

Revised Course Content only for HSLC Examination, 2022
in view of COVID-19 Pandemic

HOME SCIENCE (E)

SUBJECT CODE - 37

Class-X

Time : 3 hours

Theory Paper, Marks-70

Pass Marks : 21

Practical Paper Marks-30

Pass Marks : 9

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.
- 1:03 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 Begining of life – conception, growth during prenatal life.
- 2:02 Care of the pregnant mother and preparation for child birth.
- 2:04 Breast milk –Advantages and disadvantages of breast milk.

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.

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.