Class XI

Theory **Total Periods 180**

Introduction: Evolution of the discipline and its relevance to the quality of life **2**

Unit I: Understanding oneself: Adolescence **60**

A. Sense of self – understanding 'Who am I'?

B. Characteristics and needs

C. Influences on identity formation

- Biological and physical changes
- Socio-cultural contexts
- Emotional changes
- Cognitive changes

D. Food, nutrition, health and fitness

E. Management of resources - time, money, energy and space

F. Fabric and apparel

G. Media and communication technology

H. Communication skills

I. Living and working in a global society

Unit II: Understanding family, community and society **50**

A. Relationships and interactions with 'significant others';

- Family
- School - peers and educators
- Community
- Society

B. Concerns and needs in diverse contexts: Family, school, community and society

Key areas:

a. Health, nutrition and hygiene

b. Activity, work and environment

c. Resource availability and management

d. Learning, education and extension

e. Textile heritage of India

Unit III: Childhood **30**

- Survival, growth and development
- Nutrition, health and wellbeing
- Care and education
- Clothes and apparel
- Children with special needs
- Socio-cultural influences on children

Unit IV: Adulthood **38**

- Health and wellness
- Financial planning and management
- Care and maintenance of fabrics and apparel
- Perspectives in communication
- Individual's responsibilities and rights.

Practicals for Class XI

1. Study of physical self with reference to:
   a) Age, height, weight, hip size, round chest/bust, round waist
   b) Age at menarche: girls
   c) Growth of beard, change in voice: boys
   d) Colour of hair and eyes

2. Understanding oneself with reference to :
   a) Developmental norms
   b) Peers, both male and female
   c) Health status
   d) Garment sizing

3. a) Record own diet for a day
   b) Evaluate qualitatively for adequacy

4. a) Record the fabrics and apparel used in a day
   b) Categorize them according to functionality

5. a) Record one day's activities relating to time use and work
   b) Prepare a time plan for oneself.

6. a) Record own emotions for a day in different contexts
   b) Reflect on the "why" of these emotions and ways of handling them

7. List and discuss five messages from print and electronic media which have influenced own self.

8. Collection of information from different regions in India and critical discussion on:
   a) Food practices including food taboos, fasting and festivity preparations
   b) Clothing practices related to rites, rituals and occupation

c) Childcare practices in early years – gender similarities and differences

d) Traditional forms of communication including festive and special occasions

9. List and discuss 4-5 areas of agreement and disagreement with:

a) Mother

b) Father

c) Siblings

d) Friends

e) Teacher

How would you resolve the disagreements to reach a state of harmony and mutual acceptance?

10. Documentation of a traditional textile art/craft of neighbouring area.

11. Visit to any one programme/institution (Govt. /NGO) for children; observation of activities in the programme and report writing.

Or

Observation of any two children of different ages in the neighbourhood and reporting on their activities and behavior.

12. Construction of Quality Of Life (QOL) and Human Development Index (HDI).

13. Relationship of fibre properties to their usage:

a) Thermal property and flammability

b) Moisture absorbency and comfort

14. Study one female adult and one male adult in the age range of 35 to 60 years with reference to:

a) Health and illness

b) Physical activity and time management

c) Diet behavior

d) Coping with challenges

e) Media availability and preferences

15. Calculation of nutritive value of foods to identify rich sources of nutrients.

16. Preparation of different healthy snacks for an adolescent suitable in her/his context.

17. Study of labels on:
    a) Food
    b) Drugs and cosmetics
    c) Fabrics and apparel
    d) Consumer durables

18. Observation and recording of group dynamics in different locations/ situations such as:
    a) Home
    b) Eateries
    c) Playfield
    d) School
    e) Recreation areas

19. Analysis of own communication styles and skills.

20. Plan a budget for self for a given situation/ purpose.

21. List five problems faced by self or family as consumer. Suggest solutions to overcome the same.