

HOME SCIENCE
Subject Code - 064
Class IX (2026-27)

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.

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Course Structure: Theory & Practical
Time: 3 Hour

Theory: 70 Marks
Practical: 30 Marks

S.No.	Units	Marks
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
	THEORY	70
	PRACTICAL	30
	GRAND TOTAL	100

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

- a) Concept of Home Science
 - Definition
 - Importance of Home Science
 - Interdisciplinary Nature of Home Science
- b) Fields of Home Science
 - Human Development and Childhood Studies
 - Foods and Nutrition
 - Resource Management and Design Application
 - Fabric and Apparel
 - Community Development and Extension
- c) Relevance of study of Home Science and Career Options
 - Higher education opportunities
 - Self and wage employment of different fields
- d) Recent trends
 - Entrepreneurship
 - Development of sustainable products

Unit II: Human Growth & Development– I

a) Concept of growth and development

- Definition
- Difference

b) Principles of growth and development

- Development follows a definite pattern
- It is continuous and gradual
- Follows cephalocaudal principle (head to toe)
- Follows proximodistal principle (center to outward)
- Development is sequential
- Individual differences are present

c) Factors affecting growth and development

- Heredity Factors
 - Genetic traits
 - Body structure
 - Intelligence potential
- Environmental Factors
 - Nutrition
 - Family environment
 - Education and stimulation
 - Socio-economic status
 - Health and medical care

d) Age specific milestones (Birth to 3 years)

- Physical development
- Motor development
- Social development
- Emotional development
- Cognitive development
- Language development

Unit III: Family and Values

a) Concept and types of family

- Meaning and definition of family
- Characteristics of a family
- Types of family: Nuclear family, Joint family, Extended family

b) Role of family in Holistic development of an individual

- Physical
- Social
- Psychological
- 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 terms
 - Food
 - Nutrition
 - Nutrient
 - Health
 - Nutritional Status
- b) Food and its functions
 - Physiological
 - Social
 - Psychological
- c) Nutrients: sources and functions
 - Macro-nutrients: Carbohydrates, Protein and Fats
 - Micro-nutrients: Vitamin A, Vitamin B complex, Vitamin C, Vitamin D, Calcium, Iron, Iodine
- d) Relationship of Food, Health and Diseases
 - Importance
- e) Malnutrition
 - Concept
 - Under-nutrition
 - Over-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:
 - Natural Fibres- Plant fibres (Cotton, Jute), Animal fibres (Wool, Silk)
 - Man-made Fibres-Semi-synthetic (Rayon), Synthetic (Nylon, Polyester)

- On the Basis of Length:
 - Staple fibres
 - Filament fibres

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
- 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
- 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

I.	Lab Activity	Marks
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
II.	First Aid Kit	5
III.	File Work	10
IV.	Viva	2
	TOTAL	30

**QUESTION PAPER DESIGN 2026-27
HOME SCIENCE (CODE NO. 064)
CLASS- IX**

TIME: 3 HOURS

Max. Marks: 70

S.No.	Competencies	Total Marks	% Weightage
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%
	TOTAL	70	100

NOTE: Internal Choice of 30% will be given

Easy- 20%

Average- 60%

Difficult- 20%