

HOME SCIENCE (Code No. 064)

(CLASSES – X)

(2021-2022)

Home science is a practical science that is essential for every individual to handle challenging responsibilities of the life. Home Science as a discipline aims to empower learners by developing understanding of five different areas namely:

- | Foods and Nutrition
- | Human Development and Childhood Studies
- | Resource Management
- | Fabric and Apparel Sciences
- | Community Development and Extension

The subject helps students to understand changing needs of Indian society, academic principles as well as develop professional skills.

Objectives: The syllabus at Secondary level develops an understanding in the learners that the knowledge and skills acquired through Home Science facilitates development of self, family and community. It endeavours to –

- | Acquaint learners with the basics of human development with specific reference to self and child.
- | Help to develop skills of judicious management of various resources.
- | Enable learners to become alert and aware consumers.
- | Impart knowledge of nutrition and lifestyles to enable prevention and management of diseases.
- | Inculcate healthy food habits.
- | Help to develop understanding of textiles for selection and care of clothes.
- | Develop skills of communication to assist in advocacy and dissemination of knowledge to community.

CLASS - X HOME SCIENCE

TERM I

Course Structure: Theory & Practical

Theory : 35 Marks

UNIT No.	Units	Marks	No. of Pd.
1	Human Growth & Development – II	13	36
2	Management of Resources	14	36
3	Food and Personal Hygiene	08	18
	Total	35	90

TERM II

Course Structure: Theory & Practical

Theory: 35 Marks

UNIT No.	Units	Marks	No. of Pd.
4.	Meal Planning	12	30
5.	Food Safety and Consumer Education	11	30
6.	Care and Maintenance of Fabrics and Apparel	12	30
	Total	35	90

CLASS X HOME SCIENCE

TERM I

Unit I : Human Growth and Development II

- a. Play (birth-5 years), role of play in growth and development of children.
Types of play-active, passive, natural, serious and exploratory,
selection of play material for children.
- b. Childhood (3years onwards)-Age specific milestones- Physical, motor ,
social, emotional, cognitive and language
- c. Adolescents : Special Features- Physical and biological, motor ,social, emotional,
cognitive and language

Unit II : Management of Resources : Time, Energy & Money

- a) Time Management - Definition and Importance
- b) Time plans - Factors affecting time plan
- c) Energy Management : Definition and Importance
- d) Fatigue and Work Simplification

Unit III : Food & Personal Hygiene

Principles of hygienic handling of food, including serving of food.

- a) Hygiene in kitchen
- b) Personal hygiene of food handler
- c) Hygiene during food storage

TERM II

Unit IV : Meal Planning

- 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 meal for self and family.

Unit V : Food Safety and Consumer Education

- a) Problems faced by Consumer-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(Metanil yellow, Argemone , Kesari dal) and harmful effects of adulteration,
- c) Food Safety Standards-FSSAI (2006)

Unit VI : Care and Maintenance of Fabrics and Apparel

- a) Cleaning and finishing agents used in routine care of clothes.
- b) Stain Removal
- c) Storage of cotton, silk, wool and synthetics

CLASS X HOME SCIENCE

PRACTICALS

TERM I

1. Make a suitable play material for children between birth to 5 years (group activity)
2. List five areas of agreement and disagreement each with parents, siblings and friends, and give your suggestion to improve the relationships.
3. Plan a balanced meal for yourself.
4. Make a time plan to self for one day.

TERM II

1. Write a report on any five malpractices you have observed in the market and write your responsibilities as a consumer in each context.
2. Prepare a slogan/poster to create awareness on consumer education
3. Remove stain from white cotton fabric: curry, paint, ball pen ink, lipstick, tea and coffee

**SCHEME FOR PRACTICAL EXAMINATION
CLASS X HOME SCIENCE**

TERM I

I	LAB ACTIVITY	MARKS
a)	Plan a balanced meal for yourself	5 Marks
b)	Prepare a time plan for self for one day	5 Marks
II	Play Material	5 Marks
	TOTAL	15 Marks

TERM II

I	LAB ACTIVITY	MARKS
a)	Remove one stain from white cotton sample-curry, grease, ball pen ink, lipstick, tea and coffee	5 Marks
II	File Work	8 Marks
III	Viva	2 Marks
	TOTAL	15 Marks