

# HUMAN ECOLOGY AND FAMILY SCIENCES

THEORY  
CLASS - XI

*One Paper*

*Time : 3 Hours*

*70 Marks*

Unit	Topics	Marks
1.	Introduction to Home Science	2
2.	Understanding oneself: Adolescence	20
3.	Understanding Family, Community and Society	15
4.	Childhood	15
5.	Adulthood	18
<b>Total =</b>		<b>70</b>

**Unit 1: Introduction to Home Science** **2 Period**

Evolution of the discipline and its relevance to the quality of life.

**Unit 2: Understanding oneself: Adolescence** **45 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.

**Unit 3: Understanding Family, Community and Society** **33 Period**

- A. Relationships and interactions with 'significant others'.
  - Family
  - School - peers and educators
  - Community
  - Society
- B. Concerns and needs in diverse contexts Family, School, Community and Society  
Key areas:
  - a. Health, Nutrition and Hygiene
  - b. Activity, Work and Environment
  - c. Resource availability and management

**Unit-4: Childhood**

**33 Period**

- Survival, Growth and Development
- Nutrition, Health and Wellbeing
- Care and Education
- Clothes and Apparel

**Unit- 5: Adulthood**

**37 Period**

- Health and Wellness
- 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**

- A. HUMAN DEVELOPMENT AND FAMILY STUDIES: (4)**
1. Study of physical self with reference to (1)
    - (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. (1)  
(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: (2)
    - (a) Mother
    - (b) Father
    - (c) Siblings
    - (d) Friends
    - (e) Teacher
- B. NUTRITION, FOOD SCIENCE AND TECHNOLOGY: (6)**
1. Understanding oneself with reference to health status. (1)
  2. (a) Record own diet for a day. (2)  
(b) Evaluate qualitatively for adequacy.
  3. Preparation of different healthy snacks for (3)
- C. FABRIC AND APPAREL: (4)**
1. Understanding oneself with reference to garment sizing. (1)
  2. (a) Record the fabrics and apparel used in a day. (1)  
(b) Categorize them according to functionality.
  3. Relationship of fibre properties to their usage (2)
    - (a) Flammability.
    - (b) Moisture absorbency and comfort.

- D. RESOURCE MANAGEMENT: (6)**
1. (a) Record one day's activities relating to time use and work. (2)  
(b) Prepare a time plan for oneself.
  2. Study of labels on (1)
    - (a) Food
    - (b) Drugs and Cosmetics
    - (c) Fabrics and Apparel
    - (d) Consumer durables
  3. Plan a budget for self for a given situation/purpose (2)
  4. List five problems faced by your family as a consumer. (1)  
Suggest solutions to overcome the same.
- E. COMMUNICATION AND EXTENSION: (5)**
1. Project:  
Media availability and preference
    - (i) Aim & Objectives 1
    - (ii) Materials and methods 1
    - (iii) Summary of the project 1
    - (iv) Viva Voce on the project 2
- F. LABORATORY RECORDBOOK: (5)**
- (i) Completeness of practical work 1
  - (ii) Regularity on submitting record 1
  - (iii) Neatness and accuracy of record 1
  - (iv) Viva Voce on record 2

