

HOME SCIENCE**THEORY****CLASS - XI****One Paper****Time : 3 Hours****70 Marks**

Unit	Topics	Marks
1	Concept of Home Science	2
2	Know little children	17
3	Nutrition for Self and Family	17
4	Family Resource Management	17
5	Textile and Clothing	17
	Total =	70

Unit 1: Concept of Home Science **1 Period**
 Concept of Home Science and its scope **2 Marks**

Unit 2: Know little Children **34 Periods**

Sub Unit-I: Characteristics of baby hood; Physical development: height, weight and body proportion. Motor and Social development during 0-2 years; Socialization, agents and their roles; Emotional development, different emotions and their expression, factors affecting emotional development; language development; factors affecting language development. **8 Marks**

Sub Unit-II: Protection from preventable disease; Immunisation: concept and type, immunisation chart; Some common childhood ailments: its prevention and cure. **3 Marks**

Sub Unit-III: Substitute care: day care centre, creche, Integrated child development scheme - its objectives and functions. **3 Marks**

Sub Unit-IV: Population Education; Some problems of over population; Neglect of girl child; causes, prevention, legal and social laws, government incentives to improve status of girl child, desire for male child; small family norms; interaction with the family peers and members of community. **3 Marks**

Unit 3: Nutrition for self and family **45 Periods**

Sub Unit-I: Definition and relationship between food, nutrition and health: definition of health, definition of food, definition of nutrition and nutritional status. **3 Marks**

Sub Unit-II: Function of food: Physiological function (body building, energy giving, protective and regulatory), Psychological function; socio cultural function. **3 Marks**

Sub Unit-III: Selection of food for optimum nutrition and good health : Classification of nutrients-sources, function and effect of deficiencies of proteins, carbohydrates, fats, vitamins-fats and water soluble minerals-calcium, iron, iodine and water.

5 Marks

Sub Unit-IV: Maximum nutritive value from food by proper selection: Selection and storage of foods, perishable, semi-perishable, non-perishable, convenience foods; Reasons for spoilage; Household method of food preservation-refrigeration, dehydration, use of chemical and household preservatives; Principles of cooking, methods of cooking; boiling, steaming, pressure cooking, deep and shallow frying, parboiling, sauteing, roasting and grilling; Effect of cooking on the nutritive value of food. **6 Marks**

Unit-4: Family Resource Management: 36 Periods

Sub Unit-I : Management : Meaning and need for management; steps in management: planning, controlling, organizing and evaluation; Decision making and its role and steps in management: identifying the problems, obtaining the course of action, evaluating the consequences of alternatives and selecting best course of action. **4 Marks**

Sub Unit-II : Resources : Meaning and types; Human resources – knowledge, skills, time, energy, attitudes; Non-human resources – material, money, goods, property; community facilities, schools, parks, hospitals, library, markets, transport, electricity and fuel.

4 Marks

Sub Unit-III : Time and energy management : Need and procedure for managing time for occupation and leisure: works simplification: meaning, methods and application.

4 Marks

Sub Unit-IV : Works ethics : Meaning and importance, discipline at work place, reaching on time, knowing the job, using polite language. **2 Marks**

Sub Unit-V : Use and care of common household appliances: Refrigerator, pressure cooker; thermo flask, electric iron, grinder cum blender and washing machine.

3 Marks

Unit- 5: Textile and clothing: 34 Periods

Sub Unit-I : Fibre Science : Definition; Types of fibres: natural-cotton, silk, wool; artificial-nylons, rayon and polyster and blend-terrycot, terrysilk, terrywool: Physical and chemical properties of each fibre; Identification of textile fibres. **6 Marks**

Sub Unit-II : Fabric Construction : Basic procedure of yarn making.Types of yarns; weaving: preparation for weaving; basic weaves: plain, twill satin, sateen; Figure weavers, Jacquard, Pile weave. **5 Marks**

Sub Unit-III : Finishing : Meaning and importance; Types: Basic cleaning, bleaching, stiffening, tantering; Special: mercerisation, shrinkage control, water proofing; dyeing and printing; types of dyes natural and artificial; types of printing hand and machine. **6 Marks**

