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FOR CBSE CLASS 9 EXAM PREPARATION

CBSE Class 9 2027 Syllabus · Home Science

EXAM	YEAR	TYPE	SUBJECT
CBSE Class 9	2027	Syllabus	Home Science

HOME SCIENCE

Subject Code - 064

Class IX (2026-27)

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.

HOME SCIENCE

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Class IX (2026-27)

Course Structure: Theory & Practical **Theory: 70 Marks**

Time: 3 Hour **Practical: 30 Marks**

S.No.	Units	Marks
1.	Concept and scope of Home Science Education and recent trends	03
2.	Human growth & Development – I	08
3.	Family and Values	08
4.	Food, Nutrition and Health	15
5.	Fibre and Fabric	15
6.	Resource Management	14
7.	Measures of Safety and Management of Emergencies	07
	THEORY	**70**
	PRACTICAL	**30**
	GRAND TOTAL	**100**

Unit I: Concept and scope of Home Science Education and recent trends

a) Concept of Home Science

- Definition
- Importance of Home Science
- Interdisciplinary Nature of Home Science

b) Fields of Home Science

- Human Development and Childhood Studies
- Foods and Nutrition
- Resource Management and Design Application
- Fabric and Apparel
- Community Development and Extension

c) Relevance of study of Home Science and Career Options

- Higher education opportunities
- Self and wage employment of different fields

d) Recent trends

- Entrepreneurship
- Development of sustainable products

Unit II: Human Growth & Development– I

a) Concept of growth and development

- Definition
- Difference

b) Principles of growth and development

- Development follows a definite pattern
- It is continuous and gradual
- Follows cephalocaudal principle (head to toe)
- Follows proximodistal principle (center to outward)
- Development is sequential
- Individual differences are present

c) Factors affecting growth and development

- Heredity Factors
  - ➢ Genetic traits
  - ➢ Body structure
  - ➢ Intelligence potential
- Environmental Factors
  - ➢ Nutrition
  - ➢ Family environment
  - ➢ Education and stimulation
  - ➢ Socio-economic status
  - ➢ Health and medical care

d) Age specific milestones (Birth to 3 years)

- Physical development
- Motor development
- Social development
- Emotional development
- Cognitive development
- Language development

Unit III: Family and Values

a) Concept and types of family

- Meaning and definition of family
- Characteristics of a family
- Types of family: Nuclear family, Joint family, Extended family

b) Role of family in Holistic development of an individual

- Physical
- Social
- Psychological
- Spiritual

c) Ethical and value-based society
- Need for happy family
- Respect and care for each member of family
- Dignity of labour
- Work distribution within the family

d) Importance of Girl Child

e) Influence of various factors on a family
- Globalization
- Urbanization
- Migration
- Technology and Media

Unit IV: Food, Nutrition and Health

a) Definition of terms
- Food
- Nutrition
- Nutrient
- Health
- Nutritional Status

b) Food and its functions
- Physiological
- Social
- Psychological

c) Nutrients: sources and functions
- Macro-nutrients: Carbohydrates, Protein and Fats
- Micro-nutrients: Vitamin A, Vitamin B complex, Vitamin C, Vitamin D, Calcium, Iron, Iodine

d) Relationship of Food, Health and Diseases
- Importance

e) Malnutrition
- Concept
- Under-nutrition
- Over-nutrition

f) Concept of Balanced Diet

Unit V: Fibre and Fabric

a) Definition of Fibre and Yarn

b) Classification of fibre
- On the Basis of Origin:
  - ➢ Natural Fibres- Plant fibres (Cotton, Jute), Animal fibres (Wool, Silk)
  - ➢ Man-made Fibres-Semi-synthetic (Rayon), Synthetic (Nylon, Polyester)

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- On the Basis of Length:
  - ➢ Staple fibres
  - ➢ Filament fibres

c) Characteristics of fibres

- Feel
- Appearance
- Colour fastness
- Length
- Strength
- Absorbency
- Shrinkage
- Elasticity
- Effect of heat and sunlight

Unit VI: Resource Management

a) Resources

- Definition
- Characteristics

b) Types of resources

- Human: Time, Energy, Knowledge and Attitude
- Non-Human: Money, Materialistic goods and Community resources

c) Waste Management

- Need to refuse, reduce, reuse, repair and recycle waste

d) Proper disposal of kitchen waste

- Biodegradable: Composting, Vermicomposting, Biogas and Bagasse
- Non-Biodegradable: Incineration, Landfills and Recycle

Unit VII: Measures of Safety and Management of Emergencies

a) Accident prone / Unsafe Zones at home

b) Need of safety at home

c) Measures of safety against:

- Burns
- Electric shocks
- Cuts
- Fractures
- Bites
- Poisoning

d) First Aid

- Concept
- Importance

CLASS IX PRACTICALS

1. Observation of physical development in a child from birth to three years.
2. Observation of motor skills in a child from birth to three years.
3. Role of family members: collage / chart etc.
4. Design educational games specific to functions or sources of nutrients.
5. Weights and measures: Equivalents / conversions of Ounce, gram, cup, teaspoon, tablespoon, how to use a kitchen weighing scale.
6. Identification of fruits, vegetables, spices, oils, sugars, cereals and lentils.
7. Food processing method demonstration: Germination and Fermentation.
8. Collection and Identification of fibre: physical characteristics and burning tests.
9. Create a slogan or poster for proper disposal of domestic waste.
10. Prepare a first aid kit and practice giving first aid for burns, cuts, bites, fractures, electric shocks (group activity).

SCHEME FOR PRACTICAL EXAMINATION
CLASS IX HOME SCIENCE M.M-30

I.	Lab Activity	Marks
a)	Observation of physical development in a child from birth to three years. **OR** Observation of motor skills in a child from birth to three years.	3
b)	Prepare and present a dish using germination . **OR** Fermentation (With fire/without fire).	7
c)	Identification of fibre using physical characteristics and burning tests.	3
II.	**First Aid Kit**	5
III.	**File Work**	10
IV.	**Viva**	2
	TOTAL	**30**

QUESTION PAPER DESIGN 2026-27
HOME SCIENCE (CODE NO. 064)
CLASS- IX

TIME: 3 HOURS **Max. Marks: 70**

S.No.	Competencies	Total Marks	% Weightage
1.	Knowledge and Understanding based questions (terms, concepts, principles or theories, identify, define, recite, interpret, compare, contrast, explain, paraphrase, information)	28	40%
2.	Application based questions (Use abstract information in concrete situation, to apply knowledge to new situations or / and use given content to interpret a situation, provide an example, or solve a problem)	21	30%
3.	High Order (Formulation, Analysis, Evaluation and Creativity) based questions (Appraise, judge, and /or justify the value or worth of a decision or outcome, or to predict outcomes, classify, compare, contrast, or differentiate between different pieces or integrate unique piece of information from a variety of sources)	21	30%
	TOTAL	**70**	**100**

NOTE: Internal Choice of 30% will be given

Easy- 20%

Average- 60%

Difficult- 20%