

**Home Science (Code No. 064)**  
**Class - IX (2018-19)**

Course Structure: Theory & Practical

Theory : 75 Marks

Time: 3 Hrs.

Practical : 25 Marks

No.	Units	Marks	No. of Pd.
1	Concept and scope of Home Science Education and recent trends	03	05
2	Human growth & Development - I	10	25
3	Family and Values	08	20
4	Food, Nutrition and Health	17	45
5	Fiber and Fabric	15	34
6	Resource Management	15	34
7	Measures of Safety and Management of Emergencies	07	17
	Total	75	180
	Practical	25	40
	Grand Total	100	220

**Unit I : Concept and scope of Home Science Education and recent trends      05 Pd**

- 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      25 Pd**

- 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 adolescence)

**Unit III : Family and Values      20 Pd**

- 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** **45 Pd**

- 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  
g) Methods of cooking and processing
- Cooking methods : Dry methods, moist methods, combination methods
  - Processing methods : Germination, Fermentation, Mutual supplementation / Combination
  - Conservation of nutrients while cooking and processing

**Unit V : Fibre and Fabric** **34 Pd**

- 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.  
d) Methods of construction of fabric - brief description of weaving, knitting and felting.  
e) Selection of fabric : Factors affecting selection of fabric (age, purpose, occupation, fashion, figure, climate, comfort and cost).

**Unit VI : Resource Management** **34 Pd**

- 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** **17 Pd**

- 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

40 Periods 25 Marks [Distribution of Marks : 3 Marks per unit (Unit No. 2 - 7)]

- 1) Observation of motor skills in three year old child.
- 2) Behavioural changes in an adolescent through observation method among peer group.
- 3) Role of family members : collage / chart etc.
- 4) Design educational games specific to functions / sources of nutrients.
- 5) Identification and use of kitchen tools and appliances : at least any five e.g. refrigerator, cooking gas, mixer-grinder, microwave, smokeless chulas, pressure cooker etc.
- 6) Weights and measures : Equivalents / conversions of Ounce, gram, cup, teaspoon, tablespoon, how to use a kitchen weighing scale.
- 7) Identification of fruits, vegetables, spices, oils, sugars, cereals, and lentils.
- 8) Food processing method demonstration : Germination and Fermentation.
- 9) Collection and Identification of fabrics, physical and burning tests.
- 10) Take a case study of a house for disposal of kitchen waste and encourage segregation of biodegradable and non biodegradable waste, through creating slogans / posters etc.
- 11) Prepare a first aid kit and practice giving first aid for burns, cuts, bites, fractures, electric shocks. (group activity)
- 12) File work 4 Marks
- 13) Viva Voce 3 Marks

**Home Science (Code No. 064)**  
**Class - X (2018-19)**

Course Structure: Theory & Practical

Theory : 75 Marks

Time: 3 Hrs.

Practical : 25 Marks

No.	Units	Marks	No. of Pd.
1	Human Growth & Development - II	13	30
2	Management of Resources	13	30
3	Food and Personal Hygiene	08	18
4	Meal Planning	15	42
5	Food Safety and Consumer Education	13	30
6	Care and Maintenance of Fabrics and Apparel	13	30
	Total	75	180
	Practical	25	40
	Grand Total	100	220

**Unit I : Human growth & development II (30 periods)**

- a) Play (0-5 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. Adolescents and Adulthood : Special Features.
- c) Problems of Adolescents
- d) Old Age : Need of care

**Unit II : Management of Resources : Time, Energy & Money (30 periods)**

- a) Time Management - Definition & Importance
- b) Time plans - Factors affecting time plan
- c) Energy Management : Definition and Importance
- d) Fatigue and work Simplification
- e) Family Income & Types : Expenditure & Importance of Saving and Investment Schemes (Only Listing)

**Unit III : Food & Personal Hygiene (18 periods)**

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

**Unit IV : Meal Planning****(42 periods)**

- 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 diet, in context of self. RDA-ICMR (2010) and its uses in family diets
- e) Therapeutic adaptations of normal diet : Based on consistency and cooking methods

