

**HOME SCIENCE (Code No. 064)**  
**(CLASSES - XI)**  
**(Human Ecology and Family Sciences)**

The purpose of Home science is the creation of an environment and outlook to enable learner to live a richer and more purposeful life. The subject integrates the application of various sciences and humanities to improve human environment, family nutrition, management of resources and child development.

**Objectives**

The Home Science curriculum at senior secondary level has been framed to enable the learners to:

1. Develop an understanding of the self in relation to family and society.
2. Understand one's role and responsibilities as a productive individual and as a member of one's family, community and society.
3. Integrate learning across diverse domains and form linkages with other academic subjects.
4. Develop sensitivity and undertake a critical analysis of issues and concerns of equity and diversity.
5. Appreciate the discipline of Home Science (HEFS) for professional careers.
6. Acquaint learners with the basics of human development with specific reference to self and child.
7. Develop skills of judicious management of various resources.
8. Enable learners to become alert and aware consumers.
9. Impart Knowledge of nutrition and lifestyles to enable prevention and management of diseases.
10. Inculcate healthy food habits.
11. Develop understanding of textiles for selection and care of clothes.

## Home Science (2019-20)

### Class XI

Course Structure: Theory & Practical

Time: 3 Hrs.

Theory: 70 Marks  
Practical: 30 Marks

No.	Units	Marks	No.of Pd.
1.	<b>Understanding oneself: Adolescence</b>	22	60
2.	Understanding Family, Community and Society	15	30
3.	Childhood	15	40
4.	Adulthood	18	50
	<b>Total</b>	<b>70</b>	<b>180</b>
	<b>Practical</b>	<b>30</b>	<b>40</b>
	<b>Grand Total</b>	<b>100</b>	<b>220</b>

### Class XI

Theory: 70 Marks

Total Periods 180

#### **Unit I: Understanding oneself: Adolescence**

Ch- 1 Understanding the self

**22(4+6+6+6) Marks**

A. 'Who am I'?

**4 Marks**

B. Development and Characteristics of the self

C. Influences on identity

- Biological and physical changes

- Socio-cultural contexts

- Emotional changes

- Cognitive changes

Ch-2 Food, nutrition, health and fitness

**6 Marks**

• Balanced Diet

• Food Groups

- Diet for Adolescent
- Factors influencing eating behaviours, Eating disorders.

Ch-3 Management of resources - time, money, energy and space-

**6 Marks**

- Human and Non-human Resources
- Managing Resources

Ch-4 Fabric around us-

**6 Marks**

- Classification
- Yarn Processing
- Fabric Production
- Textile Finishing
- Properties of Fibres

**Unit II: Understanding family, community and society**

**15(9+6) Marks**

Ch- 5 Relationships and interactions with 'significant others'.

**9 Marks**

- Family
- School – peers and educators
- Community and Society

Ch – 6 Concerns and needs in diverse contexts:

**6 Marks**

- Nutrition, Health and Hygiene
  - Social, Mental and Physical Health
  - Health Care
  - Indicators of Health
  - Factors affecting nutrition well being
  - Problems and Consequences - Under Nutrition  
- Malnutrition
  - Hygiene and Sanitation
- Resources availability and management
  - Time management
  - Space management

**Unit III: Childhood**

**15 (5+4+6 Marks)**

**Ch- 7 Survival, growth and development**

**5 Marks**

- Areas of Growth & development
- Stages of Growth & development
- Types - Physical, Motor, cognitive, language, socio – emotional

**4 Marks**

**Ch- 8 Nutrition, health and wellbeing**

- From Birth to 12 months
  - Immunization
  - Health and Nutrition problems
- 1 to 6 years
  - Guidelines and planning of balanced meal
  - Low cost food
  - Feeding children with special needs
  - Immunization
- 7 to 12 years
  - Planning Diets
  - Healthy Habits

**Ch- 9 Our apparel**

**6 Marks**

- Functions and selection of clothes
- Clothing needs of children-Birth to adolescent and for CWSN.

