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FOR MANIPUR CLASS 12 PREPARATION

Manipur Board Class 12 Syllabus 2027 Human Ecology And Family Sciences

EXAM	YEAR	TYPE	SUBJECT
Manipur Class 12	2027	Syllabus	Home Science

HUMAN ECOLOGY AND FAMILY SCIENCES

THEORY

CLASS - XII

One Paper ***Time : 3 Hours*** ***70 Marks***

Unit No.	Topics	Marks
1.	Work, Livelihood and Career	05
2.	Nutrition, Food Science and Technology	20
3.	Human Development and Family Studies	10
4.	Fabric and Apparel	15
5.	Resource Management	10
6.	Communication and Extension	10
	Total =	**70**

UNIT-1: Work, Livelihood and Career: **05 Marks 10 Periods**

- Work and meaningful work.
- Work, career and livelihoods.
- Traditional occupations of India.
- Work, Age and Gender
- Gender Issues in Relation to Work.
- Issues and concerns related to Women and Work.
- Attitudes and approaches to work.
- Quality of work life.
- Life skills for livelihood.
- Improving one's own work life.
- Work, Ethics and dignity of labour.
- Ergonomics
- Entreprenuership
- Characteristics of entrepreneurs.

UNIT-2: Nutrition, Food Science and Technology: **20 Marks 40 Periods**

Specific Careers and Areas

- Clinical nutrition and dietetics.
- Public nutrition and health.
- Food processing and technology.
- Food quality and food safety.

UNIT-3: Human Development and Family Studies: 10 Marks 25 Periods

Specific Careers and Areas

- Early childhood care and education.
- Management of support services, institutions and programmes for children, youth and elderly.

UNIT-4: Fabric and Apparel: 15 Marks 30 Periods

Specific Careers and Areas

- Design for fabric and apparel.
- Fashion Design and Merchandising.
- Care and maintenance of fabrics in institutions.

UNIT-5: Resource Management: 10 Marks 25 Periods

Specific Careers and Areas

- Hospitality management.
- Consumer Education and Protection.

UNIT-6: Communication and Extension: 10 Marks 25 Periods

Specific Careers and Areas

- Development communication and journalism..
- Corporate communication and public relations..

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HUMAN ECOLOGY AND FAMILY SCIENCES

PRACTICAL
CLASS-XII

One paper **Time : 3 Hours** **30 Marks**

A. Nutrition, Food Science and Technology: **4 marks**

1. Visual tests on food adulteration.
2. Development and preparation of supplementary foods for nutrition programmes.
3. Modification of a normal diet to soft diet for elderly person.
4. Design, preparation and evaluation of a processed food product.

B. Human Development and Family Studies: **4 marks**

5. Preparation and use of teaching aids, using indigenous and locally material to communicate socially relevant message for children.
6. Making a small booklet of four lined poems on environment birds and animals in local context with illustrations.

C. Fabric and Apparel: **4 marks**

7. Preparation of articles using applied textile design techniques; tie and dye and block printing.
8. Care and maintenance of fabric products:
   (a) Mending
   (b) Cleaning.

D. Resource Management: **4 marks**

9. Make a leaflet or a pamphlet for consumer education (any one of the following):
   (a) CPA (Consumer Protection Act)
   (b) Consumer responsibilities
   (c) Consumer organisations
   (d) Consumer problems

E. Extension and Communication: **4 marks**

10. Prepare a radio talk on any one of the following themes:
    (a) Social message- gender equality, AIDs, Female Foeticide, Child Labour, Rights Abuse and other such themes.
    (b) Scientific fact/discovery.
    (c) Any significant incident/event.

F. Projects:

Any one of the following may be undertaken and evaluated: **3 marks**

1. (a) Analysis of traditional occupation prevalent in one's own local area, their beginnings, present status and challenges faced.
   (b) Analysis of gender roles, entrepreneurial opportunities and future careers and family participation.
2. Documentation of any public/mass campaign being implemented in own area, with reference to:
   (a) Purpose of campaign.
   (b) Focal group.
   (c) Modalities of implementation.
   (d) Stakeholders involved.
   (e) Media and methods used

   Comment on the relevance of the campaign.
3. Study of an integrated community- based programme being implemented in own area, with reference to:
   (a) Programme objectives.
   (b) Focal group.
   (c) Modalities of implementation.
   (d) Stakeholders involved.
4. Planning messages for nutrition, health and life skills using different modes of communication for different focal groups.
5. Market survey of processed foods their packaging and label information.

G. Laboratory Record book: **3 Marks**

(i) Completeness of practical work. - 1 Mark

(ii) Regularity in submitting record. - 1 Mark

(iii) Neatness and accuracy of record. - 1 Mark

H. Viva Voce: **4 Marks**

(i) On the project - 2 marks

(ii) On the class record - 2 marks

PRESCRIBED TEXT BOOKS:

1. Human Ecology and Family Sciences Part-I
   Textbook for Class-XII
   Published by : NCERT, New Delhi.
2. Human Ecology and Family Sciences Part-II
   Textbook for Class-XII
   Published by : NCERT, New Delhi.

