

HOME SCIENCE (Code No. 064)

(CLASSES X)
(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 - X

Course Structure: Theory & Practical

Time: 3 Hrs.

Theory : 70 Marks

Practical : 30 Marks

No.	Units	Marks	No. of Pd.
1	Human Growth & Development – II	12	30
2	Management of Resources	12	30
3	Food and Personal Hygiene	08	18
4	Meal Planning	13	42
5	Food Safety and Consumer Education	12	30
6	Care and Maintenance of Fabrics and Apparel	13	30
	Total	70	180
	Practical	30	40
	Grand Total	100	220

Unit I : Human growth & development II

(30 periods)

- 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(3years onwards)-Age specific milestones- Physical, motor ,social,
emotional,cognitive and language
- c. Adolescents : Special Features- Physical and biological, motor ,social, emotional, cognitive
and language
- d. Problems of Adolescents:Consequences and management-
Eating disorders(Anorexia Nervosa ,Bulimia Nervosa)
Substance abuse
Issues related to sex

Unit II : Management of Resources : Time, Energy & Money (30 periods)

- a) Time Management - Definition & Importance
- b) Time plans - Factors affecting time plan
- c) Energy Management : Definition and Importance

- d) Fatigue and work Simplification
- e) Family Income & Types : Expenditure & Importance of Saving

Unit III : Food & Personal Hygiene

(18 periods)

- a) Principles of hygienic handling of food, including serving of food.
- b) Hygiene in kitchen
- c) Personal hygiene of food handler
- d) Hygiene during food storage

Unit IV : Meal Planning

(42 periods)

- 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
- d) Use of food groups in planning balanced meal for self and family.

Unit V : Food Safety and Consumer Education

(30 periods)

- a) Problems faced by Consumer-Mal-practices of traders, 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 adulteration,
- c) Food Safety Standards-FSSAI (2006)
- d) Consumer Education-Consumer Rights and Responsibilities

Unit VI : Care and Maintenance of Fabrics and Apparel

(30 periods)

- a) Cleaning and finishing agents used in routine care of clothes.
- b) Stain Removal
- c) Storage of cotton, silk, wool and synthetics
- d) Readymade garments- selection, need , workmanship and care label.

Practicals

40 Periods

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 stain from white cotton fabric : curry, paint, 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.
8. Examine positive and negative qualities of one readymade and one tailor made garment.
9. Prepare a care label for a readymade garment according to its fabric and design.

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

M.M-30

I LAB ACTIVITY

- a) Plan a balanced meal for yourself. 3 Marks
- b) Prepare a time plan for self for one day. 4 Marks
- c) Remove one stain from white cotton sample-curry, paint, ball pen ink, lipstick, tea and coffee 3Marks
- d) Examine four each positive and negative qualities of one readymade and one tailor made garment. 4Marks
- e) Prepare a care label for a readymade garment according to its fabric and design. 4Marks

II Play Material 5 Marks

III File Work 5 Marks

IV Viva 2 Marks

QUESTION PAPER DESIGN 2021-2022
HOME SCIENCE (CODE NO. 064)
CLASS- X

TIME: 3 HOURS

Max. Marks: 70

S. No	Typology of Questions	Total Marks	% Weightage
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%
	TOTAL	70	100

Note: No Chapter wise weightage, care should be taken to cover all chapters.

Scheme of questions

Weightage to difficulty level of questions

S. No.	Estimated difficulty	Percentage
1	Easy	20
2	Average	60
3	Difficulty	20