

# **HOME SCIENCE (E)**

## **SUBJECT CODE - 37**

### **Class - IX**

#### **OBJECTIVES :** The Pupil,

1. acquires the necessary ability and skills to assume his/her position and responsibility in the family.
2. learns ways and means to supplement family income.
3. plans for leisure hour recreation.
4. believes in the dignity of labour.
5. makes the necessary adjustment between the demands of home and career.
6. develops sense of responsibility as a member of the family.
7. cultivates good relationship with others at home, school and society.
8. develops the desire to be healthy and well-groomed.
9. appreciates and develops a good personality.
10. understands the functioning of the family and realises the importance of a good family life.
11. develops aesthetic sense in daily life.
12. becomes an efficient home-maker, dutiful parent and purposeful citizen.
13. leads a happy and contented life, within his/her home.
14. contributes towards improving economic, social, moral, ethical and spiritual standards of their homes and community.

# **HOME SCIENCE (E)**

**SUBJECT CODE - 37**

**Class-IX**

**Full Marks - 100**

**Theory Paper, Marks - 50**

**Pass Marks - 15 (Time : 2 hours)**

**Practical Paper, Marks - 50**

**Pass Marks - 15 (Time : 2 hours)**

## **THEORY**

### **Chapter-1 : Introduction to Home Science Education : (Marks : 10)**

- 1.01 : Meaning and importance of Home Science.
- 1.02 : History of Home Science Education in India.
- 1.03 : Objectives of Home Science Education.
- 1.04 : Different components of Home Science.

### **Chapter-2 : Food and Nutrition :**

**(Marks : 10)**

- 2.01 : Meaning and importance of Food and Nutrition. Study of classification of food– Body building, Energy giving, protective and regulatory food, Function of food.
- 2.02 : Introduction to different Nutrients– Carbohydrates, Proteins, Fats, Vitamins, Minerals and Water.
- 2.03 : Introduction to common food stuffs– cereals, pulses, green leafy vegetables, fruits, meat, fish and eggs, milk and milk products, spices and condiments etc.
- 2.04 : Introduction to cooking– Objectives of cooking, Different methods of cooking food– boiling, frying, deep frying, shallow frying, roasting, baking, steaming, pressure cooking, microwave cooking, solar cooking etc.

### **Chapter-3: Child Development and Family Studies : (Marks : 10)**

- 3.01 : Introduction to Child Development– Concept of growth and development, principles of growth and development.
- 3.02 : Different phases of life– Pre-natal, Infancy, Babyhood, pre-school age, school age, Adolescence, Adulthood, Old age.

- 3.03 : Various aspects of growth and development– Physical, Motor, Intellectual, Emotional, Social and Moral, and Language Development.

**Chapter-4 : Clothing and Textile : (Marks : 10)**

- 4.01 : Clothing and its importance
- 4.02 : Introduction to Textile fibre and their classification– Vegetable, Animal and Mineral fibres, Man-made fibres.
- 4.03 : Study of Natural and man-made fibres and its properties.
- 4.04 : Common methods of fibre identification (Visual, Microscopic and burning methods)
- 4.05 : Stain Removal (Principles and methods of removing stains, equipments and reagents required for stain removal)

**Chapter-5 : Family Resource Management : (Marks : 10)**

- 5.01 : Introduction to Home management, Meaning and its importance.
- 5.02 : Resources– Human and Non-human.
- 5.03 : Study of common household equipment and their uses. Refrigerator, Washing machine, Mixer and Grinder, Pressure Cooker, Vacuum Cleaner, Oven, Microwave etc.
- 5.04 : Work simplification– its meaning and different ways of work simplification.
- 5.05 : Household pests and their control– (mosquitoes, ants, cockroaches, bedbugs, rats, flies etc.)

SL NO.	PRACTICAL	MARKS
1	Preparation of Khichari Chana Dal Veg. Curry Pokoras - from vegetables/eatable green leaves or flowers Fruit juice	20
2	Preparation of project report on topics related to course.	10
3	Common methods of fibre identification-visual microscopic, burning.	10
4	or Removal of common stains - grease, curry, blood, perspiration, mud, lipsticks, tea, ink etc.	
5	or Cleaning and polishing of - Brass, silverware, copper, steel aluminium etc.	
6	Practical note book	10
<b>Total</b>		<b>50</b>

### Marks Distribution of Practical

Unit	SUB-UNITS	Marks	
		Half Yearly	Final
1	Cookery	10	10
2	Project report/chart	10	10
3	Clothing & Texttile	10	10
4	Home Management	10	10
5	Practical note book	10	10
<b>Total</b>		<b>50</b>	<b>50</b>

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