

**SYLLABUS: CLASS XI  
HOME SCIENCE (064) 2023-24**

**Course Structure: Theory and Practical**

Theory: 70 Marks

Practical: 30 Marks

Time: 3Hrs.

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

<b>CONTENTS</b>	<b>PRACTICAL</b>
<b>UNIT I: INTRODUCTION TO HOME SCIENCE</b> <ul style="list-style-type: none"><li>○ What is Home Science?</li><li>○ Areas of Home Science</li><li>○ Home Science is important for both boys and girls</li><li>○ Career options of Home Science</li></ul>	

## UNIT II: UNDERSTANDING ONESELF: ADOLESCENCE

### CHAPTER: UNDERSTANDING THE SELF

1. What is Self?
    - Personal dimension
    - Social dimension
    - Self- concept
    - Self esteem
  2. What is Identity?
    - Personal identity
    - Social identity
- Self during Infancy: characteristics
- Self during early childhood: characteristics
- Self during middle childhood: characteristics
- Self during adolescence: characteristics
- Identity development
  - Identity crisis
  - Real vs Ideal self
- Influences on identity
- Developing a sense of self and identity
  - Influences on formation of identity
    - Biological and physical changes
    - Socio-cultural contexts
    - Emotional changes
    - Cognitive changes

### CHAPTER:FOOD NUTRITION HEALTH AND FITNESS

- Introduction
- Definition of Food,Nutrition and nutrient
- Balanced diet  
Definition, RDA
- Health and and fitness  
using basic food group for planning balanced diet
  - Food Guide pyramid
- vegetarian food guide
  - Dietary patterns in adolescence
    - Irregular meals and skipping meals
    - Snacking
    - Fast food dieting

1.Understanding oneself with reference to:

- 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)

2.

- a) Record own diet for a day
- b) Evaluate qualitatively for

■ Dieting

Modifying diet related behaviour

- 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

**CHAPTER: MANAGEMENT OF RESOURCES**

- Introduction
- Classification of Resources
  - Human /non-human resources
  - Individual / shared resources
  - Natural / community resources
- Human and Non-Human Resources
  - Human Resources
    - o Knowledge
    - o Motivation/ interest
    - o Skills/ strength/ aptitude
    - o Time
    - o Energy
  - Non-Human Resources
    - o Money
    - o Material Resources
      - Individual and Shared Resources
        - o Individual Resources
        - o Shared Resources
      - Natural and Community Resources
        - o Natural Resources
        - o Community Resources
- Characteristics of Resources
  - o Utility
  - o Accessibility
  - o Interchangeability
  - o Manageable

3.Preparation of different healthy snacks for an adolescent suitable in her/his context.

4.  
a) Record one day's activities relating to time use and work.  
b) Prepare a time plan for yourself.

Managing Resources

- o Management process
- o Planning
- o Steps in planning
- o Organising
- o Implementing
- o Controlling
- o Evaluation

**CHAPTER: FABRIC AROUND US**

- Definition of yarns, fibres, textile products, finishing.
- Introduction to fibre properties
- Classification of textile fibres
  - Filament/staple fibres
  - Natural/Manufactured (manmade) fibres
- Types of Natural Fibres
  - Cellulosic fibres
  - Protein fibres
  - Mineral fibres
  - Natural rubber
- Types of Manufactured Fibres
  - Regenerated cellulosic fibres
  - Modified cellulosic fibres
  - Protein fibres
  - Non-cellulosic fibres
  - Mineral fibres
- Some Important fibres and their properties
  - Cotton
  - Linen
  - Wool
  - Silk
  - Rayon
  - Nylon
  - Polyester
  - Acrylic
  - Elastomeric fibres
- Yarns
- Yarn processing
  - Cleaning
  - Making into a sliver

- 5.
- a) Record the fabrics and apparel used in a day.
  - b) Categorize them according to functionality.

- 6.
- Relationship of fibre properties to their usage-
- a) Thermal property and flammability
  - b) Moisture absorbency and

