

and bites (snake, dog)

Unit VII Fabrics Available in the Market

30 marks

- i) Definition of fibre and yarn.
- ii) Classification of fibre on the basis of origin and length.
- iii) Characteristics of fibres-length ,strength, absorbency, heat conductivity ,elasticity ,effect of heat, moth and mildew, acids and alkalis.
- iv) Yarn making(drawing and twisting; spinning)
- v) Construction of fabric-weaving, knitting, felting.

Unit VIII Selection of Clothes

20 marks

Factors effecting selection of clothes

- i) fabric related factors(characteristics of fibres, construction)
- ii) person related factors(age, occupation, occasion, fashion, figure, comfort)
- iii) other factors-climate and cost

PRACTICALS

10 marks

- 1. Study your house for measures of safety against accidents and give suggestions for improvement..
- 2. Practice giving first aid for cuts ,burns, ,bites, electric shock, fractures,
- 3. Practice dressings for wounds on hand, elbow, finger, wrists and ankle,
- 4. Collect samples of fabrics available in the market and present a comparative picture on the basis of cost, durability, appearance and suitability.
- 5. Identification of fabric - physical appearance and burning tests..

**COURSE STRUCTURE
CLASS X**

1TERM

3 Hours

90 Marks

UNITS	MARKS
I Principles of Growth and Development of Child	18
II Play	17
III. Nutrients	23
IV Meal Planning:	12
V Food Hygiene & Methods of Storage of Food	10
Practicals	10
Total	90

Unit 1: Principles of Growth and Development of Child :

18 marks

Growth and development of children between birth to 3 years. Important milestones in physical, motor, social, emotional and language development of children ;physical, social and emotional needs of children.

Unit II: Play : **17 marks**

Meaning, need and types of play in children between birth and 3 years ; characteristics of play-active, passive, natural, serious and exploratory, Play materials for children-Characteristics of play material.

Unit III: Nutrients : **23 marks**

Functions, sources and deficiency of Carbohydrates, Proteins, Fats Minerals-Iron, Calcium and Iodine and Vitamins -Vitamin A, B₁, B₂, Vitamin C and Vitamin D. Loss of nutrients during cooking, conservation and enhancement of nutrients.

Unit IV Meal Planning: **12 marks**

Concept, need and factors affecting meal planning -age, sex, climate, occupation, physical needs, number of family members, economic status of family, availability of food, family traditions, likes and dislike and occasion; Food Groups (Basic :5 suggested by ICMR) ;Use of food groups in planning balanced diet, food allowances suggested by ICMR.

Unit V Food hygiene and method of storage of food. **10 marks**

Rules of hygienic handling of food, Method of storage of perishable, semi-perishable and non perishable foods.

PRACTICALS **10 marks**

1. Observe and record play activities of children between 1-3 years of age.
2. Make a suitable play object for a child between 0-3 years.
3. Prepare nutritious dishes for a family.

II TERM **3 Hours** **90 Marks**

UNITS	MARKS
VI Resources Available to Family:	11
VII Money Management	10
VIII Consumer Education	15
IX Care of Clothes	31
X Quality Check of Apparel	13
Practicals	10
Total	90

Unit VI: Resources available to family: **11 marks**

Types of resources- Human (energy, time, knowledge and skill) Non -Human (money, material goods and community resources) general characteristics of resources, wise use of resources personal and shared.

Unit VII: Money Management: **10 marks**

Family income and expenditure and importance of saving and investment.

Unit VIII: Consumer Education: **15 marks**

Consumer rights and responsibilities, consumer problems, malpractices of traders-price variation, poor quality, adulteration, faulty weights and measures, non-availability of goods, misleading information, lack of standardized products, misleading advertisements, aids to help consumers -standardization marks, labels, packages, advertisements, pamphlets and leaflets.

Unit IX Care of Clothes: **31 marks**

Cleaning and finishing agents used in everyday care of clothes in the homes: stain removal (precautions and methods) laundering and storage of cotton, silk, wool and synthetics.

Unit X Quality check of apparel : **13 marks**

Workmanship of ready made, tailor made garments, reading of labels on clothes.

PRACTICAL **10 marks**

1. Prepare useful household items from recycled waste materials.
2. List any five malpractices you have observed in the market.
3. Practice basic stitches-tacking, running, hemming and back stitch.
4. Remove common stains-curry, paint, ball pen ink, lipstick rust, tea and coffee.
5. Launder and finish cotton, silk, wool and synthetic articles.
6. Evaluate workmanship of a stitched garment.
7. Prepare a care label for a ready made garment

ADDITIONAL LANGUAGES

Any one from the following other than the ones offered under the compulsory group:

Hindi, English, Assamese, Bengali, Bhutia, Gujarati, Kannada, Kashmiri, Limboo, Lepcha, Marathi, Malayalam, Manipuri, Oriya, Punjabi, Sindhi, Tamil, Telugu, Urdu, Sanskrit, Arabic, Persian, French, German, Russian, Spanish, Nepali, Portuguese, Tibetan, Mizo, Tangkhul and Bodo.

Note : Syllabi and text books of these languages will be the same as given for the respective languages under the Compulsory Languages Group in Vol. II of this curriculum.

*Please refer to the Scheme of studies for further details.