
CBSE CLASS – XI
HOME SCIENCE (Code No. 064)

Home Science as a discipline aims to empower learners by developing understanding of five different areas namely:

- Food and Nutrition
- Human Development, Childhood Studies
- Resource Management
- Fabric and Apparel Science
- Development Communications and Extension

The subject helps students to understand changing needs of Indian society, academic principles as well as develop professional skills.

This would make them competent to meet challenges of becoming a responsible citizen.

Objectives: The syllabus at Senior 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 XI (2017– 18)

COURSE STRUCTURE
(THEORY)

One Paper (Theory) 70 Marks

Time: 3 Hours (Periods: 220)

Unit		No. of periods	Marks
I	Concept of home science and its scope	5	25
II	Human Development: Life span approach (Part I)	40	
III	Food, Nutrition, Health and Fitness	45	30
IV	Family and Community and Resources	45	
V	Fabric and Apparel	45	15
VI	Community Development and Extension (part I)	5	
	Practical	35	30
	TOTAL	220	100

Unit I: Concept of Home Science and its Scope (05 Periods)

- (i) Evolution of the discipline of Home Science
- (ii) Five major areas
- (iii) Relevance in improving the quality of life

Unit II: Human development: life span approach (Part I) (40 Periods)

- (i) Introduction to different stages infancy, early childhood, childhood, adolescence, adulthood and old age
 - (a) Infancy (birth to 2 years): Physical – height, weight and body proportions; motor development during 0-3 months, 3-6 months, 6-9 months, 9-12 months and 1-2 years (milestones only); social and emotional development; expression of emotions, socialization; cognitive and language development.
 - (b) Early childhood (3-6 years): characteristics
 - (c) Childhood (7-11 years): behavioural problems of children and suggestive measures

(ii) Protection from preventable disease:

(a) Immunization – concept and types (natural and acquired), breast feeding (one of the ways to develop natural immunity); immunization chart;

(b) Symptoms, prevention, after care and incubation period of childhood diseases: tuberculosis, diphtheria, pertussis (whooping cough), tetanus, polio, measles, cholera, diarrhoea and chicken pox.

(iii) Substitute care at home and outside:

(a) by Grandparents, crèche/day care centres

(b) integrated Child Development Scheme (ICDS) – objectives and functions

(iv) Special needs and care of disadvantaged and differently abled children: socially disadvantaged, visually impaired (partial and complete), hearing impaired, orthopedically impaired (affected/missing limb)

(v) Managing Emergencies

First aid to cuts, burns, fractures, bites (snake, dog and insects), poisoning, fainting, asthma, heart attack, drowning.

Unit III: Food, Nutrition, Health and Fitness (45 Periods)

(i) Definition of food, nutrition, health (WHO) and fitness.

(ii) Functions of food:

- Physiological (body building, energy giving, protective, regulatory)
- Psychological
- Social

(iii) Selection of food for optimum nutrition and good health:

(a) Nutrients: sources, functions and deficiency and its prevention; Proteins, Carbohydrates, Fats, Vitamins- Fat soluble (A, D, E, K) and water soluble (B1, B2, Niacin, Folic acid, B12 and Vitamin C), Minerals (Calcium, Iron, Zinc and Iodine).

(iv) Maximising nutritive value of food by proper selection, preparation and storage:

(a) Selection of foods: Fruits, vegetables, egg, fish, poultry, meat, milk and milk products, spices, cereals and pulses and convenience food.

Storage of foods: Perishable, semi perishable, non perishable and convenience food.

(b) Food Processing

- Food spoilage & its reasons.
- Food processing methods – Dehydration, Freezing. Use of preservatives: Natural and Chemical.

(c) Preparation of food:

- Principles
- Methods: boiling, steaming, pressure cooking, deep and shallow frying, baking, sautéing, roasting, grilling, solar cooking and microwave cooking.
- Loss of nutrients and steps to minimize nutrient loss during preparation.
- Methods of enhancing nutrient availability germination, fermentation, fortification and food combination.