-- § § § --

HOME SCIENCE

CLASS-XI PRACTICAL

One paper Time : 3 Hours 30 Marks

1. Know little Children : Some specific characteristic of babyhood: 28 Periods

(i) Observe a child-in neighbourhood/at home for various milestone of physical and motor development and prepare a chart. **1 Mark**

(ii) Protection from preventable disease;
- Prepare a chart of immunization of a child. **2 Marks**

2. Nutrition for self and family: 5 Marks

Preparing meal, snacks, jams, squash, pickles and chutney.

3. Family Resource - Management: 30 Periods

- Make a detailed study on any available community resources. **3 Marks**

- Make a time plan of yourself. **2 Marks**

- Care and maintenance of household appliances. **3 Marks**

4. Textile & Clothing: 24 Periods

- Fibre Science - Collecting samples of different fabrics for identification – carrying out tearing test, burning test microscopic test; test for colour fastness of cotton and silk fabrics. **2 Marks**

- Fabric Construction – Collecting samples of different weaves and identifying them. **1 Mark**

- Finishing – Dyeing – Plain-(any one), tie and dye
Printing – Use of blocks. **4 Marks**

5. Record and Class Work 5 Marks

6. Viva - Voce 2 Marks

PRESCRIBED TEXT BOOKS:

- Home Science for Class XI
By: Asha Das and Puja Gupta
Published by: Arya Book Depot, New Delhi.
- Home Science for Class XI
By: Sharda Gupta, Shubh Sadhana Sahay and Savita Sharma.
Published by: Saraswati House Pvt. Ltd. New Delhi.

-- § § § --

DESIGN QUESTION PAPER/UNIT TEST

Subject : HOME SCIENCE
Unit/Paper : Theory
Class : XI
Full Marks : 70
Time : 3 Hours

I.	WEIGHTAGE TO OBJECTIVES :					
	Objectives	K	U	A	S	Total
	Percentage of Marks	40	40	10	10	100
	Marks	28	28	07	07	70
II.	WEIGHTAGE TO FORM OF QUESTIONS :					
	Forms of Questions	E	SA	VSA	O	Total
	No. of Questions	4	8	8	6	26
	Marks Allotted	24	24	16	6	70
	Estimated Time (in Minutes)	76	56	40	6	178
+ 02 minutes for revision						
Total time : 180 minutes						
III.	WEIGHTAGE TO CONTENT :					
	Units	Topics			Marks	
	1	Concept of Home Science			02	
	2	Know little children			17	
	3	Nutrition for self and family			17	
	4	Family Resource Management			17	
	5	Textile and clothing			17	
	Total				70.	
IV.	ESTIMATED DIFFICULTY LEVEL :					
	Difficult : 15% marks					
	Average : 50% marks					
	Easy : 35% marks					

Abbreviation : K (Knowledge), U (Understanding), A (Application), S (Skill), E (Essay Type)
SA (Short Answer Type), VSA (Very Short Answer Type), O (Objective Type).

DESIGN QUESTION PAPER/UNIT TEST

Subject : HOME SCIENCE
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.	Know little Children	-	-	-	1	2	3	20
2.	Nutrition for self and family	-	5	-	-	-	5	40
3.	Family Resource Management	-	3	-	2	3	8	60
4.	Textiles and Clothing	-	4	-	-	1+2	7	60
5.	Record and Class Work	-	-	-	-	-	5	00
6.	Viva-Voce	-	-	-	-	-	2	00
Total		-	12	-	3	8	30	180

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

HOME SCIENCE**THEORY
CLASS - XII****One Paper****Time : 3 Hours****70 Marks**

Unit No.	Topics	Marks
1	Know Myself	17
2	Nutrition for Self and Family	17
3	Family Resource Management	17
4	Textile and Clothing	17
5	Things can be done with Home Science Training	2
Total =		70

