

**HOME SCIENCE (Code No. 064)**  
**CLASS XII (2018 – 19)**  
**COURSE STRUCTURE (THEORY)**

**One Paper (Theory)**

**70 Marks**

**Time: 3 Hours**

**Periods: 220**

Unit		No. of periods	Marks
I	Human Development: Life Span Approach (Part II)	40	30
II	Nutrition during life span	40	
III	Money Management and Consumer Education	40	35
IV	Apparel: Designing, Selection and Care	40	
V	Community Development and Extension (Part II)	20	5
VI	Career Options after Home Science Education	5	
	Practical	35	30
	<b>Total</b>	<b>220</b>	<b>100</b>

**Unit I: Human Development: Life Span Approach (Part II)**

**40 Periods**

- A. Adolescence (12 – 18 years)
  - (i) Growth & Development – Domains and principles.
  - (ii) Meaning, characteristics and needs.
  - (iii) Influences on identity formation
    - (a) Biological and Physical changes-early and late matures. (Role of heredity and environment)
    - (b) by social, culture and media.
    - (c) Emotional changes.
    - (d) Cognitive changes.
  - (iv) Specific issues and concerns
    - (a) Eating disorders-Causes, consequences and management – Anorexia Nervosa, Bulimia.
    - (b) Depression
    - (c) Substance Abuse
    - (d) Related to sex
    - (e) Handling stress and peer pressure
- B. Adulthood:
  - (i) Young & middle adulthood: Understanding and management of new responsibilities, carrier marriage and family.
  - (ii) Late Adulthood/Old age:

- (a) Health and Wellness: physical, social, emotional, financial, recreational needs
- (b) Care for elderly (at home and outside – old age home)
- (c) Anger management

## **Unit II: Nutrition for Self, Family and Community**

**40 Periods**

- (a) Meal Planning: Meaning and importance, principles and factors affecting meal planning; Nutritional needs, food preferences and modifications of diets in different age groups: infants, children, adolescence, adults, elderly and in special conditions: pregnancy and lactation (including traditional foods given in these conditions)
  - (i) Use of basic food groups (ICMR) and serving size in meal planning
  - (ii) Factors influencing selection of food: culture, family food practices, media, peer group, availability of foods, purchasing power, individual preference & health.
- (b) Food safety and quality:
  - (i) Safe food handling (personal, storage, kitchen, cooking and serving).
  - (ii) Safety guards against food adulteration, definition and meaning of food adulteration as given by FSSAI (Food Safety and Standard Authority of India).
  - (iii) Common adulterants present in cereals, pulses, milk and milk products, fats and oils, sugar, jaggery, honey, spices and condiments.
  - (iv) Effects of some of the adulterants present in the foods: kesari dal, metanil yellow, argemone seeds.
  - (v) Food standards (FPO, Agmark, ISI).
- (c) Therapeutic modification of normal diet with respect to consistency, frequency, foodstuffs, nutrients and methods of cooking.
- (d) Modification of diet according to common ailments: diarrhoea, fever, jaundice, hypertension, diabetes and constipation. Physiological changes, clinical symptoms, requirements and dietary requirements in each condition.

## **Unit III: Money Management and Consumer Education**

**40 Periods**

- (a) Family Income:
  - (i) Various sources of family income:
    - money income
    - real income (direct and indirect)
    - psychic income
  - (ii) Supplementing family income-need and ways; need and procedure for maintaining household accounts (daily, weekly and monthly).
- (b) Savings and Investment:
  - (i) Meaning and importance of savings.
  - (ii) Basis for selection of investment methods: risk, security, profit, tax saving.
  - (iii) Ways/methods of investment –
    - Bank schemes (saving, fixed, recurring);

- Post Office schemes (savings, recurring deposit, monthly income scheme, National saving certificate, Senior citizen scheme);
  - Insurance schemes (whole life, mediclaim);
  - Public Provident Fund (PPF), Provident Fund (PF).
- (iv) Consumer Protection and Education: Meaning, problems faced by consumer, Consumer Protection Amendment Act (2011); Consumer aids: labels, standardization marks, (ECO Mark, Hallmark, Wool mark, Silk mark), advertising, leaflets, and Consumer redressal forum, Internet.

#### **Unit IV: Apparel: Designing, Selection and Care**

**40 Periods**

- (i) Application of elements of art and principles of design in designing apparel.
- (ii) Selection and purchase of fabrics- purpose, cost, season, quality, durability, ease of maintenance and comfort.
- (iii) Selection of apparel- factors influencing selection of apparel- age, size, climate, occupation, figure, occasion, fashion, drape cost and workmanship.
- (iv) Care and maintenance of clothes:
  - (a) Cleansing agents: soaps and detergents (basic differences and their utility);
  - (b) Stain removal - General principles of stain removal, stain removal of tea, coffee, lipstick, ball pen, Grease, Curry and Blood.
  - (c) Storage of clothes.

#### **Unit V: Community Development and Extension (Part II)**

**20 Periods**

- (i) Water safety: Safe drinking water-importance of potable water for good health, and its qualities, simple methods of making water safe for drinking; boiling, filtering (traditional and modern technology), use of alum, chlorine.
- (ii) Salient features of income generating schemes
  - DWCRA (Development of Women and Children in Rural Area)
  - MGNREGA (Mahatma Gandhi National Rural Employment Guarantee Act, 2005)

#### **Unit VI: Career Options after Home Science Education**

**05 Periods**

Career options of self and wage employment of various fields of Home Science.