**PRESCRIBED TEXT BOOKS:**

1. Human Ecology and Family Sciences (For Class-XI), Part- I & II, (NCERT).

**REFERENCE BOOKS:**

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

## DESIGN OF QUESTION PAPER

**Subject : HUMAN ECOLOGY  
AND FAMILY SCIENCES**

**Paper : Theory**

**Class : XI**

**Full Mark : 70**

**Time : 3 Hours**

<b>WEIGHTAGE TO OBJECTIVES</b>						
<b>I</b>	<b>Objectives</b>			<b>Marks</b>	<b>Percentage</b>	
	Knowledge (K)			14	20	
	Understanding (U)			32	46	
	Application (A)			21	30	
	Skill (S)			3	4	
	<b>Total :</b>			<b>70</b>	<b>100</b>	
<b>WEIGHTAGE TO FORM OF QUESTIONS:</b>						
<b>II</b>	<b>Form of Questions</b>	<b>No. of Question</b>	<b>Time (in minute)</b>	<b>Marks</b>	<b>Percentage</b>	
	Essay/Long Answer (E/LA)	3	60	15	21	
	Short Answer (SA-I)	7	42	21	30	
	Short Answer (SA-II)	10	40	20	29	
	Very Short Answer (VSA)	10	30	10	14	
	MCQ	4	8	4	6	
	<b>Total:</b>		<b>34</b>	<b>180</b>	<b>70</b>	<b>100</b>
<b>WEIGHTAGE TO CONTENT:</b>						
<b>III</b>	<b>UNIT /CONTENTS :</b>			<b>Marks</b>		
	A.	Introduction to Home Science			2	
	B.	Understanding oneself: Adolescence			20	
	C.	Understanding Family, Community and Society			15	
	D.	Childhood			15	
	E.	Adulthood			18	
	<b>Total :</b>			<b>70</b>		
<b>IV</b>	<b>SCHEME OF SECTIONS :</b> Nil					
<b>V</b>	<b>SCHEME OF OPTIONS :</b> Internal option may be given in Essay Type Questions only.					
<b>VI</b>	<b>DIFFICULTY LEVEL :</b>					
		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)

**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
<b>Total</b>		-	<b>13</b>	-	<b>5</b>	<b>12</b>	<b>30</b>	<b>180</b>

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

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# 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	13
3.	Human Development and Family Studies	13
4.	Fabric and Apparel	13
5.	Resource Management	13
6.	Communication and Extension	13
<b>Total =</b>		<b>70</b>

**UNIT-1: Work, Livelihood and Career:**

**05 Marks 10 Periods**

- Work, age and gender.
- Occupational heritage of India.
- Career options.
- Entrepreneurship and self-employment.
- Life skills for career building.

**UNIT-2: Nutrition, Food Science and Technology:**

**13 Marks 27 Periods**

Specific Careers and Areas

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

**UNIT-3: Human Development and Family Studies:**

**13 Marks 27 Periods**

Specific Careers and Areas

- Early childhood care and education.
- Guidance and counseling.
- Special education and support services.
- Support services for children in difficult circumstances.
- Management of institutions and programs for children, youth and elderly.

**UNIT-4: Fabric and Apparel:**

**13 Marks 27 Periods**

Specific Careers and Areas

- Care and maintenance of fabrics in institutions.
- Design for fabric and apparel.
- Retailing and merchandising.
- Production and quality control in garment industry.

**UNIT-5: Resource Management:**

**13 Marks 27 Periods**

Specific Careers and Areas

- Human Resource Management.
- Hospitality management.
- Designing of interior and exterior space.
- Event management.
- Consumer services.

**UNIT-6: Communication and Extension:**

**13 Marks 27 Periods**

Specific Careers and Areas

- Management of development programs.
- Development communication and journalism..
- Media management and advocacy.
- Media design and production.
- 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. Preservation of foods using traditional and/or contemporary methods.
4. Study of shelf life of prepared products.

**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. Application of quality control technique in garment industry:
  - (a) Fabric inspection.
  - (b) Quality of seams and notions.
  - (c) Size labels.
  - (d) Packaging.
9. Care and maintenance of fabric products:
  - (a) Mending
  - (b) Cleaning.
  - (c) Storage.

**D. Resource Management:**

**4 marks**

10. Open an account in bank/post office. Learn basic banking operations (Mock exercises in the lab. with real bank forms).
11. Application of traditional/contemporary techniques of home decorations.
  - (a) Floor and wall decorations.
  - (b) Flower arrangement.
  - (c) Other forms of local decorations.

**E. Extension and Communication:**

**4 marks**

1. Analysis and discussion of print, radio and electronic media with reference to:  
Content, relevance, impact and technique
2. 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. Visit to the neighbouring areas and interviews with two adolescents and two adults regarding their perception of persons with special needs.
5. Profile any one person with special needs, child or adult to find out their diet, clothing, activities, physical and psychological needs.
6. Observe and document any event in your school/home or neighbourhood.

Evaluate the same with respect to:

- (a) Its relevance.
- (b) Resource availability and mobilization.
- (c) Planning and execution of the event.
- (d) Financial Implications.
- (e) Feedback from stakeholders.

Suggestion modification for the future.

- (i) Aims and Objectives
- (ii) Materials and methods.
- (iii) Summary of the project.

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

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**Time : 3 Hours**

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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
<b>Total</b>		<b>3</b>	<b>15</b>	<b>1</b>	<b>-</b>	<b>11</b>	<b>30</b>	<b>180</b>

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