

**SYLLABUS: CLASS XI
HOME SCIENCE (064)
2022-2023**

Course Structure: Theory and Practical

Theory: 70 Marks

Time: 3 Hrs.

Practical: 30 Marks

| UNIT NO. | UNIT NAME | MARKS |
|--------------------|---|------------|
| I | Introduction to Home Science | 02 |
| II | Understanding Oneself: Adolescence | 20 |
| III | Understanding Family, Community and Society | 15 |
| IV | Childhood | 15 |
| V | Adulthood | 18 |
| TOTAL | | 70 |
| PRACTICAL | | 30 |
| GRAND TOTAL | | 100 |

| CONTENTS | PRACTICALS |
|--|---|
| <p><u>UNIT I: INTRODUCTION TO HOME SCIENCE</u></p> <ul style="list-style-type: none"> ➤ What is Home Science? ➤ Areas of Home Science ➤ Home Science is important for both boys and girls ➤ Career options of Home Science | |
| <p><u>UNIT II: UNDERSTANDING ONESELF: ADOLESCENCE</u></p> <p><u>CHAPTER: UNDERSTANDING THE SELF</u></p> <ul style="list-style-type: none"> ➤ What is Self? <ul style="list-style-type: none"> • Personal dimension • Social dimension • Self- concept • Self esteem ➤ What is Identity? <ul style="list-style-type: none"> • Personal identity • Social identity ➤ Self during Infancy: characteristics ➤ Self during early childhood: characteristics ➤ Self during middle childhood: characteristics ➤ Self during adolescence: characteristics <ul style="list-style-type: none"> • Identity development • Identity crisis • Real vs Ideal self | <p>1. Understanding oneself with reference to:</p> <ol style="list-style-type: none"> a) Physical development in terms of age, height, weight, hip, and chest circumference. b) Sexual maturity (Age at menarche, Development of breasts: girls) (Growth of beard, change in voice: boys) |

| CONTENTS | PRACTICALS |
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| <p>➤ Influences on identity</p> <ul style="list-style-type: none"> • Developing a sense of self and identity • Influences on formation of identity <ul style="list-style-type: none"> ▪ Biological and physical changes ▪ Socio-cultural contexts ▪ Emotional changes ▪ Cognitive changes <p><u>CHAPTER: FOOD, NUTRITION, HEALTH AND FITNESS</u></p> <ul style="list-style-type: none"> ➤ Introduction ➤ Definition of <ul style="list-style-type: none"> • Food • Nutrition • Nutrients ➤ Balanced diet <ul style="list-style-type: none"> • Definition • RDA ➤ Health and Fitness ➤ Using Basic food Groups for planning Balanced Diets <ul style="list-style-type: none"> • Food Guide Pyramid. ➤ Vegetarian Food Guide ➤ Dietary patterns in Adolescence <ul style="list-style-type: none"> • Irregular meals and skipping meals • Snacking • Fast foods • Dieting ➤ Modifying diet related behaviour <ul style="list-style-type: none"> • Diet journal • Exercise • Substance use and abuse • Healthy eating habits • Snacks • Drinking water ➤ Factors influencing eating behaviour ➤ Eating disorders at adolescence ➤ Key terms and their meaning <p><u>CHAPTER: MANAGEMENT OF RESOURCES</u></p> <ul style="list-style-type: none"> ➤ Introduction ➤ Classification of Resources <ul style="list-style-type: none"> • Human /non-human resources • Individual / shared resources • Natural / community resources | <p>2. a) Record own diet for a day b) Evaluate qualitatively for adequacy</p> <p>3. Preparation of different healthy snacks for an adolescent suitable in her/his context.</p> |

| CONTENTS | PRACTICALS |
|---|--|
| <ul style="list-style-type: none"> ➤ Human and Non-Human Resources <ul style="list-style-type: none"> • Human Resources <ul style="list-style-type: none"> ○ Knowledge ○ Motivation/ interest ○ Skills/ strength/ aptitude ○ Time ○ Energy • Non-Human Resources <ul style="list-style-type: none"> ○ Money ○ Material Resources ➤ Individual and Shared Resources <ul style="list-style-type: none"> ▪ Individual Resources ▪ Shared Resources ➤ Natural and Community Resources <ul style="list-style-type: none"> ▪ Natural Resources ▪ Community Resources ➤ Characteristics of Resources <ul style="list-style-type: none"> • Utility • Accessibility • Interchangeability • Manageable ➤ Managing Resources <ul style="list-style-type: none"> • Management process • Planning <ul style="list-style-type: none"> ○ Steps in planning • Organising • Implementing • Controlling • Evaluation | <p>4. a) Record one day's activities relating to time use and work. b) Prepare a time plan for yourself.</p> |
| <p><u>CHAPTER: FABRIC AROUND US</u></p> | |
| <ul style="list-style-type: none"> ➤ Definition of yarns, fibres, textile products, finishing. ➤ Introduction to fibre properties ➤ Classification of textile fibres <ul style="list-style-type: none"> • Filament/staple fibres • Natural/Manufactured (manmade) fibres ➤ Types of Natural Fibres <ul style="list-style-type: none"> • Cellulosic fibres • Protein fibres • Mineral fibres • Natural rubber ➤ Types of Manufactured Fibres <ul style="list-style-type: none"> • Regenerated cellulosic fibres • Modified cellulosic fibres • Protein fibres • Non-cellulosic fibres • Mineral fibres | |

