HOME SCIENCE

SYLLABUS FOR HIGHER SECONDARY COURSE

Home Science as a discipline aims to empower learners by developing an understanding in four different areas namely :

Food and Nutrition Human Development Community Resource Management and Extension Fabric and Apparel Science

Objectives :

The Syllabus at senior secondary level will help the learners to develop an understanding that the knowledge and skills acquired through the subject 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 consumers.
- impart knowledge of nutrition and life styles to enable prevention and management of disease and also to inculcate healthy food habits.
- help to develop an understanding of textiles for selection and care of clothes.

HOME SCIENCE

SYLLABUS FOR HIGHER SECONDARY FINAL YEAR COURSE

One Paper	(Theory) Three Hours	Marks 70		
Unitwise Distribution of Marks and Periods :				
Unit No.	Title	Marks	Periods	
Unit-I	Know Little Children	17	36	
Unit-II	Nutrition for Self and Family	16	34	
Unit-III.	Money Management and Consumer Education	16	34	
Unit-IV	Our Apparel	16	34	
Unit-V	Home Science : Its applications	5	16	
	Total	70	154	

Unit-I: Know Little Children (0-3 years)

Concept of Pre-natal period : Concept; Stages of Prenatal Development Characteristics of baby-hood.

Some specific characteristics : Physical Development height, Weight, body proportions; Motor development during 0-3 months, 3-6 months, 6-9 months, 9-12 months and 1-3 years (Mile stones only); Social and emotional developments recognition of people around; Socialization, expression of

Syllabi for H.S. Final Year

emotions; Cognitive development; Stages of Cognitive Development.

Protection from preventable diseases : Defination of Disease, Different types of Childhood diseases and how they spread, Immunity and Immunization– concept and types (natural and acquired), breast feeding (One of the ways to develop natural immune) immunization chart symptoms of childhood diseases– TB, DPT, Polio, measles, cholera, diarrhoea.

Special needs of disadvantaged and disabled children : Concept defferent needs of children causes, Type of disabilities (Handicap)– Physical Neurological, Social Maladjustment Defect characteristics and needs.

Substitute care at little children : Concept, Diffrent needs of children Kinds of Substitute child care, ICDS–Objective and functions.

Unit-II: Nutrition for Self and Family

Planning meals for the family : Meaning and importance of meal planning principles and factors affecting meal planning, Planning meals for the family; Keeping in mind the needs of individual members, including children, pregnant women, lactating mother, members suffering from fever and diarrhoea; role and preparation of O.R.S.

Ways to ensure good health for the family : Water for Health, Function, Qualities, household method of making water safe for drinking– Chemical, Physical, Mechanical, Food adulteration– definition and meaning of food adulteration as given by PFA Common adulterants of different food stuff, Simple test for detection of the Adulteration ill effects of some of the adulterants present in the food, Kesari dal, metanil yellow, argemone seed.

Unit-III: Money Management and Consumer Education

Family finance/ Management of family finance and consumer Education.

Family Income : Definition, Types, Sources of family income supplementing family income need and ways. **Management of family income :** Planning family budget– Objectives, importance, steps in planning budget. Types of budget, Record Keeping– Meaning, needs and importance procedure.

Savings and Investment : Meaning and importance of savings, investment–Institutions for savings and Investment banks, post-office, LIC, Units, P.P.F., P.F., – Basis for selection of method of investment–risk, security, profit, tax saving.

Consumer Protection and Education : Meaning, Rights Duties and Responsibilities, problems faced by consumer, Consumer Protection Act (1986) and Services; Consumer aids; Labels, standardization marks, advertising, guide books/ leaflets, consumer redresses forum.

Unit-IV : Our Apparel

Clothing and its relation to personality : Elements of design–line, form, colour, texture, light; Principles of design : balance, rhythm, proportion, harmony emphasis; Factors influencing selection of clothes–Personality, age, climate, occupation, figure, occasion, fashion; purchase of fabrics–Purpose, quality, cost, season and Reliable shops (buying place).

Selection of Readymade Garments : Body measurement– needs and method; quality of Garment and Good Workmanship. Fabric, drape, design, seams, hem plackets and Pleats, Fasteners etc.

Care of clothes : General Principles and methods of washing, removing stains, finishing, cleaning, agents : Soap and detergent. Water, Storage of clothes– Importance, general rules and methods.

Unit-V: Home Science : Its applications

Knowledge of Home Science and its application in everyday life-

Application of skill learnt through Home Science for supplementing family income-Needs and ways.

2

Syllabi for H.S. Final Year

Home Science related Vocations and careers.

Home Science as a subject in schools, college and institute– High School level, Higher Secondary level, College level, University, Institute provide certificate & Diploma ITI and Institution providing through Distance Education.

Time: 3 Hours			30 Marks	
<u>Unit</u>		<u>Marks</u>	Periods	
Unit-I	Know Little Children	04	08	
Unit-II	Nutrition for Family	08	15	
Unit-III	Family Finance and Consumer Education	03	08	
Unit-IV	Our Apparel	08	15	
Unit-V	Application of Home Science	05		
	Viva	02		
	Total	30	46	

SYLLABUS FOR HOME SCIENCE PRACTICAL

Unitwise Distribution of Course contents :

Unit-I: Know Little Children

Activity : Observe a child in neighbourhood or at home for various milestones of physical and motor developments and prepare a chart.

Practical: Make an interview schedule for working mother.

Activity : Interview three working mothers to find out their arrangements of substitute care in their children in their absence.

Practical: Prepare a chart of mile stones and a chart for immunization of a child.

Unit-II: Nutrition for Family

Practical : Plan meals for the family and carry out modification to suit an individual suffering from fever or diarrhoea, Pregnant and lactating mother. Prepare one dish only.

Practical : Preparation of oral dehydration solution.

Practical : Simple tests for checking adulteration in common food item (any three) Cereals, Pulses, Milk, Tea leaves Red chillies, Haldi powder, Black Pepper.

Unit-III: Money management and Consumer Education

Activity : Find out the procedure of opening an account in a bank and post office and collect forms. **Practical :** Fill up the forms of bank/ post office.

Activity: Read and evaluate labels of any three items bearing different standardization marks.

Practical: Prepare one label each for three items or product bearing different standardization marks.

Unit-IV: Our Apparel

Practical :

(a) Make a sample of (any three) basic stitches and seams.

- (b) Make a sample of Fasteners– buttons & hooks.
- Or Make an apron and incorporate all the above (a, b)
- Activity: Examine quality in ready-made garments.
- Practical: Removal of stains of (any three) Tea, Curry, Grease, Ball point-ink, lipstick, blood.

Practical : Make a soap/ detergent (Liquid/ Powder/ Cake) (any one)