Unit IV: Family and Community Resources (45 Periods)

(i) Concept of Family and Community resources

(ii) Types, Management and Conservation of:

(a) *Human / Personal Resources*: knowledge, skills, time, energy, aptitude.

(b) *Non-human / material resources*: money, goods, property.

(c) *Community facilities / shared resources*: Schools, parks, hospitals, roads, transport, water, electricity, library, fuel and fodder. (Keeping community spaces clean and use of environment friendly measures)

(iii) Management:

(a) Meaning and need for management.

(b) Steps in management: planning, organizing, controlling, implementing and evaluation.

(c) Decision making and its role in management.

(iv) Time, energy and space management:

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- (a) Need and procedure for managing time and energy.
 - (b) Work simplifications: Techniques for time and energy management.
 - (c) Need and ways of space management.
 - (d) Elements of art and principles of design.
 - (e) Use of colours, light and accessories in space management; Prang colour wheel, dimensions of colours, classes and colour schemes.

Unit V: Fabric and Apparel (45 Periods)

(i) Introduction to Fibre Science:

(a) Classifications of fibre

- Natural: cotton, silk and wool
- Manufactured: rayon, nylon and polyester
- Blends: terry cot, terry silk, terry wool

(b) Characteristics of fibre

(c) Suitability for use

(ii) Fabric Construction:

(a) *Yarn making*: Basic procedure of making yarn.

- Simple: Two Ply, Four Ply, Multiple and Cord
- Novelty: Slub, Knot, Flock, Spiral
- Blended yarns

(b) Weaving:

- Basic Mechanism
- Concept of Looms
- Types of weaves - Plain (Basket and Rib), Twill, Satin and Sateen weave. A brief mention of special weave: Pile and Jacquard.
- Effect of weave on appearance, durability and maintenance of garment.

(c) Other methods of fabric constructions: knitting, non-woven fabrics: felting and bonding

(iii) Fabric Finishes:

(a) Meaning and importance.

(b) Classification of finishes:

- Basic finishes: cleaning, scouring, singeing, bleaching, stiffening, calendering and tentering
- Functional Finishes: Water proofing, sanforization, mercerization, moth proofing.

(iv) Dyeing and Printing

(a) Importance of dyeing and printing

(b) Types and sources of Dyes-natural, synthetic

(c) Methods of Dyeing and Printing: Plain Dyeing; tie and dye; Batik printing; Block printing.

Unit VI: Community Development and Extension (Part I) (05 Periods)

(i) Respect for girl child

(ii) Media: Concept, Classification, Function

(iii) Communication:

- Concept
- Importance
- Method
- Types
- Elements
- Effective communicative skills

(iv) Keeping community spaces clean

HOME SCIENCE CLASS XI (2017-18)

PRACTICAL Maximum Marks: 30(Periods: 35)

I. Human Development: Life Span Approach

1. Visit a child care centre (Day Care/Crèche/Anganwadi/Nursery Schools/ any other). Write a report on facilities and activities.
2. Select a child with special needs in the neighbourhood. Write a report about her/his special requirement related to:-
 - a) Care

b) Education

c) Physical Infrastructure needed

3. Observation of any two children in different stages of age in the neighbourhood and report on their activities and behavior.

4. Prepare an educational toy by using local material.

II. Food, Nutrition, Health and Fitness

1. Plan and prepare a dish rich in selected nutrients (Iron, Calcium, Protein, Fibre).

2. Prepare one preserved product; also prepare a suitable label for it.

3. Prepare dishes involving the following: Germination, Fermentation and Combination.

III. Family and Community Resources

1. Using elements of art and principles of design, prepare Rangoli, Flower arrangement and one accessory for decoration.

2. Critically evaluate your residential space and suggest improvements.

3. Prepare a day's routine of self, listing activities and time spent in each. Critically evaluate for improvement for time and energy saving.

4. Cleaning different surfaces & metals (glass, brass, silver, bronze etc.)

IV. Fabric and Apparel

1. Prepare paper samples of the following weaves: *Plain, Rib, Basket, Twill (any two), satin and sateen*.

2. Collect samples of various fabrics and identify the following weaves: Plain, rib, basket, twill, satin and sateen

3. Identification of various types of fibres using burning test.

4. Prepare five samples of tie and dye.

V. Community Development and Extension

1. Plan message for 'respect for girl child', 'women's empowerment', 'cleanliness of public spaces' using different modes of communication for different focus groups.