| CONTENTS | PRACTICALS |
|---|---|
| <ul style="list-style-type: none"> ➤ Some Important fibres and their properties <ul style="list-style-type: none"> • Cotton • Linen • Wool • Silk • Rayon • Nylon • Polyester • Acrylic • Elastomeric fibres ➤ Yarns ➤ Yarn processing <ul style="list-style-type: none"> • Cleaning • Making into a sliver • Attenuating, drawing out and twisting ➤ Yarn terminology <ul style="list-style-type: none"> • Yarn number • Yarn twist • Yarn and thread ➤ Fabric production <ul style="list-style-type: none"> • Weaving • Knitting • Braiding • Nets • Laces ➤ Textile Finishing <ul style="list-style-type: none"> • Finishing with colour • Printing | <p>5. a) Record the fabrics and apparel used in a day. b) Categorize them according to functionality.</p> <p>6. Relationship of fibre properties to their usage- a) Thermal property and flammability b) Moisture absorbency and comfort.</p> |
| <p><u>CHAPTER-MEDIA COMMUNICATION TECHNOLOGY</u></p> <ul style="list-style-type: none"> ➤ Communication and Communication Technology <ul style="list-style-type: none"> • What is Communication? • Classification of communication • How does communication takeplace? ➤ What is media? <ul style="list-style-type: none"> • Media classification and functions ➤ What is communication technology? <ul style="list-style-type: none"> • Classification of communication technologies • Modern communication technologies | |

| CONTENTS | PRACTICALS |
|---|---|
| <p>UNIT III: UNDERSTANDING FAMILY, COMMUNITY AND SOCIETY <u>CHAPTER: CONCERNS AND NEEDS IN DIVERSE CONTEXTS</u></p> <p><u>A. NUTRITION, HEALTH, AND HYGIENE</u></p> <ul style="list-style-type: none"> ➤ Health and its Dimensions <ul style="list-style-type: none"> • Social health • Mental health • Physical health ➤ Health care Indicators of Health ➤ Nutrition and Health ➤ Importance of nutrients ➤ Factors affecting nutritional well being <ul style="list-style-type: none"> • Food and nutrient security • Care for the vulnerable • Good health for all • Safe environment ➤ Nutritional Problems and their consequences <ul style="list-style-type: none"> • Malnutrition • Under nutrition • Over nutrition ➤ Hygiene and Sanitation <ul style="list-style-type: none"> • Personal Hygiene • Environmental Hygiene • Food Hygiene • Water safety-Qualities of potable water, methods of water purification(Boiling, chlorine, storage and electric filter, RO) <p><u>B. RESOURCES AVAILABILITY AND MANAGEMENT</u></p> <ul style="list-style-type: none"> ➤ Time Management <ul style="list-style-type: none"> • Definition of time plan • How good is your time management? (Activity) • Steps in making time plan • Tips for effective time management • Tools in time management---Peak load period, Work curve, Rest /break periods, Work simplification ➤ Space Management <ul style="list-style-type: none"> • Space and the home • Principles of space planning | |
| <p>Mid Term syllabus to be completed by 30th September 2022</p> | |
| <p>Revision of Unit I, Unit II and Unit III (Upto B. RESOURCES AVAILABILITY AND MANAGEMENT)</p> | <p>Mid Term Practical Exam -2022 to be conducted before Mid Term Examination- 2022-23</p> |
| <p>MID TERM EXAMINATION 2022-23</p> | |

Discussion on Mid-Term Question Paper-2022-23with Marking Scheme to be done after the evaluation of answer sheets of students.

