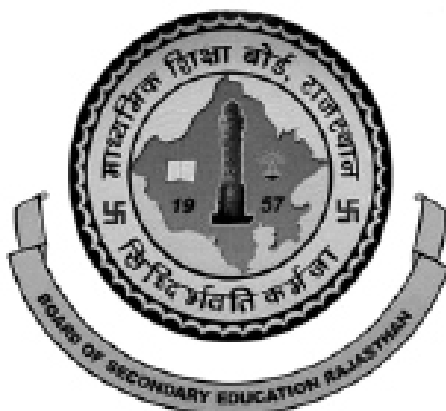


HOME SCIENCE

CLASS - XII



BOARD OF SECONDARY EDUCATION, RAJASTHAN, AJMER

TEXT BOOK TRANSLATION COMMITTEE

Book : Home Science (Hindi)

Class : 12

1. Dr. Vimla Dunkwal

Dean (Post graduate studies)

Swami Keshwanand Rajasthan Agriculture University,
Bikaner (Rajasthan)

2. Dr. Mamta Singh

Asst. Professor, Department of Food and Nutrition

College of Home Science,

Swami Keshwanand Rajasthan Agricultural University,
Bikaner (Rajasthan)

SYLLABUS CONSTRUCTION COMMITTEE

Book : Home Science

Class : 12

Author and co-ordinator : Dr. Bharti Bhatnagar,
Retd. Dean, college of Home Science,
Swami Keshwanand Rajasthan Agriculture University,
Bikaner (Rajasthan)

Authors :

1. Dr. Vimla Dunkwal

Dean (Post graduate studies)
Swami Keshwanand Rajasthan Agriculture University,
Bikaner (Rajasthan)

2. Dr. Ritu Mathur

Asst. Professor, Food and Nutrition Department,
Maharshi Dayanand Saraswati University, Ajmer

3. Smt. Meenu Chaturvedi

Principal, Govt. Hr. Sec. School,
Pharkiya, Ajmer

4. Smt. Paramjeet Kaur Bindra

Lecturer, Govt. Hr. Sec. School,
Sanganer, Jaipur.

5. Smt. Deepti Pancholi

Principal, Govt. Hr. Sec. School,
Barna, Kishangarh, Ajmer.

PREFACE

Home Science is an extremely useful and important subject. It is a practical education which is being studied and taught in all the schools of India. This subject includes understanding of activities of daily life, their usefulness and scientific solutions to the problems related to these activities. Also, from this the students learn the skill to display their artistic expression. The book makes an effort to conjoin the theoretical as well as the practical subject-matter in the Indian perspective.

The book has five units. The first unit deals with development of human being and problems faced by individual at different stage of life. Second unit includes the nutrition require to maintain good health for all span of life. Third and fourth unit depicted the chapter related to clothing and textile and family resource management respectively. Last unit related to Home Science Education and vocations. Illustrations and drawings are also presented to make the subject intresting and conceivable. On the whole book has two sections : first section constitute with theory part and second section contains all practicals related to Theory. A summary is given at the end of each chapter. Each chapter has different level of questions at the end such as objective type, fill in the blanks, short-answer questions, and essay-type questions. To develop the quality of 'learn by doing', subject-matter related practical works with instructions to perform them are given in simple language.

Efforts have been made by Miss Sunita Chouhan to keep the language and phraseology lucid and understandable and helped in translation and proof reading of the chapters. I would like to mention name of Dr. Reema Rathore for her cooperation. We hope and believe that this book will be useful to not only the students of class XII but also to the homemakers. We expect the constructive feedback and suggestions from the teachers and students of Home Science who will remain our guiding light and will be beneficial in making this book more advantageous.

Dr. Vimla Dunkwal

Dean (Post graduate Studies)

**Swami Keshwanand, Rajasthan Agricultural University,
Bikaner (Rajasthan)**

SYLLABUS

Time 3.15 Hours

Total Marks : 56
Sessional Marks : 14

S.No.	Learning Area	Marks Weightage
1.	Human Development and Family Studies	15
2.	Food and Nutrition	20
3.	Clothing and Textile	09
4.	Family Resource Management	09
5.	Home Science Extension Education	03
	Total	56

S.No.	Unit	Theory	Marks
1.	I	Human development and Family Studies (i) Development in adolescence-I : Physical, motor and sexual development (ii) Development in Adolescence-II : Social, emotional and cognitive development (iii) Problems of adolescents and their management (iv) Preparation of marriage and career (v) Reproductive health and sexually transmitted diseases (vi) Adulthood and old age (vii) Population control (viii) Special children	15
2.	II	Food and Nutrition (i) Meal Planning (ii) Process of meal planning (iii) Nutrition during infancy (iv) Nutrition during childhood (v) Nutrition during adolescence (vi) Nutrition during adulthood (vii) Nutrition during old age (viii) Nutrition during special stage: Pregnancy (ix) Nutrition during special stage : Lactation (x) Diet during diarrhoea and fever (xi) Food Adulteration (xii) Safe drinking water and food hygiene I - Safe drinking water II - Food hygiene	20