2. Make a leaflet or a pamphlet using original slogan for consumer education on any topic.

Scheme for practical examination (Class XI) (30 marks)

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1. **Unit – I: Human Development: Life Span Approach** – Project report (6 marks)
 2. **Unit II: Food, Nutrition, Health and Fitness**- Anyone from 1, 2 and 3 quoted above (5 marks)
 3. **Unit III: Family and Community Resources**- Any two from a and d quoted above (2+2=4 marks)
 4. **Unit IV: Fabric and Apparel**: Any two from a, b, c and d quoted above (2+2=4 marks)
 5. **Unit V: Community Development and Extension**- Pamphlet etc. (4marks)
 6. **File** (5marks)
 7. **Viva** (2marks)

Reference book for teachers:

1. Human Ecology and Family Sciences – Part I, Class- XI, NCERT Publication
2. Human Ecology and Family Sciences – Part II, Class- XI, NCERT Publication

Typologies of Questions

Remembering- (Knowledge based simple recall questions, to know specific facts, terms, concepts, principles, or theories; Identify, define, or recite, information)

Very Short Answer -(1 Marks) : 2

Short Answer -(2 Marks) : 2

Case study and picture based (3 Marks) : 1

Long Answer-I(LA I) (4 Marks) : 1

Long Answer-II(LA-II) (5 Marks) : 1

Total Marks : 18

% Weightage : 26%

Understanding- (Comprehension –to be familiar with meaning and to understand conceptually, interpret, compare, contrast, explain, paraphrase information)

Very Short Answer -(1 Marks) : 1

Short Answer -(2 Marks) : 1

Case study and picture based (3 Marks) : 0

Long Answer-I(LA I) (4 Marks) : 1

Long Answer-II(LA-II) (5 Marks) : 1

Total Marks : 12

% Weightage : 17%

Application (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)

Very Short Answer -(1 Marks) : 1

Short Answer -(2 Marks) : 2

Case study and picture based (3 Marks) : 1

Long Answer-I(LA I) (4 Marks) : 2

Long Answer-II(LA-II) (5 Marks) : 1

Total Marks : 21

% Weightage : 30%

High Order Thinking Skills-(Analysis & Synthesis- Classify,compare, contrast,or differentiate between different pieces of information; Organize and/or integrate unique pieces of information from a variety of sources)

Very Short Answer -(1 Marks) : 1

Short Answer -(2 Marks) : 1

Case study and picture based (3 Marks) : 0

Long Answer-I(LA I) (4 Marks) : 1

Long Answer-II(LA-II) (5 Marks) : 1

Total Marks : 12

% Weightage : 17%

Evaluation-(Appraise,judge, and/or justify the value or worth of a decision or outcome, or to predict outcomes based on values)

Very Short Answer -(1 Marks) : 1

Short Answer -(2 Marks) : 1

Case study and picture based (3 Marks) : 0

Long Answer-I(LA I) (4 Marks) : 1

Long Answer-II(LA-II) (5 Marks) : 0

Total Marks : 7

% Weightage : 10%

Total Marks

Very Short Answer -(1 Marks) : $1 \times 6 = 6$ (10 min)

Short Answer -(2 Marks) : $2 \times 7 = 14$ (35 min)

Case study and picture based (3 Marks) : $3 \times 2 = 6$ (20 min)

Long Answer-I(LA I) (4 Marks) : 4 x 6 = 20 (50 min)

Long Answer-II(LA-II) (5 Marks) : 5 x 4 = 20 (10 min)

Total Marks : 70 (165 min. + 15 min. for revision)

% Weightage : 100%

Scheme of questions**Note:** No Chapter wise weightage, care should be taken to cover all chapters.

- There will be no choice in the question paper.
- Weightage to difficulty level of questions

S no.	Estimated Difficulty	Percentage
1.	Easy	20
2.	Average	60
3.	Difficult	20