CONTENTS

PRACTICALS

UNIT IV: CHILDHOOD

CHAPTER: SURVIVAL GROWTH AND DEVELOPMENT

- The meaning of survival
- Growth and development
- Areas of development
 - Physical development
 - Motor development
 - Cognitive development
 - Sensory development
 - Language development
 - Social development
 - Emotional development
- Good Nutrition
- Stages in development
 - Neonate
 - o Reflexes
 - o Sensory capabilities
- Development across stages from infancy to adolescence
 - Physical and motor development
 - Language development
 - Socio –emotional development
 - Cognitive development
 - o Mental processes involved in thinking
 - o Stages of cognitive development
 - ❖ Sensory motor stage
 - ❖ Pre-operational stage
 - ❖ Concrete operational stage
 - ❖ Formal operational stage

7. Observe developmental norms: (Physical, Motor, Language and Social – emotional) from birth to three years.

8. List and discuss 4-5 areas of agreement and disagreement with
 a) Mother
 b) Father
 c) Siblings/ Friends
 d) Teacher

CHAPTER: NUTRITION, HEALTH AND WELL-BEING

- Introduction
- Nutrition, Health, and Well-being during infancy (birth – 12 months)
 - Dietary requirements of infants
 - Breast feeding
 - o Benefits of breast feeding
 - Feeding the low-birth-weight infants
 - Complementary foods
 - Guidelines for complementary feeding
 - Immunization
 - Common health and nutrition problems in infants and young children

| CONTENTS | PRACTICALS |
|--|------------|
| <ul style="list-style-type: none"> ➤ Nutrition, Health, and well-being of preschool children (1-6 years) <ul style="list-style-type: none"> • Nutritional needs of preschool children • Guidelines for healthy eating for pre-schoolers • Planning balanced meals for preschool children • Some examples of low-cost snacks • Feeding children with specific needs • Immunization ➤ Nutrition, Health, and well-being of school-age children (7-12 years) <ul style="list-style-type: none"> • Nutritional requirements of school children • Planning diets for school-age children • Factors that influence diet intake of preschool-age and school-age children • Healthy habits • Health and nutrition issues of school age children | |
| <p><u>CHAPTER: OUR APPAREL</u></p> <ul style="list-style-type: none"> ➤ Clothing functions and the selection of clothes <ul style="list-style-type: none"> • Modesty • Protection • Status and prestige • Adornment ➤ Factors affecting selection of clothing in India <ul style="list-style-type: none"> • Age • Climate and season • Occasion • Fashion • Income ➤ Understanding children’s basic clothing needs <ul style="list-style-type: none"> • Comfort • Safety • Self help • Appearance • Allowance for growth • Easy care • Fabrics ➤ Clothing requirements at different childhood stages <ul style="list-style-type: none"> • Infancy (birth to six months) • Creeping age (6 months to one year) • Toddlerhood (1-2 years) • Preschool age (2-6 years) • Elementary school years (5-11 years) • Adolescents (11-19 years) • Clothes for children with special needs | |

| CONTENTS | PRACTICALS |
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| <p><u>UNIT V: ADULTHOOD</u></p> <p><u>CHAPTER: HEALTH AND WELLNESS</u></p> <ul style="list-style-type: none"> ➤ Importance of health and fitness ➤ Healthy & Unhealthy diet ➤ BMI ➤ Dos and Don'ts for health promoting diets ➤ Fitness ➤ Importance of exercise and physical activities in adulthood ➤ Wellness ➤ Qualities of a person who is rated high on wellness ➤ Dimensions of wellness <ul style="list-style-type: none"> • Social aspect • Physical aspect • Intellectual aspect • Occupational aspect • Emotional aspect • Spiritual aspect • Environmental aspect • Financial aspect ➤ Stress and coping with stress ➤ Simple techniques to cope with stress <ul style="list-style-type: none"> • Relaxation • Talking with friends/family • Reading • Spirituality • Music • Hobby • Yoga | |
| <p><u>CHAPTER: FINANCIAL MANAGEMENT AND PLANNING</u></p> <ul style="list-style-type: none"> ➤ Financial management ➤ Financial planning ➤ Management ➤ Money and its importance ➤ Family Income <ul style="list-style-type: none"> • Money income • Real income: Direct and Indirect income • Psychic income ➤ Income management ➤ Budget ➤ Steps in making budget ➤ Advantages of planning family budgets | <p>9. Plan a budget for a given situation / purpose.</p> |