### **HOME SCIENCE CLASS XII (2018 – 19)**

#### **PRACTICAL**

**Maximum Marks: 30**

**Periods: 35**

#### **1) Human Development: Life Span Approach (Part II)**

##### *Activities*

- Identify the problems of adjustment of adolescents with the help of a tool (group activity) and make a report.
- Spend a day with an aged person and observe the needs and problems. Write a report.

- List and discuss at least 4 areas of agreement and disagreement of self with:-
  - a) Mother
  - b) Father
  - c) Siblings
  - d) Friends
  - e) Teacher

## **2) Nutrition for Self, Family and Community**

### *Activities*

- Record one day diet of an individual and evaluate it against principles of balanced diet.
- Plan a meal and modify for any one physiological condition – Fever, Diarrhoea, Constipation, Jaundice, Hypertension, Diabetes, Pregnancy, Lactations, Old age and Infants. Prepare a dish.
- Identify food adulteration: using visual and chemical methods; Turmeric, Chana Dal, Bura Sugar, Milk, Tea leaves, Coriander, Black Pepper Seeds, Desi-ghee.
- Prepare ORS Solution.

## **3) Money Management and Consumer Education**

- Collect and fill savings account opening form in Post Office and Bank.
- Fill up the following forms and paste in file: Withdrawal slip, Deposit slips, Draft slip and cheque (bearer of A/c payee).
- Collect labels of any three products and compare them with mandatory requirements.
- Prepare one label each of any three items bearing ISI, FPO, Agmark.

## **4) Apparel: Designing, Selection and Care**

- Illustrate principles of design or elements of art on a paper or cloth and evaluate them.
- Removal of different types of stains: tea, coffee, curry, grease, blood, lipstick, ball pen.
- Examine and evaluate readymade garments for their workmanship. [at-least two]
- Make sample of Hemming, Backstitch, Interlocking, and Press buttons, hooks and eye.

## **5) Community Development and Extension**

- Visit any two places (home/restaurant/school/business centre, etc.) and observe its measure for safe drinking water and general conditions of hygiene around it.

## **Scheme for practical examination (Class XII)- 30 marks**

### **1. Unit I-Human Development: Life Span Approach (Part II)- Project Report-5 marks**

### **2. Unit II- Nutrition for Self, Family and Community-**

- a) Plan a meal and modify and prepare a dish for any one physiological condition Fever, Diarrhoea, Constipation, Jaundice, Hypertension, Diabetes, Pregnancy, Lactations, Old age and Infants- **5 marks**
- b) Identify food adulteration: using visual and chemical methods; Turmeric, Chana Dal, Bura Sugar, Milk, Tea leaves, Coriander, Black Pepper Seeds, Desi-ghee- **2 marks**

### **3. Unit III-Money Management and Consumer Education**

- a) Prepare one label each of any three items bearing ISI, FPO, Agmark.- **2 marks**

b) Filling up of paying slip either to deposit cash or cheque- **2 marks**

**4. Unit IV- Apparel: Designing, Selection and Care**

a) Removal of different types of stains- Tea, coffee, grease, blood, lipstick, ballpen (Any two)

OR

Readymade garment- Quality check – **2marks**

b) Make sample of hemming/backstitch/interlocking/fastener- **2marks**

**5. Unit V-Community Development and Extension- Survey Report- 4 marks**

**6. File- 4 marks**

**7. Viva- 2marks**

**Reference books for teachers:**

1. Human Ecology and Family Sciences – Part I, Class- XII, NCERT Publication
2. Human Ecology and Family Sciences – Part II, Class- XII, NCERT Publication

QUESTION PAPER DESIGN 2018-19									
HOME SCIENCE			CODE NO. 064					CLASS- XII	
TIME: 3 Hours								Max. Marks: 70	
S. No.	Typology of Questions	Learning outcomes and Testing Skills	Very Short Answer (VSA) (1 Mark)	Short Answer (SA) (2 Marks)	Case study and picture based (3 Marks)	Long Answer –I (LA-I) (4 Marks)	Long Answer – II (LA-II) (5 Marks)	Total Marks	% Weightage
01	<b>Remembering</b> (Knowledge based Simple recall questions, to know specific facts, terms, concepts, principles, or theories; Identify, define, or recite, information)	<div><input type="checkbox"/> Reasoning</div> <div><input type="checkbox"/> Analytical Skills</div> <div><input type="checkbox"/> Critical thinking</div>	2	2	1	1	1	18	26%
02	<b>Understanding-</b> (Comprehension – to be familiar with meaning and to understand conceptually, interpret, compare, contrast, explain, paraphrase information)		1	1	-	1	1	12	17%
03	<b>Application</b> -(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)		1	2	1	2	1	21	30%
04	<b>High Order Thinking Skills</b> - (Analysis and Synthesis-Classify, compare, contrast, or differentiate between different pieces of information; Organize and/or integrate unique pieces of information from a variety of sources)		1	1	-	1	1	12	17%
05	<b>Evaluation</b> -(Appraise, judge, and/or justify the		1	1	-	1	-	7	10%

	value or worth of a decision or outcome, or to predict outcomes)								
	TOTAL		1×6=6	2x7=14	3×2=6	4×6=24	5×4=20	70	100%
ESTIMATED TIME			10 min.	35 min.	20 min.	50 min.	50 min.	165 min.+15 min. For revision	

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

### Scheme of questions

- There will be no choice in the question paper.
- Weightage to difficulty level of questions

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