SYLLABUS

II PRE UNIVERSITY COURSE

HOME SCIENCE

Theory: 4 hrs / week
Practicals: 2 hrs / week

Total Number of Theory Hours: 120
Number of Practicals: 20
Maximum Marks: 100
Theory: 70
Practical: 20
Internal Assessment: 10

UNIT - 1 SAVINGS

1.1 Introduction
1.2 Need for Savings
1.3 Saving Institutions

UNIT - 2 FUNDAMENTALS OF INTERIOR DECORATION

2.1 Introduction
2.2 Elements of Art
2.3 Principles of Design
2.4 Colour

UNIT - 3 CONSUMER EDUCATION

3.1 Introduction
3.2 Consumer Education
3.3 Problems faced by Consumers
3.4 Rights of Consumers
3.5 Responsibilities of the Consumer
3.6 Consumer Protection

UNIT - 4 MEAL PLANNING

4.1 Introduction
4.2 Classification of food groups
4.3 Food pyramid
4.4 RDA and Dietary Guidelines
4.5 Balanced diet for different age groups

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4.6 Factors to be considered in meal planning
4.7 Modification of Normal Diet

UNIT - 5 FOOD STORAGE

5.1 Introduction
5.2 Food production chain
5.3 Post harvest food loss
5.4 Food spoilage
5.5 Methods of food storage

UNIT - 6 COMMUNITY NUTRITION

6.1 Introduction
6.2 Common Community Nutritional Problems
6.3 Nutrition Related Programmes
6.4 Role of Organizations in Community Nutrition

UNIT - 7 CHILDHOOD YEARS

EARLY CHILDHOOD
7.1 Introduction
7.2 Early Childhood
7.3 Development in Different Domains
7.4 Late Childhood Years (6-12 Years)

UNIT - 8 ADOLESCENCE

8.1 Introduction
8.2 Development in different domains
8.3 Problems of adolescence:
8.4 Sexuality Education

UNIT - 9 ADULTHOOD

9.1 Introduction
9.2 Dimensions of Adulthood
9.3 Young Adulthood
9.4 Middle Age
9.5 Late Adulthood

UNIT - 10 WET PROCESSING FOR TEXTILES

10.1 Introduction

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10.2 Finishes
10.3 Classification of Finishes
10.4 Dyeing
10.5 Printing

UNIT - 11 TRADITIONAL TEXTILES AND EMBROIDERY OF INDIA

11.1 Introduction
11.2 Traditional Textiles of India
11.3 Traditional Embroideries of India

UNIT - 12 SELECTION OF CLOTHING

12.1 Introduction
12.2 Clothing the infant (8 to 9 months)
12.3 Clothing for the preschool child (2 years)
12.4 Clothing for Adolescents (15 to 20 years)
12.5 Clothing for Adults
12.6 Clothing for Elderly

UNIT - 13 EXTENSION EDUCATION FOR COMMUNITY DEVELOPMENT

13.1 Introduction
13.2 Community
13.3 Development
13.4 Community Development

UNIT - 14 ROLE OF THE COMMUNITY DEVELOPMENT FACILITATOR

14.1 Introduction
14.2 Roles of the Community Development Facilitator

UNIT - 15 LEADERSHIP IN EXTENSION

15.1 Introduction
15.2 Definitions of a Leader
15.3 Qualities of a Leader
15.4 Leadership Functions of Extension Workers
15.5 Types of Leaders
15.6 Identification of Leaders
15.7 Development of Leadership in Extension

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PRACTICALS

Number of Classes: 22 Duration: One Class - 2 Hours

1. Illustrate with suitable pictures the elements of art — 2 classes
2. Illustrate with suitable pictures principle of design — 2 classes
3. Illustrate the following
   a. Primary Colours
   b. Secondary Colours
   c. Tertiary Colours
   d. Colour Wheel
   e. Qualities of Colour — 4 classes
4. Plan a day's balanced meal for an adolescent girl — 2 classes
5. Illustrate the food pyramid — 1 class
6. Plan and prepare creative activities for pre-school children — 2 classes
7. Conduct a group discussion on the problem of adolescence and suggest remedial measures — 1 class
8. Using suitable sample size sew the following fasteners
   a. Hooks and eyes
   b. Press buttons
   c. Shirt buttons
   d. Fancy buttons
   e. Trousers / Skirt hook — 4 classes
9. Analyse a group activity on need identification, participation measures used in solving problems — 2 classes
10. Exercise to identify leadership qualities in your group and analyse the qualities — 2 classes

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