UNIT-1: Know Myself**34 Periods**

Sub Unit -I : Adolescence : Meaning, (early adolescence (12-15 years) and late adolescence (15-18 years)) : Characteristics of adolescence; Physical development and body changes; Emotional and Social development; Primary and Secondary sex characteristics; Interest in the opposite sex; Cognitive development: meaning and definition, stages of cognitive development. **8 Marks**

Sub Unit-II : Development tasks of adolescence : Individual difference; differences due to heredity and environment; Social needs of adolescents; preparing for career, marriage and family life. **3 Marks**

Sub Unit-III : Some problems of adolescents : Alcohol, drugs and smoking; Delinquency; Problems related to sex: ignorance and increased curiosity; prevention of HIV/AIDS; special needs of adolescents;- nutrition, exercise and entertainment. **3 Marks**

Sub Unit-IV : Special needs for disadvantage and disabled children: Social disadvantage; physically handicapped children: partially blind, deaf and dumb. **3 Marks**

UNIT-2: Nutrition for self and family**42 Periods**

Sub Unit-I : Planning meal for the family : Basic food groups, concept of balanced diet, Meaning and importance of meal planning, principles and factors affecting meal planning; Planning meal for children, pregnant woman, lactating mothers and during illness. **9 Marks**

Sub Unit-II : Ways to ensure good health for the family: Using safe drinking Water; Household methods of making water safe for drinking - boiling, filter, use of alum and chlorine tablets, Importance of potable water for good health, qualities

of safe drinking water; Role of hygiene of food handlers at home level; safety against food adulteration, definition and meaning of food adulteration; Common adulterants present in cereals, pulses, milk and milk products, fats and oils, sugar, jaggery, honey, spices and condiments; ill effects of some of the adulterants present in the food - kesari dal, metanil yellow, argemone seeds. **8 Marks**

UNIT-3: Family resource management:**36 Periods**

Sub Unit-I : Money management in the family living and budget Making: Concept of family, value, goals and standard; various sources of family income: money income, real income (direct and indirect) and psychic income; Supplementing family income - need and ways; Types of budgets: (saving, deficient balanced); Keeping household account. **7 Marks**

Sub Unit-II : Saving and Investment : Meaning and importance of savings; Ways and methods of investment: bank, post office, L.I.C., PPF, P.F.; Basis for selection of method of investment; risk, security, profit, tax saving. **4 Marks**

Sub Unit-III : Consumer Protection and Education : Meaning, problems faced by consumer, C.P.E. Act (1986) and services, Consumer aids: labels, standardization marks, advertising, leaflets, consumer redressal forum. **3 Marks**

Sub Unit-IV : Interior decoration : Its Importance of colours in home decoration; types of flower arrangement, selection of furniture and its importance. **3 Marks**

UNIT-4: Textile and clothing:**32 Periods**

Sub Unit-I : Clothing and its relation to personality : Element of line, colour, texture; Principles of design; balance, rhythm, proportion, harmony emphasis; Factors influencing the selection of cloths-personality, age, climate, occupation, figure, occasion, fashion; Selection and purchase of fabric-quality, cost, season, reliable shop, quantity required. **6 Marks**

Sub Unit-II : Readymade garments: Reasons for popularity, need and criteria while buying; quality, colour fashion, size, comfort, cost, checking the label, workmanship (design, seam, hem, fasteners, trimmings and decoration, collar and cuff). **5 Marks**

Sub Unit-III : Care of Clothes : Daily, weekly, seasonal care; Stain removal: meaning types, general principles and precautions to be followed while removing stain; washing of cloths: laundry equipments, cleaning agent-soap and detergents, blue and its types, Stiffening agents (starch and glue) Method of washing of cotton, wool and silk. **6 Marks**

UNIT-5: Things can be done with Home Science Training:**3 Periods**

- (i) Application of knowledge of Home Science in everyday life **2 Marks**
(ii) Usefulness of some of the skills learnt for supplementing family income.
(iii) Skills learnt can be exploited for some gainful employment (self employment)
(iv) Further training required to make this field a career, various sources and facilities available for training.

