

HOME SCIENCE

Course Structure

Units	Topics	Marks
I	Human Development: Life Span Approach (Part II)	30
II	Nutrition for Self, Family and Community	
III	Money Management and Consumer Education	35
IV	Apparel: Designing, Selection and Case	
V	Community Development and Extension (Part II)	5
VI	Career Option after Home Science Education	
VII	Practical Work	30
Total		100

Course Syllabus

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

Part A: Adolescence (Age group 12 to 18 years)

- Growth & Development - Domains and principles
- Meaning, characteristics and needs
- Influences on identity formation
 - Biological and Physical changes-early and late matures. (Role of heredity and environment)
 - Social, culture and media
 - Emotional changes
 - Cognitive changes
- Specific issues and concerns
 - Eating disorders-causes, consequences and management - Anorexia Nervosa, Bulimia

- Depression
- Substance Abuse
- Related to sex
- Handling stress and peer pressure

Part B: Adulthood

- Young & middle adulthood: Understanding and management of new responsibilities, carrier marriage and family
- Late Adulthood/Old age:
 - Health and Wellness: physical, social, emotional, financial, recreational needs
 - Care for elderly (at home and outside - old age home)
 - Anger management

Unit II: Nutrition for Self, Family and Community

- 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)
 - Use of basic food groups (ICMR) and serving size in meal planning
 - Factors influencing selection of food: culture, family food practices, media, peer group, availability of foods, purchasing power, individual preference & health
- Food safety and quality:
 - Safe food handling (personal, storage, kitchen, cooking and serving)

- Safety guards against food adulteration, definition and meaning of food adulteration as given by FSSAI (Food Safety and Standard Authority of India)
- Common adulterants present in cereals, pulses, milk and milk products, fats and oils, sugar, jaggery, honey, spices and condiments
- Effects of some of the adulterants present in the foods: kesari dal, metanil yellow, argemone seeds
- Food standards (FPO, Agmark, ISI)
- Therapeutic modification of normal diet with respect to consistency, frequency, foodstuffs, nutrients and methods of cooking
- 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

- Income Concept:
 - Family Income
 - Various sources of family income:
 - Money income
 - Real income (direct and indirect)
 - Psychic income
 - Supplementing family income-need and ways; need and procedure for maintaining household accounts (daily, weekly and monthly)
- Savings and Investment:
 - Meaning and importance of savings.
 - Basis for selection of investment methods: risk, security, profit, tax saving.
 - 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)
- 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

- Application of elements of art and principles of design in designing apparel
- Selection and purchase of fabrics:
 - Purpose
 - Cost
 - Season
 - Quality
 - Durability
 - ease of maintenance
 - Comfort
- Selection of apparel - factors influencing selection of apparel:
 - Age
 - Size
 - Climate
 - Occupation
 - Figure
 - Occasion
 - Fashion

- Drape cost
- Workmanship
- Care and maintenance of clothes:
 - Cleansing agents: soaps and detergents (basic differences and their utility)
 - General principles of stain removal, stain removal of tea, coffee, lipstick, ball pen, Grease, Curry and Blood
- Storage of clothes

Unit V: Community Development and Extension (Part II)

- 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
- 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

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

Practical Work

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 4/5 areas of agreement and disagreement of self with:-
 - Mother
 - Father
 - Siblings
 - Friends
 - Teacher

2. Nutrition for Self, Family and Community

Activities

- Record meal of a day for an individual and evaluate it against principles of balanced diet
- Modify and prepare a dish for any one physiological condition:
 - Fever
 - Diarrhoea
 - Constipation
 - Jaundice
 - Hypertension
 - Diabetes
 - Pregnancy
 - Lactations
 - Old age
 - Infants
- Identify food adulteration: visual and using methods:
 - Turmeric
 - Chana Dal

- Bura Sugar
 - Milk
 - Tealeaves or Coriander
 - Black Paper Seeds
- Prepare ORS Solution

3. Money Management and Consumer Education

- Collect and fill savings account in Post Office and Bank
- Fill up the forms: Withdrawal, Deposit slips, cheque and paste in the file
- Collect labels of any three products and compare them with mandatory requirements
- Prepare one label each of any three household items bearing ISI, FPU, 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
- 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 evaluate its water portability and hygiene