

**HOME SCIENCE (Code No. 064)**  
**(CLASSES - X)**  
**(2022-23)**

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  
Time:3 Hrs.

Theory : 70Marks  
Practical : 30Marks

No.	Units	Marks	No. of Pd.
1	Human Growth & Development – II	12	20
2	Management of Resources	12	20
3	Food and Personal Hygiene	08	16
4	Meal Planning	13	30
5	Food Safety and Consumer Education	12	20
6	Care and Maintenance of Fabrics and Apparel	13	20
	<b>Total</b>	<b>70</b>	<b>126</b>
	<b>Practical</b>	<b>30</b>	<b>28</b>
	<b>Grand Total</b>	<b>100</b>	<b>154</b>

**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 to11 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 plans - 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

## **Practicals**

**30 Marks**

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 Marks
b)	Prepare a time plan for self for one day	5 Marks
c)	Remove any two stain from white cotton sample- curry, grease, ball pen ink, lipstick, tea and coffee	5 marks
II	Play Material	8 Marks
III	File Work	5 Marks
IV	Viva	2 Marks

**QUESTION PAPER DESIGN 2022-23**  
**HOME SCIENCE (CODE NO. 064)CLASS- X**

**TIME: 3 HOURS**

**Max. Marks: 70**

<b>S. No</b>	<b>Competencies</b>	<b>Total Marks</b>	<b>% Weightage</b>
1.	Knowledge and understanding based questions terms, concepts, principles, or theories; Identify, define, or recite interpret, compare, contrast, explain, paraphrase information)	28	40%
2.	Application - or knowledge/concepts based questions (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)	21	30%
3..	Formulation, analysis, Evaluation and creativity based question (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 of integrate unique piece of information from a variety of sources)	21	30%
	<b>TOTAL</b>	<b>70</b>	<b>100</b>

**NOTE:** Internal Choice of 30% will be given

Easy- 20%

Average- 60%

Difficult- 20%