**Unit IV: Adulthood**

**18(4+7+7) Marks**

**Ch- 10 Health and wellness**

**4 Marks**

- Aspects/Parameters of healthy person
- Achieving fitness

**Ch- 11 Financial management and planning**

**7 Marks**

- Planning
- Types of family income
- Budget
- Money management
- Saving and Investment

Ch – 12 Care and maintenance of fabrics

**7 Marks**

- Mending
- Laundry
- Stain removal
- Finishing
- Ironing
- Dry cleaning
- Storage
- Fabric care
- Care label

**Practicals for Class XI**

**Pd.40**

1. Study of physical self with reference to:
  - a) Age, height, weight, hip size, round chest/bust, round waist
  - b) Age at menarche: girls
  - c) Growth of beard, change in voice: boys
  - d) Colour of hair and eyes
2. Understanding oneself with reference to :
  - a) Development norms
  - b) Peers, both male and female
  - c) Health Status
  - d) Garment sizing
3.
  - a) Record own diet for a day
  - b) Evaluate qualitatively for adequacy
4.
  - a) Record the fabrics and apparel used in a day
  - b) Categorize them according to functionality
5.
  - a) Record one day's activities relating to time use and work
  - b) Prepare a time plan for oneself
6.
  - a) Record own emotions for a day in different contexts
  - b) Reflect on the "why" of these emotions and ways of handling them

7. List and discuss 4-5 areas of agreement and disagreement with

- a) Mother
- b) Father
- c) Siblings Friends
- d) Teacher

How would you resolve the disagreements to reach a state of harmony and mutual acceptance?

8. Relationship of fibre properties to their usage:

- a) Thermal property and flammability
- b) Moisture absorbency and comfort

9. Study one female adult and one male adult in the age range of 35 to 60 years with reference to:

- a) Health and illness
- b) Physical activity and time management
- c) Diet behaviour
- d) Coping with challenges
- e) Media availability and preferences

10. Preparation of different healthy snacks for an adolescent suitable in her/his context.

11. Study of labels on:

- a) Food
- b) Drugs and cosmetics
- c) Fabrics and apparel
- d) Consumer durables

12. Plan a budget for self for a given situation/purpose.

List five problems faced by self or family as consumer. Suggest solutions to overcome the same.

QUESTION PAPER DESIGN 2019-20									
HOME SCIENCE			CODE NO. 064				CLASS- XI		
TIME: 3 Hours					Max. Marks: 70				
S. No.	Typology of Questions	Learning outcomes and Testing Skills	Objective type Questions (1 mark)	Short Answer (SA) (2 marks)	Case study and picture based (3 marks)	Long Answer – II (LA-I) (4 marks)	Long Answer – II (LA-II) (5marks)	Total Marks	% Weig htag
01	Remembering (Knowledge based Simple recall questions, to know specific facts, terms, concepts, principles, or theories; Identify, define, or recite information)	Reasoning Analytical Skills Critical Thinking	4	1	1	1	1	18	26%
02	Understanding- (Comprehension – to be familiar with meaning and to understand conceptually, interpret, compare, contrast, explain, paraphrase information)		5	1	-	-	1	12	17%
03	Application- (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)		5	2	1	1	1	21	30%

04	High Order Thinking Skills – (Analysis and Synthesis – Classify, compare, contrast, or differentiate between different pieces of information: Organize and / or integrate unique piece of information from a variety of sources)		1	1	-	1	1	12	17%
05	Evaluation – (Appraise, judge, and /or justify the value or worth of a decision or outcome, or to predict outcomes)		3	-	-	1	-	07	10%
	<b>TOTAL</b>		<b>1x18= 18</b>	<b>2x5= 10</b>	<b>3x2=6</b>	<b>4x4=16</b>	<b>5x4= 20</b>	<b>70</b>	<b>100%</b>
	<b>ESTIMATED TIME</b>		<b>35 min.</b>	<b>25 min.</b>	<b>20 min.</b>	<b>35 min.</b>	<b>50 min.</b>	<b>165 min. + 15 min. For revision</b>	

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

### Scheme of questions

- Total number of questions = 33
- Weightage to difficulty level of questions

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