

**SYLLABUS: CLASS XI
HOME SCIENCE (064) 2024-25**

Course Structure: Theory and Practical

Theory: 70 Marks

Practical: 30 Marks

Time: 3Hrs.

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

| CONTENTS | PRACTICAL |
|--|------------------|
| UNIT I: INTRODUCTION TO HOME SCIENCE <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 | |

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 foods
 - 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)

| | |
|--|--|
| <p style="text-align: center;"><input type="checkbox"/> Modifying diet related behaviour</p> <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>CHAPTER: MANAGEMENT OF RESOURCES</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 ➤ Human and Non-Human Resources <ul style="list-style-type: none"> • Human Resources <ul style="list-style-type: none"> o Knowledge o Motivation/ interest o Skills/ strength/ aptitude o Time o Energy ➤ Non-Human Resources <ul style="list-style-type: none"> o Money o Material Resources <ul style="list-style-type: none"> <input type="checkbox"/> Individual and Shared Resources <ul style="list-style-type: none"> o Individual Resources o Shared Resources <input type="checkbox"/> Natural and Community Resources <ul style="list-style-type: none"> o Natural Resources o Community Resources <input type="checkbox"/> Characteristics of Resources <ul style="list-style-type: none"> o Utility o Accessibility o Interchangeability o Manageable | <p>2. a) Record own diet for a day b) Evaluate qualitatively for</p> <p>3. Preparation of different healthy snacks for an adolescent suitable in her/his context.</p> <p>4. a) Record one day's activities relating to time use and work. b) Prepare a time plan for yourself.</p> |
|--|--|

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

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

| | |
|--|---|
| <ul style="list-style-type: none"> ➤ 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>CHAPTER-MEDIA COMMUNICATION TECHNOLOGY</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 take place? ➤ 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 | <p>and flammability b) Moisture absorbency and comfort.</p> |
| <p>UNIT III: UNDERSTANDING FAMILY, COMMUNITY AND SOCIETY</p> <p>CHAPTER: CONCERNS AND NEEDS IN DIVERSE CONTEXTS</p> <p>A. <i>NUTRITION, HEALTH, AND HYGIENE</i></p> <ul style="list-style-type: none"> ➤ Health and its Dimensions <ul style="list-style-type: none"> • Social health • Mental health • Physical health | |

| | |
|--|---|
| <ul style="list-style-type: none"> ➤ 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>B. RESOURCES AVAILABILITY AND MANAGEMENT</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 13th September 2024</p> | |
| <p>Revision of Unit I, Unit II and Unit III (Upto B. RESOURCES AVAILABILITY AND MANAGEMENT)</p> | <p>Mid Term Practical Exam 2024 to be conducted before Mid Term Examination-2024-25</p> |

MID TERM EXAMINATION 2024-25

Discussion on Mid-Term Question Paper-2024-25 with Marking Scheme to be done after the evaluation of answer sheets of students.

| CONTENT | PRACTICAL |
|--|---|
| <p>UNIT IV: CHILDHOOD</p> <p>CHAPTER: SURVIVAL GROWTH AND DEVELOPMENT</p> <ul style="list-style-type: none">➤ The meaning of survival➤ Growth and development➤ Areas of development<ul style="list-style-type: none">• Physical development• Motor development• Cognitive development• Sensory development• Language development• Social development• Emotional development➤ Good Nutrition➤ Stages in development<ul style="list-style-type: none">• Neonateo Reflexeso Sensory capabilities➤ Development across stages from infancy to adolescence<ul style="list-style-type: none">• Physical and motor development• Language development• Socio –emotional development• Cognitive development - Mental processes involved in thinking➤ Stages of cognitive development<ul style="list-style-type: none">● Sensory motor stage● Pre-operational stage● Concrete operational stage● Formal operational stage | <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">a) Motherb) Fatherc) Siblings/ Friends |

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
- 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

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

- Easy accessibility and convenience
- Investing in needed commodities
- Tax efficiency
- After investment service
- Time period
- 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
 - Vegetable stains
 - Animal stains
 - Oil stains
 - Mineral stains
 - Dye bleeding
 - Techniques of stain removal
 - Scraping
 - Dipping
 - Sponging
 - 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

| | |
|---|---|
| <ul style="list-style-type: none"> ➤ 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 colourfastness.</p> |
|---|---|

FULL SYLLABUS TO BE COMPLETED BY JANUARY 31, 2025

| | |
|--|--|
| <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 <p>COMMON ANNUAL SCHOOL EXAMINATION-2024-25</p> | <ul style="list-style-type: none"> ● Practice and Revision of Practical and viva questions ● Final Submission and evaluation of Practical Records <p>FINAL PRACTICAL EXAM (Before 1st week of February)</p> |
|--|--|

NOTE:

- Wherever required the 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.

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 2024-25 HOME SCIENCE (CODE NO. 064) CLASS- XI and XII

TIME- 3 HOURS

MAX. MARKS: 70

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

| | | | |
|--------------|---|----|-----|
| | paraphrase information) | | |
| 2 | Application - 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 | 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 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>