-- \$ \$ \$ --

HOME SCIENCE
PRACTICAL
CLASS-XII

One paper **Time : 3 Hours** **30 Marks**

1. Know Myself: **18 Periods**

- (i) Make a list of traits negative and positive social traits. **2 Marks**
(ii) Make a list of physical changes occurring in early adolescence. **1 Mark**

2. Nutrition of self and family: **36 Periods**

(i) Planning for the family: **5 Marks**

- Plan and prepare meals for the family and carry out modifications to suit individual needs including persons suffering from fever or diarrhoea, pregnant woman and lactating mothers. Preparation of oral dehydration solution.

(ii) Ways to ensure good health for the family: **5 Marks**

-Simple test for checking adulteration in cereals, pulses (Visual) milk and milk products, tea leaves, dhania powder, haldi powder, black pepper (whole).

3. Family resource management: **15 Periods**

(i) Budget : **1 Mark**

Comparison of household budget of different income group.

(ii) Saving and Investment: **2 Marks**

Open Account, Find out the report how an account is opened in a Bank/Post Office, Collect and fill form.

(iii) Use of colours and accessories: Just for knowledge make flowers and foliage arrangements, floor decoration.

4. Textile and clothing: **30 Periods**

(i) Clothing and its relation to personality: **2 Marks**

- Making samples of basic stitches i.e. tacking, running, hemming back stitch; Embroidery, stitches-stem, satin, cross, lazy daisy, French-knot; Seams-Plain, run and felt.

OR

(ii) Making an apron and incorporate all the above.

(iii) Ready-made garments: **1 Mark**

-Examining quality in ready-made garments

(iv) Care of clothes: **4 Marks**

-Removal of stains-tea, coffee, curry, grease, blood, ink, ball point ink, lipstick, mud, nail polish, soot, perspiration, washing of cotton, silk and wool.

5. Record and Class Work **5 Marks**

6. Viva Voce **2 Marks**

PRESCRIBED TEXT BOOKS:

1. Home Science for Class XII
By. Sharda Gupa : Shudh Sadhana Sahsy and Savita Sharma.
Published by: Saraswati House Pvt.Ltd., New Delhi.
2. A Text Book of Household Arts.
By : Stella Sundaraj
Published by : Orient Longman Ltd., New Delhi.

-- \$ \$ \$ --

DESIGN QUESTION PAPER/UNIT TEST

Subject : HOME SCIENCE
Unit/Paper : Theory
Class : XII
Full Marks : 70
Time : 3 Hours

I. WEIGHTAGE TO OBJECTIVES :						
Objectives	K	U	A	S	Total	
Marks	30	50	15	05	100	
Percentage of Marks	21	35	10	04	70	
II. WEIGHTAGE TO FORM OF QUESTIONS :						
Forms of Questions	E	SA-I	SA-II	VSA	O	Total
No. of Questions	4	10	5	6	5	30
Marks Allotted	24	20	15	6	5	70
Estimated Time (in Minutes)	78	50	35	12	5	180
III. WEIGHTAGE TO CONTENT :						
Units	Topics					Marks
1	Know Myself					17
2	Nutrition for Self and Family					17
3	Family Resource Management					17
4	Textile and clothing					17
5	Things can be done with Home Science Training					02
Total					70.	
IV. ESTIMATED DIFFICULTY LEVEL :						
Difficult : 15% marks Average : 50% marks Easy : 35% marks						

Abbreviation : K (Knowledge), U (Understanding), A (Application), S (Skill), E (Essay Type)
SA (Short Answer), VSA (Very Short Answer Type), O (Objective Type).

DESIGN QUESTION PAPER/UNIT TEST

Subject : HOME SCIENCE
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.	Know Myself	1	-	-	-	2	3	20
2.	Nutrition for self and family	5	5	-	-	-	10	60
3.	Family Resource Management	-	-	-	1	2	3	20
4.	Textiles and Clothing	1	2+4	-	-	-	7	80
5.	Record and Class Work	-	-	-	-	-	5	00
6.	Viva-Voce	-	-	-	-	-	2	00
Total		7	11	-	1	4	30	180

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