

HOME SCIENCE

CLASS - XI



BOARD OF SECONDARY EDUCATION, RAJASTHAN, AJMER

Text book Writing Committee

Home Science Class XI

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Home Science Class XI

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Foreword

For students, textbook is the basis of sequential studies, confirmation, review and future studies. The level of school text book becomes very important from the content and teaching - method's perspective. Text-books should not be made insentient or to glorify things. Even today text-books are an important instrument of teaching-learning process, which cannot be ignored.

For the last few years the syllabus of Board of Secondary Education, Rajasthan was felt to be lacking in representation of linguistic and cultural events of Rajasthan. Keeping this in view the state government decided to implement its syllabus through Board of Secondary Education, Rajasthan, for the students of class 9-12. In accordance to this, Board, has got assembled the text-books for classes 9 to 11 from the session 2016-17 based on the set syllabus. Hope these text books will be instrumental in providing the students with originality of thought process, contemplation and expression.

Prof. B.L. Choudhary
Chairman
Board of Secondary Education Rajasthan
Ajmer

PREFACE

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

The book consists of six units. The first unit includes the idea and scope of Home Science, the second unit deals with human development and family studies, the third unit includes subject matter on family nutrition, the fourth unit includes textile and garment, in the unit home management and in the sixth unit subject matter on present lifestyle and Yoga is included. Illustrations and drawings are also provided to make the subject interesting and conceivable. A summary of each chapter. **With technical terms in Hindi and English are also given.** Each chapter has different types of questions at the end such as objective, fill in the blanks, short-answer questions, and essay-type questions. To develop the quality of 'learning by doing', subject-matter related practical with instructions are also given in simple language.

Efforts have been made to keep the language and phraseology lucid and understandable. We trust that this book will be useful not only to students of class XI but also to homemakers. We invite constructive feedback and suggestions from teachers and students of Home Science in making this book more useful.

Dr. Bharti Bhatnagar

Convener and Dean

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Rajasthan Agriculture University, Bikaner (Rajasthan)

Syllabus

Home Science

Subject Code : 18

Time 3.15 Hours

Marks 70

S.No.	Learning Area	Marks Weightage
1.	Idea and scope of Home Science	04
2.	Human development and family relations	18
3.	Family Nutrition	18
4.	Textile and Garment	13
5.	Home Management	13
6.	Present lifestyle and Yoga	04

S.No.	Unit	Theoretical	Marks Weightage
1.	I	Idea and scope of Home Science	04
		(i) Meaning, Importance and Utility	
		(ii) Famous scientists and their contribution	
2.	II	Human development and family relations	18
		(i) Concept of human growth and development	
		(ii) Pregnancy	
		(iii) Maternal and newborn care	
		(iv) Development from infancy to childhood -I	
		(v) Development from infancy to childhood –II	
		(vi) Immunity (Vaccination)	
		(vii) Common diseases of children	
		(viii) Optional care of children	
3.	III	Family Nutrition	18
		(i) Interrelation between food and health	
		(ii) Functions of Food	
		(iii) Nutrients of Food- macronutrients	
		(iv) Nutrients of Food- micronutrients	
		(v) Balanced Diet and food groups	
		(vi) Culinary skills and increasing food nutrition	
		(vii) Food preservation	
		(viii) Cold beverages, convenience and instant foods	

4. **IV Textile and Garment** **13**
 (i) Fiber Science
 (ii) Spinning and thread making
 (iii) Weaving of textiles
 (iv) Textile finishing
 (v) Dyeing and printing
5. **V Home Management** **13**
 (i) Resources and Management
 (ii) Time and Energy Management
 (iii) Tools to save time and labor
 (iv) Home activities, space management and Decoration
 (v) First aid
 (vi) Home Care
6. **VI Present lifestyle and Yoga** **04**
 (i) Importance of Yoga
 (ii) Effect of Yoga on physical and mental health
 (iii) Important Yogasana

Home Science Practical

Time: 5 Hours

Marks: 30

S.No.	Learning Area Practical	Marks Weightage
1.	Idea and scope of Home Science	-
2.	Human development and family relations	4
3.	Family Nutrition	8
4.	Clothing and Apparel	6
5.	Home Management	5
6.	Present Lifestyle and Yoga	-
	Record and Oral	5+2

S.No.	Experimental Chapters	Marks
1.	I —	
2.	II Human development and family relations (i) Lists of vaccination (ii) Interview and sightseeing of crash cart, <i>Aganwadi</i> and nursery school and generating Report- for working women (iii) Inspection of 1-5 & 6-10 year old boys in the neighborhood and preparing a report	04
3.	III Family Nutrition (i) Preparing low cost and more nutritious food and organizing competitions (ii) Preparing foods using different recipes (iii) Preparing food products using food preservation methods	08
4.	IV Clothing and Apparel (i) Identifying different types of textiles (clothing) (ii) Making and identifying different types of Weaving (iii) Preparing samples of <i>Bandhej</i> , block and printing	06
5.	V Home Management (i) Home decoration- flower decoration and floor decoration and organizing competitions (ii) Preparing first aid kit and giving first aid during accidents	05
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Prescribed Book-

Home Science-1 –Secondary Education Board, Rajasthan, Ajmer.

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