Marks	Percentage		
1	Knowledge (K)	10	15		
	Understanding (U)	35	50		
	Application (A)	21	30		
	Skill (S)	4	5		
	Total :		70	100	
WEIGHTAGE TO FORM OF QUESTIONS:					
	Form of Questions	No. of Question	Time (in minute)	Marks	Percentage
2	Essay/Long Answer (E/LA)	3	60	15	21
	Short Answer (SA-I)	6	37	18	26
	Short Answer (SA-II)	10	40	20	29
	Very Short Answer (VSA)	7	21	7	10
	MCQ	10	22	10	14
	Total:		36	180	70
WEIGHTAGE TO CONTENT:					
	UNIT /CONTENTS :		Marks	Percentage	
3	I.	Introduction to Human Ecology and Family Sciences	2	3	
	II.	Understanding oneself: Adolescence	30	43	
	III.	Understanding Family, Community and Society	12	17	
	IV.	Childhood	12	17	
	V.	Adulthood	14	20	
	Total :			70	100
4	SCHEME OF SECTIONS : Nil				
5	SCHEME OF OPTIONS : i) Internal option will be given in Essay Type Questions. ii) Internal option will be given in three questions of SA-I including one case study based question.				
6	DIFFICULTY LEVEL : Difficult : 35% of the total marks Average : 50% of the total marks Easy : 15% of the total marks				

Abbreviation : K(Knowledge), U(Understanding), C(Comprehension), Exp.(Expression), Skill(S), E(Essay Type), SA (Short Answer Type), VSA (Very Short Answer Type), MCQ(Multiple Choice Question).

NOTE: Two questions out of ten questions of MCQ will be assertion reason type question.

DESIGN
QUESTION PAPER/UNIT TEST

Subject : HUMAN ECOLOGY
AND FAMILY SCIENCES

Unit/Paper : Practical

Class : XI

Full Marks : 30

Time : 3 Hours

Sl. No.	Item	Skill/Objective to be tested					Marks Allotted	Estimated Time in Minute
		O.S.	M.S	D.S.	R.S.	R.U		
1.	Human Development and Family Studies:	-	-	-	2	2	4	20
2.	Nutrition, Food Science and Technology:	-	5	-	-	1	6	60
3.	Fabric and Apparel:	-	2	-	-	2	4	40
4.	Resource Management:	-	4	-	-	2	6	60
5.	Communication and Extension:	-	-	-	2	3	-	00
6.	Laboratory Recordbook:	-	2	-	1	2	5	00
Total		-	13	-	5	12	30	180

O.S. = Observational Skill, M.S. = Manipulative Skill, D.S. = Drawing Skill, R.S. = Reporting Skill, R.U. = Related Understandings.

HUMAN ECOLOGY AND FAMILY SCIENCES

THEORY
CLASS - XII

One Paper

Time : 3 Hours

70 Marks

Unit No.	Topics	Marks
1.	Work, Livelihood and Career	05
2.	Nutrition, Food Science and Technology	20
3.	Human Development and Family Studies	10
4.	Fabric and Apparel	15
5.	Resource Management	10
6.	Communication and Extension	10
	Total =	70

UNIT-1: Work, Livelihood and Career:

05 Marks 10 Periods

- Work and meaningful work.
- Work, career and livelihoods.
- Traditional occupations of India.
- Work, Age and Gender
- Gender Issues in Relation to Work.
- Issues and concerns related to Women and Work.
- Attitudes and approaches to work.
- Quality of work life.
- Life skills for livelihood.
- Improving one's own work life.
- Work, Ethics and dignity of labour.
- Ergonomics
- Entrepreneurship
- Characteristics of entrepreneurs.

UNIT-2: Nutrition, Food Science and Technology:

20 Marks 40 Periods

Specific Careers and Areas

- Clinical nutrition and dietetics.
- Public nutrition and health.
- Food processing and technology.
- Food quality and food safety.

