

**(D) HOME SCIENCE  
(CODE NO. 064)**

**General Instructions**

1. The units specified for each term shall be assessed through both Formative and Summative Assessments
2. In each term, there will be two Formative Assessments, each carrying 10% weightage.
3. The Summative Assessment in the I term will carry 30% weightage and the Summative Assessment in the II term will carry 30% weightage. (equal distribution)
4. Hands-on practical skills and projects may necessarily be assessed through formative assessments. (10 marks are allotted in each term for practicals included in 90 marks to total.

**COURSE STRUCTURE  
CLASS IX**

**1 TERM**

**3 Hours**

**90 Marks**

<b>UNITS</b>	<b>MARKS</b>
I Concept and Scope of Home Science	06
II Family -A Unit of Society	18
III Food and its Relation to Health	18
IV Methods of Cooking	20
V Functions of Home	18
Practicals	10
<b>Grand Total</b>	<b>90</b>

**Unit I Concept and Scope of Home Science**

**6 marks**

- i) Introduction to five streams
- ii) Importance and relevance of the study of Home Science
- iii) Career options as Home Science graduates

**Unit II Family -A Unit of Society**

**18 marks**

- i) Definition of family. Role of family
- ii) Types of family-nuclear, joint and extended (advantages and disadvantages)
- iii) Size of family -small and large families (advantages and disadvantages)
- iv) Reasons for change in family types-Influence of agencies such as religious institutions schools & cultural beliefs of the family.
- v) Stages of family -beginning, expanding and contracting

**Unit III Food and its Relation to Health**

**18 marks**

- i) Definition of food, health, nutrition, nutrients and balanced food
- ii) Relationship of food and health
- iii) Basic food groups and their functions
- iv) Functions of food-
  - a) Physiological- body building, energy giving, protective and regulating
  - b) Social
  - c) Psychological
- vi) Inter relationship between food and health

**Unit IV Methods of cooking** **20 marks**

Advantage and disadvantage of-Boiling, steaming, pressure cooking, frying, roasting and baking- brief description of each and suitability for foods.

**Unit V Functions of Home** **18 marks**

- i) Protective function, Social function
- ii) Characteristics of functional house (a) security, lighting, ventilation, (b) sanitation, recycling and disposal of wastes ( water, garbage, human excreta ) (c) optimal utilization of gas.

**PRACTICALS** **10 marks**

1. Observe your own family for type and size. Record the activities of all family members on any one day.
2. Prepare snacks /dishes using different methods of cooking. Evaluate and record taste, texture and colour of food.
3. Study your own house for light, ventilation, disposal of waste and surroundings. Record your observations.
4. File work.

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

UNITS	MARKS
VI Safety in the House	30
VII Fabrics Available in the Market	30
VIII Selection of Clothes	20
Practicals	10
<b>Grand Total</b>	<b>90</b>

**Unit VI Safety in the House** **30 marks**

- i) Prervention of accidents at home-cuts, falls, burns, electric shock, poisoning, safe use of fuels
- ii) Management of emergencies-first aid for cuts, fractures, burns, electric shock, poisoning

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**

<b>UNITS</b>	<b>MARKS</b>
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
<b>Total</b>	<b>90</b>

**Unit 1: Principles of Growth and Development of Child :**

**18 marks**