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FOR MANIPUR CLASS 11 PREPARATION

Manipur Board Class 11 Syllabus 2027 Human Ecology And Family Sciences

EXAM	YEAR	TYPE	SUBJECT
Manipur Class 11	2027	Syllabus	Home Science

HUMAN ECOLOGY AND FAMILY SCIENCES

THEORY

CLASS - XI

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

Unit	Topics	Marks
I.	Introduction to Human Ecology and Family Sciences	2
II.	Understanding oneself: Adolescence	30
III.	Understanding Family, Community and Society	12
IV.	Childhood	12
V.	Adulthood	14
	Total =	**70**

Unit 1: Introduction to Human Ecology and Family Sciences **2 Period**

Evolution of the discipline and its relevance to the quality of life.

Unit 2: Understanding oneself: Adolescence **55 Period**

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 (pg. 88 & 89 deleted)

Unit 3: Understanding Family, Community and Society **30 Period**

A. Concerns and needs in diverse contexts Family, School, Community and Society

Key areas:

a. Health, Nutrition and Hygiene
b. Resource availibility and management

Unit-4: Childhood **30 Period**

- Nutrition, Health and Wellbeing
- Clothes and Apparel

Unit- 5: Adulthood **33 Period**

- Financial planning and Management
- Care and maintenance of fabrics and apparel.

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HUMAN ECOLOGY AND FAMILY SCIENCES

CLASS-XI
PRACTICAL

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

I. HUMAN DEVELOPMENT AND FAMILY STUDIES: (4)

1. Study of physical self with reference to
   (a) Age, height, weight, hip size, round chest/be round waist.
   (b) Age at menarche (Girls).
   (c) Growth of beard, change in voice (Boys).
   (d) Colour of hair and eyes.
2. (a) Record own emotions for a day in different contexts.
   (b) Reflect on the "why" of these emotions and ways of handling them.
3. List and discuss 4 (four) areas of agreement and disagreement with:
   (a) Mother
   (b) Father
   (c) Siblings
   (d) Friends
   (e) Teacher

II. NUTRITION, FOOD SCIENCE AND TECHNOLOGY: (6)

1. Understanding oneself with reference to health status.
2. (a) Record own diet for a day.
   (b) Evaluate qualitatively for adequacy.
3. Preparation of different healthy snacks for an adolescent suitable in his/her context.

III. FABRIC AND APPAREL: (4)

1. Understanding oneself with reference to garment sizing.
2. (a) Record the fabrics and apparel used in a day.
   (b) Categorize them according to functionality.
3. Relationship of fibre properties to their usage
   (a) Flammability.
   (b) Moisture absorbency and comfort.

IV. RESOURCE MANAGEMENT: (6)

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

2. Study of labels on
   (a) Food
   (b) Drugs and Cosmetics
   (c) Fabrics and Apparel
   (d) Consumer durables

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

4. List five problems faced by your family as a consumer.
   Suggest solutions to overcome the same.

V. COMMUNICATION AND EXTENSION: (5)

1. Project:
   Media availability and preference
   (i) Aim & Objectives
   (ii) Materials and methods
   (iii) Summary of the project
   (iv) Viva Voce on the project

VI. LABORATORY RECORDBOOK: (5)

(i) Completeness of practicalv work
(ii) Regularity on submitting record
(iii) Neatness and accuracy of record
(iv) Viva Voce on record

PRESCRIBED TEXT BOOKS:

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

REFERENCE BOOKS:

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

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DESIGN OF QUESTION PAPER

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

1 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**

2 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**

3 WEIGHTAGE TO CONTENT:

	UNIT /CONTENTS :	Marks	Percentage
I.	Introduction to Human Ecology and Family Sciences	2	3
II.	Understanding oneself: Adolescence	30	43
III.	Understanding Family, Community and Society	12	17
IV.	Childhood	12	17
V.	Adulthood	14	20
	Total :	**70**	**100**

4 SCHEME OF SECTIONS : Nil

5 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.

6 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 : XI
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.	Human Development and Family Studies:	-	-	-	2	2	4	20
2.	Nutrition, Food Science and Technology:	-	5	-	-	1	6	60
3.	Fabric and Apparel:	-	2	-	-	2	4	40
4.	Resource Management:	-	4	-	-	2	6	60
5.	Communication and Extension:	-	-	-	2	3	-	00
6.	Laboratory Recordbook:	-	2	-	1	2	5	00
Total		**-**	**13**	**-**	**5**	**12**	**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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