REFERENCE BOOKS:

1. Home Science for Class XII
   By: Sharda Gupta, Shubh Sadhana Sahay and Savita Sharma.
   Published by: New Saraswati House (India) Pvt. Ltd. New Delhi-110002

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FOR THE ACADEMIC SESSION 2024-25

DESIGN OF QUESTION PAPER

Subject : HUMAN ECOLOGY AND FAMILY SCIENCES
Paper : Theory
Class : XII
Full Mark : 70
Time : 3 Hours

I — WEIGHTAGE TO OBJECTIVES

Objectives	Marks	Percentage
Knowledge (K)	14	20
Understanding (U)	32	46
Application (A)	21	30
Skill (S)	3	4
Total :	**70**	**100**

II — WEIGHTAGE TO FORM OF QUESTIONS:

Form of Questions	No. of Question	Time (in minute)	Marks	Percentage
Essay/Long Answer(E/LA)	3	60	15	21
Short Answer (SA-I)	6	36	18	26
Short Answer (SA-II)	10	40	20	29
Very Short Answer (VSA)	10	30	10	14
MCQ	7	14	7	10
Total:	**36**	**180**	**70**	**100**

III — WEIGHTAGE TO CONTENT:

	UNIT /CONTENTS :	Marks
1	Work, Livelihood and Career	05
2.	Nutrition, Food Science andTechnology	20
3.	Human Development and Family Studies	10
4.	Fabric and Apparel	15
5.	Resource Management	10
6.	Communication and Extension	10
	Total :	**70**

IV — SCHEME OF SECTIONS : Nil

V — SCHEME OF OPTIONS : **Internal option may be given in Essay Type Question & SA-I.**

VI — DIFFICULTY LEVEL :

Difficult : 30%
Average : 50%
Easy : 20%

Abbreviation : K(Knowledge), U(Understanding), C(Comprehension), Exp.(Expression), Skill(S), E(Essay Type), SA (Short Answer Type), VSA (Very Short Answer Type), MCQ(Multiple Choice Question)

FROM THE ACADEMIC SESSION 2025-26

DESIGN OF QUESTION PAPER

Subject : HUMAN ECOLOGY AND FAMILY SCIENCES
Paper : Theory
Class : XII
Full Mark : 70
Time : 3 Hours

I — WEIGHTAGE TO OBJECTIVES

Objectives	Marks	Percentage
Knowledge (K)	10	15
Understanding (U)	35	50
Application (A)	21	30
Skill (S)	4	5
Total :	**70**	**100**

II — WEIGHTAGE TO FORM OF QUESTIONS:

Form of Questions	No. of Question	Time (in minute)	Marks	Percentage
Essay/Long Answer(E/LA)	3	60	15	21
Short Answer (SA-I)	6	37	18	26
Short Answer (SA-II)	10	40	20	29
Very Short Answer (VSA)	7	21	7	10
MCQ	10	22	10	14
Total:	**36**	**180**	**70**	**100**

III — WEIGHTAGE TO CONTENT:

	UNIT /CONTENTS :	Marks	Percentage
1	Work, Livelihood and Career	05	7
2.	Nutrition, Food Science andTechnology	20	29
3.	Human Development and Family Studies	10	14
4.	Fabric and Apparel	15	22
5.	Resource Management	10	14
6.	Communication and Extension	10	14
	Total :	**70**	**100**

IV — SCHEME OF SECTIONS : Nil

V — SCHEME OF OPTIONS :
i) Internal option will be given in Essay Type Questions.
ii) Internal option will be given in three questions of SA-I including one case study based question.

VI — DIFFICULTY LEVEL :
Difficult : 35% of the total marks
Average : 50% of the total marks
Easy : 15% of the total marks

Abbreviation : K(Knowledge), U(Understanding), C(Comprehension), Exp.(Expression), Skill(S), E(Essay Type), SA (Short Answer Type), VSA (Very Short Answer Type), MCQ(Multiple Choice Question)

NOTE- (i) Two questions out of 10 (ten) questions of MCQ will be assertion & reason type question.
(ii) Only one question of SA-I will be Case Study Based question.

DESIGN
QUESTION PAPER/UNIT TEST

Subject : HUMAN ECOLOGY AND FAMILY SCIENCES

Unit/Paper : Practical
Class : XII
Full Marks : 30
Time : 3 Hours

Sl. No.	Item	Skill/Objective to be tested					Marks Allotted	Estimated Time in Minute
		O.S.	M.S	D.S.	R.S.	R.U		
1.	Nutrition, Food Science and Technology:	1	2	-	-	1	4	40
2.	Human Development and Family Studies:	-	4	-	-	-	4	40
3.	Fabric and Apparel:	1	3	-	-	-	4	40
4.	Resource Management:	-	4	-	-	-	4	40
5.	Extension and Communication:	-	-	-	-	4	4	20
6.	Projects:	1	-	-	-	2	3	00
7.	Laboratory Record book:	-	2	1	-	-	3	00
8.	Viva-Voce	-	-	-	-	4	4	00
Total		**3**	**15**	**1**	**-**	**11**	**30**	**180**

O.S. = Observational Skill, M.S. = Manipulative Skill, D.S. = Drawing Skill, R.S. = Reporting Skill, R.U. = Related Understandings.

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