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**CBSE Class - X**  
**Home Science (Code No. 064)**

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No.	Units	Marks	No. of Pd
1	Human Growth & Development - II	13	30
2	Management of Resources	13	30
3	Food and Personal Hygiene	08	18
4	Meal Planning	15	42
5	Food Safety and Consumer Education	13	30
6	Care and Maintenance of Fabrics and Apparel	13	30
Total		75	180
Practical		25	40
Grand Total		100	220

**Unit I : Human growth & development II (30 periods)**

- a) Play (0-5 years), role of play in growth & development of children. Types of playactive, passive, natural, serious and exploratory, selection of play material for children.
- b) Childhood. Adolescents and Adulthood : Special Features.
- c) Problems of Adolescents
- d) Old Age : Need of care

**Unit II : Management of Resources : Time, Energy & Money (30 periods)**

- a) Time Management - Definition & Importance
- b) Time plans - Factors affecting time plan
- c) Energy Management : Definition and Importance
- d) Fatigue and work Simplification
- e) Family Income & Types : Expenditure & Importance of Saving and Investment Schemes (Only Listing)

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### **Unit III : Food & Personal Hygiene (18 periods)**

- a) Principles of hygienic handling of food, including serving of food.
- b) Hygiene in kitchen
- c) Personal hygiene of food handler
- d) Hygiene during food storage

### **Unit IV : Meal Planning (42 periods)**

- a) Concept of Meal Planning
- b) Factors affecting meal planning : age, sex, climate, occupation, cost of food items, number of family members, occasion, availability of food, family traditions, likes and dislikes
- c) Basic food groups
- d) Use of food groups in planning balanced diet, in context of self. RDA-ICMR (2010) and its uses in family diets
- e) Therapeutic adaptations of normal diet : Based on consistency and cooking methods

### **Unit V : Food Safety and Consumer Education (30 periods)**

- a) Food Safety, mal-practices of traders, price variation, poor quality, Faulty weights and measures, non-availability of goods, misleading information, lack of standardized products
- b) Food adulteration : Concept, adulterants & harmful effects of adulteration, FSSAI Standards (2006)
- c) Consumer Rights and problems faced by consumer, redressal and rights (Listing)
- d) Sources of Consumer Education - Govt & Non-Govt. Agencies (Only listing)

### **Unit VI : Care and Maintenance of Fabrics and Apparel (30 periods)**

- a) Cleaning and finishing agents used in routine care of clothes.
- b) Stain Removal
- c) Storage of cotton, silk, wool and synthetics
- d) Ready made garments, selection, need and workmanship

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### **Practicals**

(Distribution of Marks : 3 Marks per Unit)

1. Make suitable play material for children between 0-3 years (work in a pair)
2. Plan a balanced diet to self (only one meal).
3. Prepare a time plan to self for one day.

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4. Prepare a report on any five mal practices you have observed in the market.
  5. Undertake a market survey and collect five (5) food labels, analyze them and illustrate the labels.
  6. Remove common stains of curry, paint, ball pen ink, grease, lipstick, tea and coffee.
  7. List five areas of agreement and disagreement each with parents, siblings and friends, and present the solutions to class.
  8. Examine positive & negative qualities of one readymade and one tailor made garment.
  9. Prepare a care label for a readymade garment according to its fabric and design.
  10. Practical File. 4 Marks
  11. Viva Voce. 3 Marks