| CONTENTS | PRACTICALS |
|--|------------|
| <ul style="list-style-type: none"> ➤ Control in money management <ul style="list-style-type: none"> • Checking to see how well the plan is progressing <ul style="list-style-type: none"> ○ Mental and mechanical check ○ Records and accounts • Adjusting wherever necessary • Evaluation ➤ Savings ➤ Investment ➤ Principles underlying sound investments <ul style="list-style-type: none"> • Safety to the principal amount • Reasonable rate of interest • Liquidity • Recognition of effect of world conditions • Easy accessibility and convenience • Investing in needed commodities • Tax efficiency • After investment service • Time period • Capacity ➤ Savings and investment avenues <ul style="list-style-type: none"> • Post office • Banks • Unit Trust of India • NSC • Mutual funds • Provident funds • Chit fund • Life insurance and medical insurance • Pension scheme • Gold, house, land • Others (new schemes) ➤ Credit ➤ Need of credit ➤ 4C's of credit: character, capacity, capital means, collateral | |
| <p><u>CHAPTER: CARE AND MAINTENANCE OFFABRICS</u></p> <ul style="list-style-type: none"> ➤ Mending ➤ Laundering <ul style="list-style-type: none"> • Stain removal <ul style="list-style-type: none"> ○ Vegetable stains ○ Animal stains ○ Oil stains ○ Mineral stains ○ Dye bleeding | |

| CONTENTS | PRACTICALS |
|---|--|
| <ul style="list-style-type: none"> • Techniques of stain removal <ul style="list-style-type: none"> ○ Scraping ○ Dipping ○ Sponging ○ Drop method • Reagent for stain removal • Common stains and method of removing ➤ Removal of dirt: the cleaning process <ul style="list-style-type: none"> • Soaps and detergents • Methods of washing: friction, kneading & squeezing, suction, washing by machine ➤ Finishing <ul style="list-style-type: none"> • Blues and optical brighteners • Starches and stiffening agents ➤ Ironing ➤ Dry cleaning ➤ Storage of textile products ➤ Factors affecting fabric care <ul style="list-style-type: none"> • Yarn structure • Fabric construction • Colour and finishes ➤ Care label | <p>10.(a) Analyze label of any one garment with respect to: Clarity, Fibre content, Size and Care instructions.</p> <p>(b) Prepare one care label of Any garment.</p> <p>(c) Analyze two different fabric samples for colour fastness.</p> |

FULL SYLLABUS TO BE COMPLETED BY JANUARY 31, 2023

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|--|--|
| <ul style="list-style-type: none"> • Unit wise REVISION of whole syllabus • Practice of, previous year DoE Question Papers and DoE practice questions papers. • Practice tests and Solving problems of students • Whole syllabus (excluding deleted part) will be covered in Common Annual School Examinations. <p>COMMON ANNUAL SCHOOL EXAMINATION-2022-23</p> | <ul style="list-style-type: none"> • Practice and Revision of Practical and viva questions • Final Submission and evaluation of Practical Records <p align="center">FINAL PRACTICAL EXAM (Before 1st week of February)</p> |
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NOTE:

- Wherever required latest data/figures to be used.
- Latest RDA's to be used.

SCHEME FOR PRACTICAL EXAMINATION 30 Marks

1. Observe developmental norms: (Physical, Motor, Language and Social emotional) birth to three years.

5 marks

OR

List and discuss 4-5 areas of agreement and disagreement with

- a) Mother
- b) Father
- c) Siblings/ Friends
- d) Teacher

2. Preparation of healthy snacks for an adolescent. 7marks

3. Plan a budget for a given situation/purpose. 3 marks

4. Prepare a time plan for yourself. 3 marks

5. Relationship of fibre properties to their usage: 5 marks

- a) Thermal property and flammability
- b) Moisture absorbency and comfort

OR

Prepare one care label of any garment.

6. File 5 marks

7. Viva 2marks

QUESTION PAPER DESIGN 2022-23
HOME SCIENCE (CODE NO. 064)
CLASS- XI and XII

TIME- 3 HOURS

MAX. MARKS: 70

| S. No. | Typology of Questions | Total Marks | % Weightage |
|--------|--|-------------|-------------|
| 1 | Remembering and Understanding- Knowledge and understanding based questions terms, concepts, principles, or theories; Identify, define, or recite interpret, compare, contrast, explain, paraphrase information) | 28 | 40% |
| 2 | Application - or knowledge/concepts-based questions (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 | 21 | 30% |
| 3 | Formulation, analysis, Evaluation, and creativity-based question (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

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

Weightage to difficulty level of questions

| S. No. | Estimated difficulty | Percentage |
|--------|----------------------|------------|
| 1 | Easy | 20 |
| 2 | Average | 60 |
| 3 | Difficult | 20 |
| | | |

Prescribed textbook: Human Ecology and Family Sciences (For class XI): Part I and Part II

Human Ecology and Family Sciences I - <https://ncert.nic.in/textbook.php?kehe1=0-2>

Human Ecology and Family Sciences II - <https://ncert.nic.in/textbook.php?khhe2=0-2>