UNIT-3: Human Development and Family Studies: 10 Marks 25 Periods

Specific Careers and Areas

- Early childhood care and education.
- Management of support services, institutions and programmes for children, youth and elderly.

UNIT-4: Fabric and Apparel: 15 Marks 30 Periods

Specific Careers and Areas

- Design for fabric and apparel.
- Fashion Design and Merchandising.
- Care and maintenance of fabrics in institutions.

UNIT-5: Resource Management: 10 Marks 25 Periods

Specific Careers and Areas

- Hospitality management.
- Consumer Education and Protection.

UNIT-6: Communication and Extension: 10 Marks 25 Periods

Specific Careers and Areas

- Development communication and journalism..
- Corporate communication and public relations..

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HUMAN ECOLOGY AND FAMILY SCIENCES

PRACTICAL CLASS-XII

One paper

Time : 3 Hours

30 Marks

- A. Nutrition, Food Science and Technology: 4 marks**
1. Visual tests on food adulteration.
 2. Development and preparation of supplementary foods for nutrition programmes.
 3. Modification of a normal diet to soft diet for elderly person.
 4. Design, preparation and evaluation of a processed food product.
- B. Human Development and Family Studies: 4 marks**
5. Preparation and use of teaching aids, using indigenous and locally material to communicate socially relevant message for children.
 6. Making a small booklet of four lined poems on environment birds and animals in local context with illustrations.
- C. Fabric and Apparel: 4 marks**
7. Preparation of articles using applied textile design techniques; tie and dye and block printing.
 8. Care and maintenance of fabric products:
 - (a) Mending
 - (b) Cleaning.
- D. Resource Management: 4 marks**
9. Make a leaflet or a pamphlet for consumer education (any one of the following):
 - (a) CPA (Consumer Protection Act)
 - (b) Consumer responsibilities
 - (c) Consumer organisations
 - (d) Consumer problems
- E. Extension and Communication: 4 marks**
10. Prepare a radio talk on any one of the following themes:
 - (a) Social message- gender equality, AIDs, Female Foeticide, Child Labour, Rights Abuse and other such themes.
 - (b) Scientific fact/discovery.
 - (c) Any significant incident/event.

F. Projects:

Any one of the following may be undertaken and evaluated:

3 marks

1. (a) Analysis of traditional occupation prevalent in one's own local area, their beginnings, present status and challenges faced.
(b) Analysis of gender roles, entrepreneurial opportunities and future careers and family participation.
2. Documentation of any public/mass campaign being implemented in own area, with reference to:
 - (a) Purpose of campaign.
 - (b) Focal group.
 - (c) Modalities of implementation.
 - (d) Stakeholders involved.
 - (e) Media and methods usedComment on the relevance of the campaign.
3. Study of an integrated community- based programme being implemented in own area, with reference to:
 - (a) Programme objectives.
 - (b) Focal group.
 - (c) Modalities of implementation.
 - (d) Stakeholders involved.
4. Planning messages for nutrition, health and life skills using different modes of communication for different focal groups.
5. Market survey of processed foods their packaging and label information.

- G. Laboratory Record book: **3 Marks****
- (i) Completeness of practical work. - 1 Mark
 - (ii) Regularity in submitting record. - 1 Mark
 - (iii) Neatness and accuracy of record. - 1 Mark
- H. Viva Voce: **4 Marks****
- (i) On the project - 2 marks
 - (ii) On the class record - 2 marks

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REFERENCE BOOKS:

1. Home Science for Class XII
By: Sharda Gupta, Shubh Sadhana Sahay and Savita Sharma.
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FOR THE ACADEMIC SESSION 2024-25