<ul style="list-style-type: none"> <li>• Attenuating, drawing out and twisting</li> <li>➤ Yarn terminology <ul style="list-style-type: none"> <li>• Yarn number</li> <li>• Yarn twist</li> <li>• Yarn and thread</li> </ul> </li> <li>➤ Fabric production <ul style="list-style-type: none"> <li>• Weaving</li> <li>• Knitting</li> <li>• Braiding</li> <li>• Nets</li> <li>• Laces</li> </ul> </li> <li>➤ Textile Finishing <ul style="list-style-type: none"> <li>• Finishing with colour</li> <li>• Printing</li> </ul> </li> </ul> <p><b>CHAPTER-MEDIA COMMUNICATION TECHNOLOGY</b></p> <ul style="list-style-type: none"> <li>➤ Communication and Communication Technology <ul style="list-style-type: none"> <li>• What is Communication?</li> <li>• Classification of communication</li> <li>• How does communication take place?</li> </ul> </li> <li>➤ What is media? <ul style="list-style-type: none"> <li>• Media classification and functions</li> </ul> </li> <li>➤ What is communication technology? <ul style="list-style-type: none"> <li>• Classification of communication technologies</li> <li>• Modern communication technologies</li> </ul> </li> </ul>	<p>comfort.</p>
<p><b>UNIT III: UNDERSTANDING FAMILY, COMMUNITY AND SOCIETY</b></p> <p><b>CHAPTER: CONCERNS AND NEEDS IN DIVERSE CONTEXTS</b></p> <p><i>A. NUTRITION, HEALTH, AND HYGIENE</i></p> <ul style="list-style-type: none"> <li>➤ Health and its Dimensions <ul style="list-style-type: none"> <li>• Social health</li> <li>• Mental health</li> <li>• Physical health</li> </ul> </li> <li>➤ Health care Indicators of Health</li> <li>➤ Nutrition and Health</li> </ul>	

<ul style="list-style-type: none"> <li>➤ Importance of nutrients</li> <li>➤ Factors affecting nutritional well being <ul style="list-style-type: none"> <li>• Food and nutrient security</li> <li>• Care for the vulnerable</li> <li>• Good health for all</li> <li>• Safe environment</li> </ul> </li> <li>➤ Nutritional Problems and their consequences <ul style="list-style-type: none"> <li>• Malnutrition</li> <li>• Under nutrition</li> <li>• Over nutrition</li> </ul> </li> <li>➤ Hygiene and Sanitation <ul style="list-style-type: none"> <li>• Personal Hygiene</li> <li>• Environmental Hygiene</li> <li>• Food Hygiene</li> <li>• Water safety-Qualities of potable water, methods of water purification(Boiling, chlorine, storage and electric filter, RO)</li> </ul> </li> </ul> <p><b>B. RESOURCES AVAILABILITY AND MANAGEMENT</b></p> <ul style="list-style-type: none"> <li>➤ Time Management <ul style="list-style-type: none"> <li>• Definition of time plan</li> <li>• How good is your time management? (Activity)</li> <li>• Steps in making time plan</li> <li>• Tips for effective time management</li> <li>• Tools in time management - Peak load period, Work curve, Rest /break periods, Work simplification</li> </ul> </li> <li>➤ Space Management <ul style="list-style-type: none"> <li>• Space and the home</li> <li>• Principles of space planning</li> </ul> </li> </ul>	
<p><b>Mid Term syllabus to be completed by 15th September 2023</b></p>	
<p>Revision of Unit I, Unit II and Unit III (Upto B. RESOURCES AVAILABILITY AND MANAGEMENT)</p>	<p>Mid Term Practical Exam 2023 to be conducted before Mid Term Examination- 2023-24</p>
<p><b>MID TERM EXAMINATION 2023-24</b></p>	

Discussion on Mid-Term Question Paper-2023-24 with Scheme to be done after the evaluation of answer sheets of students.

CONTENT	PRACTICAL
<p><b>UNIT IV: CHILDHOOD</b></p> <p><b>CHAPTER: SURVIVAL GROWTH AND DEVELOPMENT</b></p> <ul style="list-style-type: none"> <li>➤ The meaning of survival</li> <li>➤ Growth and development</li> <li>➤ Areas of development               <ul style="list-style-type: none"> <li>• Physical development</li> <li>• Motor development</li> <li>• Cognitive development</li> <li>• Sensory development</li> <li>• Language development</li> <li>• Social development</li> <li>• Emotional development</li> </ul> </li> <li>➤ Good Nutrition</li> <li>➤ Stages in development               <ul style="list-style-type: none"> <li>• Neonate                   <ul style="list-style-type: none"> <li>○ Reflexes</li> <li>○ Sensory capabilities</li> </ul> </li> </ul> </li> <li>➤ Development across stages from infancy to adolescence               <ul style="list-style-type: none"> <li>• Physical and motor development</li> <li>• Language development</li> <li>• Socio –emotional development</li> <li>• Cognitive development - Mental processes involved in thinking</li> </ul> </li> <li>➤ Stages of cognitive development               <ul style="list-style-type: none"> <li>● Sensory motor stage</li> <li>● Pre-operational stage</li> <li>● Concrete operational stage</li> <li>● Formal operational stage</li> </ul> </li> </ul> <p><b>CHAPTER: NUTRITION, HEALTH AND WELL- BEING</b></p> <ul style="list-style-type: none"> <li>➤ Introduction</li> </ul>	<p>7. Observe developmental norms: (Physical, Motor, Language and Social – emotional) from birth to three years.</p> <p>8. List and discuss 4-5 areas of agreement and disagreement with</p> <ul style="list-style-type: none"> <li>a) Mother</li> <li>b) Father</li> <li>c) Siblings/ Friends</li> </ul>

