

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. Concept and Scope of Home Science

(i) Introduction to the five streams in Home Science and how they integrate to form a meaningful whole.

Explanation that Home Science is an umbrella term for a field of Applied Sciences, made up of Foods and Nutrition, Resource Management, Human Development, Textiles & Clothing and Communication & Extension.

(ii) Significance of the study of Home Science in day-to-day life.

The need for studying each aspect of Home Science enables a scientific understanding of the field and allows for research in the discipline. A study of Home Science helps in the ultimate understanding of self, people and the various social, emotional, and biological factors necessary for human survival.

(iii) Career options in Home Science.

A discussion on various career options available for Home Science students at all levels—both self and wage employment.

2. Food and Health

(i) Importance of food and its functions.

The relationship between food and health; Methods of cooking foods (boiling, steaming, pressure cooking, frying, roasting and baking) – merits and demerits.

(ii) Nutrients and their functions

This topic is aimed at providing a foundation for understanding the importance of nutrients such as carbohydrates, protein, fats, vitamins – water soluble (Vitamin B - Thiamine, Riboflavin and Niacin and Vitamin C) & fat soluble (Vitamin A, D, E and K); and minerals - calcium, iron and iodine; water and roughage. Functions of nutrients, food sources and deficiency diseases.

3. The Family

(i) Family - definition, characteristics, types of family.

Explanation of how families can differ in terms of structure. Classification of families on the basis of structure as nuclear, joint, extended or reorganized families. A definition of a family, wherein families have been conceptualized as being a way of living together intimately and sharing economic, social and emotional responsibilities. It is a way of interacting to make the decisions required for everyday life.

(ii) Functions of a family; Significance of small family norms.

Importance of the family – how family facilitates the psychological development of children making it possible for them to become effective members of society. It is within the family that children acquire the values, beliefs, expectations and knowledge, which constitutes its culture. It is the family that fulfills the needs of its family members. Significance of small family norms and its role – family, its members, society and nation at large.

(iii) Women and child welfare.

Understanding the role of women and child in the family. Empowering women and eradicating child labour.

4. Growth and Development of Children from Birth to Five Years

(i) Principles of development; milestones of development with respect to physical & motor, social, emotional, cognitive and language development.

This topic gives an introduction to the developmental needs of children below five years of age. The child from birth to five years is characterized by certain features of growth and development, which need to be studied in order to understand how this group of individuals function and mature. The young child differs from an adult not just in terms of physical size, but also in terms of capacities of thought, emotional understanding, social interactions and language.

(ii) Role of play and play-school for the young child.

The role of play with emphasis on holistic growth of the child. Consideration in choosing the kind of play (indoor/outdoor), play materials and play-school.

5. The Home and its Maintenance

(i) Choosing a home.

Characteristics of a good home with respect to features such as site and location, security, hygiene/sanitation, ventilation, light, and other amenities such as water, electricity and drainage.

(ii) Maintenance of house and its environment.

Sustainable use of fuel and energy with emphasis on the need and methods for the conservation of gas, water and electricity in the house; Role of sanitation and hygiene in

the home and its environment.

(iii) Waste management in the home and community

- - Domestic waste and its management
- - Basic classification of waste in the community.
- - Basic concept of bio degradable and non-biodegradable wastes.

(iv) Need to Refuse, Reduce, Re-use, Repair, and Recycle **(5 R-s) waste**.

Importance and methods of five R's. for environmental conservation, with reference to sorting out of garbage into biodegradable vs. non-biodegradable, organic vs. nonorganic, plastic vs. metal at home level and extending it to the community level.

6. Selection of Clothing

(i) Types of fabric available in the market.

A brief idea about natural (cotton, silk and wool) and man-made (nylon, polyester and blended e.g. terry-cot, terry-silk, terry-wool, cotton-silk) fibres - properties and their use.

(ii) Factors influencing choice of clothing.

The general understanding that choice of clothing is influenced by factors such as appearance, comfort, durability, maintenance and cost. How clothing requirements vary with respect to age also need to be articulated.