DESIGN OF QUESTION PAPER

**Subject : HUMAN ECOLOGY
AND FAMILY SCIENCES**
Paper : Theory
Class : XII
Full Mark : 70
Time : 3 Hours

WEIGHTAGE TO OBJECTIVES					
I	Objectives			Marks	Percentage
	Knowledge (K)			14	20
	Understanding (U)			32	46
	Application (A)			21	30
	Skill (S)			3	4
	Total :			70	100
WEIGHTAGE TO FORM OF QUESTIONS:					
II	Form of Questions	No. of Question	Time (in minute)	Marks	Percentage
	Essay/Long Answer(E/LA)	3	60	15	21
	Short Answer (SA-I)	6	36	18	26
	Short Answer (SA-II)	10	40	20	29
	Very Short Answer (VSA)	10	30	10	14
	MCQ	7	14	7	10
	Total:		36	180	70
WEIGHTAGE TO CONTENT:					
III	UNIT /CONTENTS :			Marks	
	1	Work, Livelihood and Career		05	
	2.	Nutrition, Food Science andTechnology		20	
	3.	Human Development and Family Studies		10	
	4.	Fabric and Apparel		15	
	5.	Resource Management		10	
	6.	Communication and Extension		10	
Total :			70		
IV	SCHEME OF SECTIONS : Nil				
V	SCHEME OF OPTIONS : Internal option may be given in Essay Type Question & SA-I.				
VI	DIFFICULTY LEVEL :				
	Difficult		: 30%		
	Average		: 50%		
Easy		: 20%			

Abbreviation : K(Knowledge), U(Understanding), C(Comprehension), Exp.(Expression), Skill(S), E(Essay Type), SA (Short Answer Type), VSA (Very Short Answer Type), MCQ(Multiple Choice Question)

FROM THE ACADEMIC SESSION 2025-26

**DESIGN OF
QUESTION PAPER**

**Subject : HUMAN ECOLOGY
AND FAMILY SCIENCES**

Paper : Theory

Class : XII

Full Mark : 70

Time : 3 Hours

WEIGHTAGE TO OBJECTIVES					
I	Objectives			Marks	Percentage
	Knowledge (K)			10	15
	Understanding (U)			35	50
	Application (A)			21	30
	Skill (S)			4	5
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WEIGHTAGE TO FORM OF QUESTIONS:					
II	Form of Questions	No. of Question	Time (in minute)	Marks	Percentage
	Essay/Long Answer(E/LA)	3	60	15	21
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	MCQ	10	22	10	14
	Total:	36	180	70	100
WEIGHTAGE TO CONTENT:					
III	UNIT /CONTENTS :			Marks	Percentage
	1	Work, Livelihood and Career		05	7
	2.	Nutrition, Food Science and Technology		20	29
	3.	Human Development and Family Studies		10	14
	4.	Fabric and Apparel		15	22
	5.	Resource Management		10	14
	6.	Communication and Extension		10	14
	Total :			70	100
IV	SCHEME OF SECTIONS : Nil				
V	SCHEME OF OPTIONS : i) Internal option will be given in Essay Type Questions. ii) Internal option will be given in three questions of SA-I including one case study based question.				
VI	DIFFICULTY LEVEL : Difficult : 35% of the total marks Average : 50% of the total marks Easy : 15% of the total marks				

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DESIGN
QUESTION PAPER/UNIT TEST

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AND FAMILY SCIENCES**

Unit/Paper : Practical

Class : XII

Full Marks : 30

Time : 3 Hours

Sl. No.	Item	Skill/Objective to be tested					Marks Allotted	Estimated Time in Minute
		O.S.	M.S.	D.S.	R.S.	R.U.		
1.	Nutrition, Food Science and Technology:	1	2	-	-	1	4	40
2.	Human Development and Family Studies:	-	4	-	-	-	4	40
3.	Fabric and Apparel:	1	3	-	-	-	4	40
4.	Resource Management:	-	4	-	-	-	4	40
5.	Extension and Communication:	-	-	-	-	4	4	20
6.	Projects:	1	-	-	-	2	3	00
7.	Laboratory Record book:	-	2	1	-	-	3	00
8.	Viva-Voce	-	-	-	-	4	4	00
Total		3	15	1	-	11	30	180

O.S. = Observational Skill, M.S. = Manipulative Skill, D.S. = Drawing Skill, R.S. = Reporting Skill, R.U. = Related Understandings.

