

HOME SCIENCE (E)
SUBJECT CODE - 37
Class -X

OBJECTIVES : The Pupil,

1. acquires the necessary ability and skills to assume his/her position and responsibility in the family.
2. learns ways and means to supplement family income.
3. plans for leisure hour recreation.
4. believes in the dignity of labour.
5. makes the necessary adjustment between the demands of home and career.
6. develops sense of responsibility as a member of the family.
7. cultivates good relationship with others at home, school and society.
8. develops the desire to be healthy and well-groomed.
9. appreciates and develops a good personality.
10. understands the functioning of the family and realises the importance of a good family life.
11. develops aesthetic sense in daily life.
12. becomes an efficient home-maker, dutiful parent and purposeful citizen.
13. leads a happy and contented life, within his/her home.
14. contributes towards improving economic, social, moral, ethical and spiritual standards of their homes and community.

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Class-X	Time : 3 hours
Theory Paper, Marks-70	Pass Marks : 21
Practical Paper Marks-30	Pass Marks : 9
	Time : 2 hours

THEORY

Chapter-1 Food and Nutrition (Marks : 20)

- 1:01 Balance diet– meaning and its importance, Factors to be considered in formulation of balanced diet, age, sex, occupation, income, family size, climatic condition, activities, special condition.
- 1:02 Meal-planning–meaning, objectives and principles.
- 1:03 Deficiency diseases – Anaemia, Goitre, Scurvy, Rickets, Beriberi, Pellegra, Nightblindness, Kwashiorkor, Marasmus, Karatomalacia and their preventive measures.

Chapter -2 Child-Development and Family Studies (Marks: 20)

- 2:01 Beginning of life – conception, growth during prenatal life.
- 2:02 Care of the pregnant mother and preparation for child birth.
- 2:03 Care of the child – feeding, bathing, toileting, weaning, supplementary food, clothing, immunization, sleep and rest etc.
- 2:04 Breast milk – Advantages and disadvantages of breast milk.
- 2:05 Child in the family – Role of parents in the family,

parent-child relationship. Catering to the emotional needs of the children.

Chapter-3 Clothing and Textile : (Marks: 15)

- 3:01 Laundering– Principles to be followed in laundering of different textiles/articles. Importance of soft water in laundering, methods of making hard water soft.
- 3:02 Equipment for laundering, Soap and Detergents, Bleaching, Stiffening agents.
- 3:03 Storage of cloths and its importance.

Chapter-4 Home Management (Marks: 15)

- 4:01 Principles of design– applicable to Interior Decoration- Proportion, Balance, Rhythm, Emphasis, Harmony
- 4:02 Colour Scheme– Primary colour, Secondary colour, Intermediate or tertiary colour etc. Use of colours in different rooms.
- 4:03 Selection, Care and Arrangement of furniture for different rooms.
- 4:04 Principle and types of flower arrangement. The main principles of flower arrangement, type of flower arrangement.
- 4:05 Budget– meaning and its importance factors to be considered for planning a budget, types of budget.
- 4:06 Savings and investment : Definition, differences between one's earnings and expenditure. Income– Expenditure, savings.

HOME SCIENCE

Subject Code - 37 (P)

PRACTICAL

CLASS - X

Marks: 30

1. Preparation of– (i) Pulao (ii) Paratha (iii) Poories (iv) Ghuguni (v) Egg curry (vi) Vegetable chop/cutlet (vii) Jam/Jelly (viii) Pud-ding/Halwa (Carrot or Suji)
2. Preparation of project report on topics related to the course content of child development and family studies.
3. Preparation of samples of constructive/basic stitches– like– Tucking, Running, Hemming, Back stitch.
Decorative Stitches like– Chain, Shadow, Feather, Heming, Bone, Cross, Blanket, Bullion knot, French knot, Applique etc. Mending, Patching, Darning, Stitching of Button and Button holes, Hooks etc.
Demonstration on laundering and finishing of cotton silk, woolen and Embroidered articles.
4. Drawing a colour wheel.
5. Arrangement of flowers– line arrangement, Mass arrangement and combination of line and mass arrangement for different purpose.
6. Practical note book.

Marks Distribution of Practical :

Unit	SUB-UNITS	Marks	
		Half Yearly	Final
1.	Cookery	15	15
2.	project report/chart	5	5
3.	Clothing & Textile	5	5
	Or		
4.	Home Management	5	5
5.	Practical note book		
	Total :	30	30

Textbook : **Griha Vigyan** for class X, ASTPPC, Guwahati-1