- 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
- Nutrition, Health, and well-being of preschool children (1-6 years)
  - 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)
  - 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

#### **CHAPTER: OUR APPAREL**

- Clothing functions and the selection of clothes
  - Modesty
  - Protection
  - Status and prestige
  - Adornment
- Factors affecting selection of clothing in India
  - Age
  - Climate and season
  - Occasion
  - Fashion
  - Income
- Understanding children's basic clothing needs
  - Comfort
  - Safety



- Self help
- Appearance
- Allowance for growth
- Easy care
- Fabrics
  
- Clothing requirements at different childhood stages
  - 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

## **UNIT V: ADULTHOOD**

### **CHAPTER: HEALTH AND WELLNESS**

- 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
    - 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
  - Relaxation
  - Talking with friends/family

- Reading
- Spirituality
- Music
- Hobby
- Yoga

## **CHAPTER: FINANCIAL MANAGEMENT AND PLANNING**

- Financial management
- Financial planning
- Management
- Money and its importance
  - Family Income
  - Money income
  - Real income: Direct and Indirect income
  - Psychic income
- Income management
- Budget
- Steps in making budget
- Advantages of planning family budgets
- Control in money management
  - Checking to see how well the plan is progressing
    - o Mental and mechanical check
    - o Records and accounts
    - o Adjusting wherever necessary
    - o Evaluation
- Savings
- Investment
- Principles underlying sound investments
  - 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

9. Plan a budget for a given situation / purpose.

- Capacity
- Savings and investment avenues
  - 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, collateral

#### **CHAPTER: CARE AND MAINTENANCE OF FABRICS**

- Mending
- Laundering
  - Stain removal
    - o Vegetable stains
    - o Animal stains
    - o Oil stains
    - o Mineral stains
    - o Dye bleeding
  - Techniques of stain removal
    - o Scraping
    - o Dipping
    - o Sponging
    - o Drop method
  - Reagent for stain removal
  - Common stains and method of removing
- Removal of dirt: the cleaning process
  - Soaps and detergents
  - Methods of washing: friction, kneading & squeezing, suction, washing by machine
- Finishing
  - Blues and optical brighteners
  - Starches and stiffening agents

10.  
(a) Analyze label of any one garment with respect to:

<ul style="list-style-type: none"> <li>➤ Ironing</li> <li>➤ Dry cleaning</li> <li>➤ Storage of textile products</li> <li>➤ Factors affecting fabric care <ul style="list-style-type: none"> <li>• Yarn structure</li> <li>• Fabric construction</li> <li>• Colour and finishes</li> </ul> </li> <li>➤ Care label</li> </ul>	<p>Clarity, Fibre content, Size and Care instructions.</p> <p>(b) Prepare one care label of <b>Any</b> garment.</p> <p>(c) Analyze two different fabric samples for colour fastness.</p>
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**FULL SYLLABUS TO BE COMPLETED BY JANUARY 31, 2024**

<ul style="list-style-type: none"> <li>• Unit wise REVISION of whole syllabus</li> <li>• Practice of, previous year DoE Question Papers and DoE practice questions papers.</li> <li>• Practice tests and Solving problems of students</li> <li>• Whole syllabus (excluding deleted part) will be covered</li> </ul> <p><b>COMMON ANNUAL SCHOOL EXAMINATION-2023-24</b></p>	<ul style="list-style-type: none"> <li>• Practice and Revision of Practical and viva questions</li> <li>• Final Submission and evaluation of Practical Records</li> </ul> <p><b>FINAL PRACTICAL EXAM</b> (Before 1st week of February)</p>
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<p><b>NOTE:</b></p> <ul style="list-style-type: none"> <li>• Wherever required the latest data/figures to be used.</li> <li>• Latest RDA's to be used.</li> </ul>
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### 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.

7 marks

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

3

4. Prepare a time plan for yourself.

3 marks

5. Relationship of fiber 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

2 marks

### QUESTION PAPER DESIGN 2023-24 HOME SCIENCE (CODE NO. 064) CLASS- XI and XII

**TIME- 3 HOURS**

**MAX. MARKS: 70**

S. No.	Typology of Questions	Total	Weightage %
1	<b>Remembering and Understanding-</b> Knowledge and understanding based questions terms, concepts, principles, or theories; Identify, define, or recite interpret, compare, contrast, explain,	28	40

	paraphrase information)		
2	<b>Application</b> - knowledge/concepts-based questions (Use abstract information in concrete situations, to apply knowledge to new situations. Use given content to interpret a situation, provide an example, or solve a problem)	21	30
3	<b>Formulation, analysis, Evaluation, and creativity based question</b> - (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>		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 difficult	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>