

Home Science Syllabus

The paper is divided into two Sections, A and B. Section A consists of questions requiring short answers and covers the entire syllabus. There is no choice of questions. Section B consists of questions requiring longer answers. You are required to answer four questions.

1. Home furnishing

(i) Colour and its application.

Dimensions of colour – hue, value and intensity. Prang colour wheel (primary, secondary and tertiary colours). Colour schemes – related (monochromatic/one hue colour, analogous /adjacent) and contrasting (complimentary, double complimentary, split complementary and triad) colour schemes and their applications in the home- living room, bed room, dining room and kitchen.

(ii) Fabrics for furnishing

Factors affecting selection of furnishing (curtains & draperies, carpets and upholstery) that can enhance the appearance of a room.

(iii) Lighting in the home.

Types of lighting (general/local & direct/indirect) Choice of adequate lighting for different rooms.

(iv) Space Organization in the kitchen.

Layout and planning of kitchens An introduction to the design of kitchen space with respect to placement of work centres for preparation, cooking, washing, service and storage for the most efficient utilization of space and saving time and energy.

2. Management of Money

(i) Importance of budgeting and savings.

Role of budgeting in the efficient management of money. Steps in making a budget and factors affecting a budget. An understanding of how budgeting helps in proper planning and judicious utilization of available resources. Need for saving, ways and means of saving.

(ii) Fundamentals of banking.

Opening and operating a bank account, types of deposit accounts: savings, recurring, current and fixed deposit account, withdrawal and deposit of cash and cheque, writing a cheque, maintaining a pass book and use of ATM.

3. Growth and Development during Middle Childhood

Milestones of development

An introduction to the changes in growth and development that take place between 5 - 12 years of age with respect to physical, social, emotional, cognitive and language development in children between five and twelve years of age.

4. Growth and Development during Adolescence

(i) Physical growth of adolescents, pubertal changes.

A brief introduction to the relationship of physiology and maturation during adolescence. The role of endocrine glands and their influence on physical and psychological changes during adolescence. Differences in physical maturity of boys and girls.

(ii) Hygiene and Personal grooming during adolescence.

Awareness on issues such as body odour, appearance of facial and body hair, acne, pimples for both boys and girls.

(iii) Emotional concerns and behavioural patterns of adolescents.

Introduction to the importance of emotions in influencing physical well-being and behaviour; means of dealing with emotions, eating disorders – food fads, anorexia, bulimia and obesity. Significance of physical exercise.

(iv) Role of the family, peer group and school in the life of an adolescent.

An introduction to the interaction of the family, peer group and school for the adolescent; issues of conflict between parental values and those of the peer group. Developing good communication skills with family and society.

5. Meal Planning

(i) Concept of balanced diet.

Definition of a balanced diet, basic five food groups and their nutritional contribution in the diet.

(ii) Meal planning for the family.

Planning of balanced meals keeping in mind the factors and food groups.

(iii) Hygienic handling and storage of food - household methods of preservation of food.

Food hygiene at different stages - during purchasing, storage, preparation and serving. Storage of food - perishables, semiperishables and non-perishables; Household methods

of preservation of food - sun drying, freezing, use of salt, sugar, spices, oil and chemical preservatives.

6. Care of Textiles and Clothing

(i) Laundering of clothes.

Steps involved in household methods of laundering of cotton, silk, wool and synthetics.

(ii) Laundry material.

Use of detergents and soaps, starch, blue and optical brighteners.

7. Consumer Education

(i) Meaning and need for consumer education

Role of consumer education in preparing children to be well informed consumers.

(ii) Wise buying methods for aware consumers.

Basic understanding of what, where, when, how and how much to buy.

(iii) Consumer Rights and responsibilities

Awareness of consumer rights as mentioned in Consumer Protection Act 1986; Making them aware that rights and responsibilities will go hand in hand.

(iv) Food adulteration

Definition and health hazards of common food adulterants - metanil yellow, argemone seeds, kesari dal (lathyrus satyvus).