**Unit V : Food Safety and Consumer Education****(30 periods)**

- a) Food Safety, 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 & harmful effects of adulteration, FSSAI Standards (2006)
- c) Consumer Rights and problems faced by consumer, redressal and rights (Listing)
- d) Sources of Consumer Education - Govt & Non-Govt. Agencies (Only listing)

**Unit VI : Care and Maintenance of Fabrics and Apparel****(30 periods)**

- a) Cleaning and finishing agents used in routine care of clothes.
- b) Stain Removal
- c) Storage of cotton, silk, wool and synthetics
- d) Ready made garments, selection, need and workmanship

## Practicals

40 Periods

25 Marks

(Distribution of Marks : 3 Marks per Unit)

1. Make suitable play material for children between 0-3 years (work in a pair)
2. Plan a balanced diet to self (only one meal).
3. Prepare a time plan to self for one day.
4. Prepare a report on any five mal practices you have observed in the market.
5. Undertake a market survey and collect five (5) food labels, analyze them and illustrate the labels.
6. Remove common stains of curry, paint, ball pen ink, grease, lipstick, tea and coffee.
7. List five areas of agreement and disagreement each with parents, siblings and friends, and present the solutions to class.
8. Examine positive & negative qualities of one readymade and one tailor made garment.
9. Prepare a care label for a readymade garment according to its fabric and design.
10. Practical File. 4 Marks
11. Viva Voce. 3 Marks

**Home Science (Code No. 064)**  
**Class - IX & X (2018-19)**  
**Design of the Question Paper**

The weightage of the distribution of marks over different dimensions of the question paper for classes IX & X shall be as follows :

Time: 3 Hrs.

Theory : 75 Marks

Practical : 25 Marks

**A. Weightage of Content-Unit-Class : IX (2018-19)**

No.	Units	Marks
1	Concept and scope of Home Science Education and recent trends	03
2	Human growth & Development - I	10
3	Family and Values	08
4	Food, Nutrition and Health	17
5	Fiber and Fabric	15
6	Resource Management	15
7	Measures of Safety and Management of Emergencies	07
	Total	75
	Practical	25
	Grand Total	100

**B. Weightage of Content-Unit-Class : X (2018-19)**

Time: 3 Hrs.

Theory : 75 Marks

Practical : 25 Marks

No.	Units	Marks
1	Human Growth & Development - II	13
2	Management of Resources	13
3	Food and Personal Hygiene	08
4	Meal Planning	15
5	Food Safety and Consumer Education	13
6	Care and Maintenance of Fabrics and Apparel	13
	Total	75
	Practical	25
	Grand Total	100

**HOME SCIENCE (CODE NO. 064) QUESTION PAPER DESIGN CLASS-IX  
(2018-19), CLASS-X (2018-19)**

S. No.	Typology of Questions	Learning Outcomes & Testing Skills	Very Short Answer (1 Mark)	Short Answer-I (2 Marks)	Short Answer-II (4 Marks)	Case Study and Picture based (3 marks)	Long Answer (LA) (5 marks)	Marks	%
1.	Remembering (Knowledge based Simple recall questions, to know specific facts, terms concepts, principles, or theories, Identify, define, or recite, information)	Reasoning Analytical skills Critical Thinking	3	1	1	-	-	09	12
2.	Understanding (Comprehension - to be familiar with meaning and to understand conceptually, interpret, compare, contrast, explain, paraphrase information)		1	1	1	-	1	12	16
3.	Application (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.		1	2	2	-	1	18	24
4.	Higher Order Thinking Skills (Analysis & Synthesis - Classify, compare, contrast, or differentiate between different pieces of information, Organize and/or integrate unique pieces of information from a variety of sources)		1	2	2	-	1	18	24



5.	Creating, Evaluation and Multi- Creating, Evaluation and Multi-Disciplinary-(Generating new ideas, product or ways of viewing things Appraise, judge, and/ or justify the value or worth of a decision or outcome, or to predict outcomes based on values)		1	1	1	2	1	18	24
	Total Estimated Time		1(7) = 7	2(7) = 14	4(7) = 28	3(2) = 6	5(4) = 20	75	100

Note: No Chapter wise weightage, care should be taken to cover all chapters.