

**HOME SCIENCE**  
**Subject Code - 064**  
**Classes IX-X (2025-26)**

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**  
**Subject Code - 064**  
**Class IX (2025-26)**

**Course Structure: Theory & Practical**

**Theory: 70 Marks**

**Time: 3 Hour**

**Practical: 30 Marks**

<b>S.No.</b>	<b>Units</b>	<b>Marks</b>
1.	Concept and scope of Home Science Education and recent trends	03
2.	Human growth & Development – I	08
3.	Family and Values	08
4.	Food, Nutrition and Health	15
5.	Fibre and Fabric	15
6.	Resource Management	14
7.	Measures of Safety and Management of Emergencies	07
	<b>THEORY</b>	<b>70</b>
	<b>PRACTICAL</b>	<b>30</b>
	<b>GRAND TOTAL</b>	<b>100</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: Globalization, Urbanization, 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 Fibre and Yarn
- b) Classification of fibre on the basis of origin and length
- c) Characteristics of fibres: 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 Bagasse. Non-Biodegradable: Incineration, Landfills 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

## CLASS IX PRACTICALS

1. Observation of physical development in a child from birth to three years.
2. Observation of motor skills in a child from birth to three years.
3. Role of family members: collage / chart etc.
4. Design educational games specific to functions or sources of nutrients.
5. Weights and measures: Equivalent / 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**

<b>I.</b>	<b>Lab Activity</b>	<b>Marks</b>
a)	Observation of physical development in a child from birth to three years. OR Observation of motor skills in a child from birth to three years.	3
b)	Prepare and present a dish using germination OR fermentation (With fire/without fire).	7
c)	Identification of fibre using physical characteristics and burning tests.	3
<b>II.</b>	<b>First Aid Kit</b>	5
<b>III.</b>	<b>File Work</b>	10
<b>IV.</b>	<b>Viva</b>	2
	<b>TOTAL</b>	<b>30</b>

**HOME SCIENCE**  
**Subject Code – 064**  
**Class X (2025-26)**

**Course Structure: Theory & Practical**

**Theory: 70 Marks**

**Time: 3 Hours**

**Practical: 30 Marks**

<b>S.No.</b>	<b>Units</b>	<b>Marks</b>
1.	Human Growth & Development – II	12
2.	Management of Resources	12
3.	Food and Personal Hygiene	08
4.	Meal Planning	13
5.	Food Safety and Consumer Education	12
6.	Care and Maintenance of Fabrics and Apparel	13
	<b>THEORY</b>	<b>70</b>
	<b>PRACTICAL</b>	<b>30</b>
	<b>GRAND TOTAL</b>	<b>100</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 to 11 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 plan - 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

## **CLASS X PRACTICALS**

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**

<b>I.</b>	<b>Lab Activity</b>	<b>Marks</b>
a)	Plan a balanced meal for yourself.	5
b)	Prepare a time plan for self for one day.	5
c)	Remove any two stains from white cotton sample- curry, grease, ball pen, ink, lipstick, tea and coffee.	5
<b>II.</b>	<b>Play Material</b>	8
<b>III.</b>	<b>File Work</b>	5
<b>IV.</b>	<b>Viva</b>	2
	<b>TOTAL</b>	<b>30</b>

**QUESTION PAPER DESIGN 2025-26**  
**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, recite, interpret, compare, contrast, explain, paraphrase, information)	28	40%
2.	Application based questions (Use abstract information in concrete situation, to apply knowledge to new situations or / and use given content to interpret a situation, provide an example, or solve a problem)	21	30%
3.	High Order (Formulation, Analysis, Evaluation and Creativity) based questions (Appraise, judge, and /or justify the value or worth of a decision or outcome, or to predict outcomes, classify, compare, contrast, or differentiate between different pieces or 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%