

HOME SCIENCE (Code No. 064)

(CLASSES - IX (2021-2022))

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.

Class - IX

Course Structure: Theory & Practical

Theory : 70 Marks

Time: 3 Hrs.

Practical : 30 Marks

No.	Units	Marks	No. of Pd.
1	Concept and scope of Home Science Education and recent trends	03	05
2	Human growth & Development – I	08	25
3	Family and Values	08	20
4	Food, Nutrition and Health	15	45
5	Fiber and Fabric	15	34
6	Resource Management	14	34
7	Measures of Safety and Management of Emergencies	07	17
	Total	70	180
	Practical	30	40
	Grand Total	100	220

Unit I : Concept and scope of Home Science Education and recent trends 05 Pd

- a) Concept of Home science
- b) Fields of Home Science
- c) Relevance of study of Home Science and career options
- d) Recent trends

Unit II : Human Growth & Development – I

25 Pd

- a) Concept of growth and development
- b) Principles of growth and development
- c) Factors affecting growth and development (environmental and heredity)

- d) Age specific milestones (Birth to 3 years)-Physical, motor ,social, emotional, cognitive and language

Unit III : Family and Values

20 Pd

- a) Concept and types of family
- b) Role of family in Holistic development of an individual (Physical, Social, Psychological and 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 : Globalisation, urbanisation, migration, technology and media.

Unit IV : Food, Nutrition and Health

45 Pd

- a) Definition of food, nutrition, nutrient, Health and nutritional status.
- b) Food and its functions (Physiological, social and psychological)
- c) Nutrients : sources and functions
- d) Relationship of food, health and diseases
- e) Malnutrition : concepts and components (over nutrition and under nutrition)
- f) Concept of Balanced Diet
- g) Methods of cooking and processing
 - Cooking methods : Dry methods, moist methods, combination methods
 - Processing methods : Germination, Fermentation, Mutual supplementation / Combination
 - Conservation of nutrients while cooking and processing

Unit V : Fibre and Fabric

34 Pd

- a) Definition of Fiber and Yarn
- b) Classification of fiber on the basis of origin and length
- c) Characteristics of fibers : feel, appearance, colour fastness, length, strength, absorbency, shrinkage, elasticity, effect of heat and sunlight.

- d) Methods of construction of fabric – brief description of weaving, knitting and felting.
- e) Selection of fabric : Factors affecting selection of fabric (age, purpose, occupation, fashion, figure, climate, comfort and cost).

Unit VI : Resource Management

34 Pd

- a) Resources : Definition and 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 bagass. Non Biodegradable : Inceneration, Land fills and recycle)

Unit VII : Measures of Safety and Management of Emergencies

17 Pd

- 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 and Importance

Practicals

40 Periods

30 Marks

- 1) Observation of physical development in a child from birth to three years
- 2) Observation of motor skills in a child from birth to 3 years.

- 3) Role of family members: collage / chart etc.
- 4) Design educational games specific to functions / sources of nutrients.
- 5) Weights and measures: Equivalents / 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 and burning tests.
- 9) Create a slogan/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-

- | | |
|--|---------|
| a)Observation of physical development in a child from birth to three years | 3 marks |
| OR | |
| Observation of motor skills in a child from birth to 3 years. | |
| b)Prepare and Present a dish using germination OR fermentation(With fire/without fire) | 7 Marks |
| c)Identification of fibre using physical and burning tests. | 3 Marks |
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| II. First Aid Kit | 5 Marks |
| III. File Work | 10Marks |
| IV. Viva | 2 Marks |