

HOME SCIENCE
Subject Code - 064
Class X (2025-26)

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.

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Course Structure: Theory& Practical

Theory: 70 Marks

Time: 3 Hours

Practical: 30 Marks

S.No.	Units	Marks
1.	Human Growth & Development – II	12
2.	Management of Resources	12
3.	Food and Personal Hygiene	08
4.	Meal Planning	13
5.	Food Safety and Consumer Education	12
6.	Care and Maintenance of Fabrics and Apparel	13
	THEORY	70
	PRACTICAL	30
	GRAND TOTAL	100

Unit I: Human Growth & Development – II

- a) Play (birth-5 years), role of play in growth & development of children. Types of play- active, passive, natural, serious and exploratory, selection of play material for children
- b) Childhood (3 to 11 years)-Age specific milestones- Physical, motor, social, emotional, cognitive and language
- c) Adolescents: Special Features- Physical and biological, motor, social, emotional, cognitive and language

Unit II: Management of Resources: Time, Energy and Money

- a) Time Management - Definition and Importance
- b) Time plan - Factors affecting time plan
- c) Energy Management: Definition and Importance
- d) Fatigue and work Simplification

Unit III: Food and Personal Hygiene

- a) Principles of hygienic handling and serving of food
- b) Hygiene in kitchen
- c) Personal hygiene of food handler

- d) Hygiene during food storage

Unit IV: Meal Planning

- a) Concept of Meal Planning
- b) Factors affecting meal planning - age, sex, climate, occupation, cost of food items, number of family members, occasion, availability of food, family traditions, likes and dislikes
- c) Basic food groups given by ICMR
- d) Use of food groups in planning balanced meal for self and family

Unit V: Food Safety and Consumer Education

- a) Problems faced by Consumer- Price variation, poor quality, Faulty weights and measures, Non-availability of goods, Misleading information, Lack of standardized products
- b) Food adulteration: Concept, adulterants (Metanil yellow, Argemone, Kesari dal) and harmful effects of these adulterants on human health
- c) Food Safety Standards-FSSAI (2006)

Unit VI: Care and Maintenance of Fabrics and Apparel

- a) Cleaning and finishing agents used in routine care of clothes
- b) Stain Removal
- c) Storage of cotton, silk, wool and synthetics

CLASS X PRACTICALS

1. Make a suitable play material for children between birth to 5 years (Group activity).
2. Plan a balanced meal for yourself.
3. Make a time plan to self for one day.
4. Write a report on any five malpractices you have observed in the market and write your responsibilities as a consumer in each context.
5. Prepare a slogan/poster to create awareness on consumer education.
6. Remove stains from white cotton fabric: curry, grease, ball pen ink, lipstick, tea and coffee.
7. List five areas of agreement and disagreement each with parents, siblings and friends, and give your suggestion to improve the relationships.

SCHEME FOR PRACTICAL EXAMINATION
CLASS X HOME SCIENCE

M.M-30

I.	Lab Activity	Marks
a)	Plan a balanced meal for yourself.	5
b)	Prepare a time plan for self for one day.	5
c)	Remove any two stains from white cotton sample- curry, grease, ball pen, ink, lipstick, tea and coffee.	5
II.	Play Material	8
III.	File Work	5
IV.	Viva	2
	TOTAL	30

QUESTION PAPER DESIGN 2025-26 HOME SCIENCE (CODE NO. 064) CLASS-X			
TIME: 3 HOURS		Max. Marks: 70	
S.No.	Competencies	Total Marks	% Weightage
1.	Knowledge and Understanding based questions (terms, concepts, principles, or theories, identify, define, recite, interpret, compare, contrast, explain, paraphrase, information)	28	40%
2.	Application based questions (Use abstract information in concrete situation, to apply knowledge to new situations or / and use given content to interpret a situation, provide an example, or solve a problem)	21	30%
3.	High Order (Formulation, Analysis, Evaluation and Creativity) based questions (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 Easy- 20%

Average- 60%

Difficult- 20%