

HOME SCIENCE (Code No. 064)
(CLASSES – IX)
(2021-2022)

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.

Class - IX HOME SCIENCE

TERM I

Course Structure: Theory & Practical

Theory: 35 Marks

UNIT No.	Units	Marks	No. of Pd.
1	Concept and scope of Home Science Education and recent trends	03	05
2	Human growth & Development – I	08	25
3	Family and Values	08	20
4	Food, Nutrition and Health	16	40
	Total	35	90

TERM II

Course Structure: Theory & Practical

Theory : 35 Marks

UNIT No.	Units	Marks	No. of Pd.
5	Fiber and Fabric	14	36
6	Resource Management	14	36
7	Measures of Safety and Management of Emergencies	07	18
	Total	35	90

CLASS IX HOME SCIENCE
TERM I

Unit I : Concept and scope of Home Science Education and recent trends

- a) Concept of Home science
- b) Fields of Home Science
- c) Relevance of study of Home Science and career options
- d) Recent trends

Unit II : Human Growth & Development – I

- a) Concept of growth and development
- b) Principles of growth and development
- c) Factors affecting growth and development (environmental and heredity)
- d) Age specific milestones (Birth to 3 years)-Physical, motor ,social, emotional, cognitive and language

Unit III : Family and Values

- a) Concept and types of family
- b) Role of family in Holistic development of an individual
(Physical, Social, Psychological and spiritual)
- c) Ethical and value based society (need for happy family, respect and care for each member of family, Dignity of labour, work distribution within the family)
- d) Importance of Girl Child.
- e) Influence of various factors on a family : Globalisation, urbanisation, migration, technology and media.

Unit IV : Food, Nutrition and Health

- a) Definition of food, nutrition, nutrient, Health and nutritional status.
- b) Food and its functions (Physiological, social and psychological)
- c) Nutrients : sources and functions
- d) Relationship of food, health and diseases
- e) Malnutrition : concepts and components (over nutrition and under nutrition)
- f) Concept of Balanced Diet

TERM II

Unit V : Fibre and Fabric

- a) Definition of Fiber and Yarn
- b) Classification of fiber on the basis of origin and length
- c) Characteristics of fibers : feel, appearance, colour fastness, length, strength, absorbency, shrinkage, elasticity, effect of heat and sunlight.

Unit VI : Resource Management

- a) Resources : Definition and characteristics
- b) Types of resources (Human : Time, Energy, Knowledge and attitude Non-Human : Money, materialistic goods and community resources)
- c) Waste Management – Need to refuse, reduce, reuse, repair and recycle waste.
- d) Proper disposal of kitchen waste (Biodegradable : Composting, Vermicomposting, biogas and bagass. Non Biodegradable : Inceneration, Land fills and recycle)

Unit VII : Measures of Safety and Management of Emergencies

- a) Accident prone / Unsafe Zones at home
- b) Need of safety at home
- c) Measures of safety against burns, electric shocks, cuts, fractures, bites, poisoning
- d) First Aid : Concept and Importance

CLASS IX HOME SCIENCE PRACTICALS

TERM I

1. Observation of physical development in a child from birth to three years.
2. Observation of motor skills in a child from birth to 3 years.
3. Role of family members: collage / chart etc.
4. Design educational games specific to functions / sources of nutrients.
5. Weights and measures: Equivalents / conversions of Ounce, gram, cup teaspoon, tablespoon, how to use a kitchen weighing scale.
6. Identification of fruits, vegetables, spices, oils, sugars, cereals, and lentils.
7. Food processing method demonstration: Germination and Fermentation.

TERM II

1. Collection and Identification of fibre: physical and burning tests.
2. Create a slogan/poster for proper disposal of domestic waste .
3. Prepare a first aid kit and practice giving first aid for burns, cuts, bites, fractures, electric shock .

**SCHEME FOR PRACTICAL EXAMINATION
CLASS IX HOME SCIENCE**

TERM I

I	LAB ACTIVITY	MARKS
a)	Observation of physical development in a child from birth to three years OR Observation of motor skills in a child from birth to 3 years.	3 marks
b)	Prepare a dish using germination OR fermentation (With fire/without fire)	7 marks
II	File Work	5 marks
	TOTAL	15 marks

TERM II

I	LAB ACTIVITY	MARKS
a)	Identification of fibre using physical and burning tests.	3 Marks
II	First Aid Kit	5 Marks
III	File Work	5 Marks
IV	Viva	2 Marks
	TOTAL	15 marks