



emotions; Cognitive development; Stages of Cognitive Development.

**Protection from preventable diseases :** Definition 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 different needs of children causes, Type of disabilities (Handicap)– Physical Neurological, Social Maladjustment Defect characteristics and needs.

**Substitute care at little children :** Concept, Different 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.

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.

### SYLLABUS FOR HOME SCIENCE PRACTICAL

**Time: 3 Hours**

**30 Marks**

<u>Unit</u>		<u>Marks</u>	<u>Periods</u>
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	
<b>Total</b>		<b>30</b>	<b>46</b>

#### 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)

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