3.	III	Clothing and Textile	9
		(i) Clothing and personality	
		(ii) Selection of clothes	
		(iii) Stitching of garments	
		(iv) Readymade garments	
		(v) Stain removal	
		(vi) Cleansing material	
		(vii) Storage of clothes	
4.	IV	Family Resource Management	9
		(i) Family income	
		(ii) Household account	
		(iii) Saving and investment -I	
		(iv) Saving and investment- II	
		(v) Consumer problems	
		(vi) Consumer protection and aid	
		(vii) Consumer protection act	
		(viii) Consumer protection Act-1986	
5.	V	Home Science Extension Education	3
		(i) Home Science - Family and vocational education	
		Home Science Practical	

Time : 4.00 Hours

Total Marks : 30

S.No.	Learning Area	Marks
1.	Human Development and Family Studies	04
2.	Food and Nutrition	10
3.	Clothing and Textile	06
4.	Family Resource Management	04
5.	Records + Oral	04+02

S.No.	Unit	Practical	Mark
1.	I	Human development and Family Studies	04
		(i) Strength and weakness of adolescents	
		(ii) Prepare a case study perform for adolescents	
		(iii) Old age problems and suggestions	
2.	II	Food and Nutrition	08+02
		(i) Reference unit of food groups	
		(ii) Meal planning during childhood	

		(iii) Meal planning during adolescence	
		(iv) Meal planning during adulthood	
		(v) Meal planning during old age	
		(vi) Meal planning during pregnancy	
		(vii) Meal planning during lactation	
		(viii) Meal planning for diarrhoea and fever patient	
		(ix) Test for detection of food adulteration	
3.	III	Clothing and Textile	03+03
		(i) Basic stitches and apron making	
		(ii) Evaluation of readymade garments	
		(iii) Methods of stain removal	
		(iv) Effect of water temperature on clothes	
		(v) Methods of soap and detergent preparation	
4.	IV	Family Resource Management	02+02
		(i) Practical related to bank	
		(ii) Preparation and evaluation of label	
5.		Records	04
6.		Oral	02
Total marks			30

Index - Theory

Unit	Topic	Page
I	Human Development and Family Studies	
1.	Development in adolescence-I : Physical, motor and sexual development	01
2.	Development in adolescence-II : Social, emotional and cognitive development	08
3.	Problems of adolescents and their management	17
4.	Preparation of marriage and career	22
5.	Reproductive health and sexually transmitted diseases	27
6.	Adulthood and old age	33
7.	Population control	41
8.	Special children	47
II	Food and Nutrition	
9.	Meal planning	53
10.	Process of meal planning	57
11.	Nutrition during infancy	62
12.	Nutrition during childhood	70
13.	Nutrition during adolescence	75
14.	Nutrition during adulthood	80
15.	Nutrition during old age	85
16.	Nutrition during special stage: Pregnancy	89
17.	Nutrition during special stage: Lactation	96
18.	Diet during diarrhoea and fever	101
19.	Food adulteration	104
20.	Safe drinking water and food hygiene	109
	I - Safe drinking water	
	II - Food hygiene	
III	Clothing and Textile	
21.	Clothing and personality	115
22.	Selection of clothes	119
23.	Stitching of garments	124

24.	Readymade garments	131
25.	Stain removal	135
26.	Cleansing material	140
27.	Storage of clothes	145
IV	Family Resource Management	
28.	Family income	149
29.	Household account	154
30.	Saving and investment-I	160
31.	Saving and investment- II	163
32.	Consumer problems	167
33.	Consumer protection and aid	170
34.	Consumer protection act	178
35.	Consumer protection act-1986	182
V	Home Science Extension Education	
36.	Home Science - Family and vocational education	188

Index - Practical

Unit	Topic	Page
I	Human Development and Family studies	
(1)	Strength and weakness of adolescents	194
(2)	Prepare a case study performa for adolescents	196
(3)	Old age problems and suggestions	197
II	Food and Nutrition	
(4)	Reference unit of food groups	198
(5)	Meal planning during childhood	202
(6)	Meal planning during adolescence	206
(7)	Meal planning during adulthood	209
(8)	Meal planning during old age	215
(9)	Meal planning during pregnancy	218
(10)	Meal planning during lactation	221
(11)	Meal planning for diarrhoea and fever patient	225
(12)	Test for detection of food adulteration	227

III	Clothing and Textile	
(13)	Basic stitches and apron making	229
(14)	Evaluation of readymade garments	233
(15)	Methods of stain removal	234
(16)	Effect of water temperature on clothes	238
(17)	Methods of soap and detergent preparation	239
IV	Family Resource Management	
(18)	Practical related to bank	240
(19)	Preparation and evaluation of label	242
	Bibliography	244