

Secondary Education Board of Assam (SEBA)

Class 9 & Class 10 Syllabus

HOME SCIENCE (E)

SUBJECT CODE - 37

Class IX-X

OBJECTIVES : The Pupil,

1. acquires the necessary ability and skills to assume his/her position and responsibility in the family.
2. learns ways and means to supplement family income.
3. plans for leisure hour recreation.
4. believes in the dignity of labour.
5. makes the necessary adjustment between the demands of home and career.
6. develops sense of reponsibility as a member of the family.
7. cultivates good relationship with others at home, school and society.
8. develops the desire to be healthy and well-groomed.
9. appreciates and develops a good personality.
10. understands the functioning of the family and realises the importance of a good family life.
11. develops aesthetic sense in daily life.
12. becomes an efficient home-maker, dutiful parent and purposeful citizen.
13. leads a happy and contented life, within his/her home.
14. contributes towards improving economic, social, moral, ethical and spiritual standards of their homes and community.

HOME SCIENCE (E)

SUBJECT CODE - 37

Class-IX **Full Marks - 100**

Theory Paper, Marks - 50 **Pass Marks - 15 (Time : 2 hours)**

Practical Paper, Marks - 50 **Pass Marks - 15 (Time : 2 hours)**

THEORY

Chapter-1 : Introduction to Home Science Education : (Marks : 10)

1.01 : Meaning and importance of Home Science.

1.02 : History of Home Science Education in India.

1.03 : Objectives of Home Science Education.

1.04 : Different components of Home Science.

Chapter-2 : Food and Nutrition : (Marks : 10)

2.01 : Meaning and importance of Food and Nutrition. Study of classification of food– Body building, Energy giving, protective and regulatory food, Function of food.

2.02 : Introduction to different Nutrients– Carbohydrates, Proteins, Fats, Vitamins, Minerals and Water.

2.03 : Introduction to common food stuffs– cereals, pulses, green leafy vegetables, fruits, meat, fish and eggs, milk and milk products, spices and condiments etc.

2.04 : Introduction to cooking– Objectives of cooking, Different methods of cooking food– boiling, frying, deep frying, shallow frying, roasting, baking, steaming, pressure cooking, microwave cooking, solar cooking etc.

Chapter-3: Child Development and Family Studies : (Marks : 10)

3.01 : Introduction to Child Development– Concept of growth and development, principles of growth and development.

3.02 : Different phases of life– Pre-natal, Infancy, Babyhood, pre-school age, school age, Adolescence, Adulthood, Old age.

3.03 : Various aspects of growth and development– Physical, Motor, Intellectual, Emotional, Social and Moral, and Language Development.

Chapter-4 : Clothing and Textile : (Marks : 10)

4.01 : Clothing and its importance

4.02 : Introduction to Textile fibre and their classification– Vegetable, Animal and Mineral fibres, Man-made fibres.

4.03 : Study of Natural and man-made fibres and its properties.

4.04 : Common methods of fibre identification (Visual, Microscopic and burning methods)

4.05 : Stain Removal (Principles and methods of removing stains, equipments and reagents required for stain removal)

Chapter-5 : Family Resource Management : (Marks : 10)

5.01 : Introduction to Home management, Meaning and its importance.

5.02 : Resources– Human and Non-human.

5.03 : Study of common household equipment and their uses. Refrigerator, Washing machine, Mixer and Grinder, Pressure Cooker, Vacuum Cleaner, Oven, Microwave etc.

5.04 : Work simplification– its meaning and different ways of work simplification.

5.05 : Household pests and their control– (mosquitoes, ants, cockroaches, bedbugs, rats, flies etc.)

SL NO.	PRACTICAL	MARKS
1	Preparation od Khichari Chana Dal Veg. Curry Pokoras - from vegetables/eatable green leaves or flowers Fruit juice	20
2	Preparation of project report on topics related to course.	10
3	Common methods of fibre identification-visual microscopic, burning. or	10
4	Removal of common stains - grease, curry, blood, perspiration, mud, lipstics, tea, ink etc. or	
5	Cleaning and polishing of - Brass, silverware, copper, steel aluminium etc.	
6	Practical note book	10
	Total	**50**

Marks Distribution of Practical

Unit	SUB-UNITS	Marks	
		Half Yearly	Final
1	Cookery	10	10
2	Project report/chart	10	10
3	Clothing & Texttile	10	10
4	Home Management	10	10
5	Practical note book	10	10
	Total	**50**	**50**

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HOME SCIENCE (E)

SUBJECT CODE - 37

Class-X **Full Marks - 100**

Theory Paper, Marks - 50 **Pass Marks - 15 (Time : 2 hours)**

Practical Paper, Marks - 50 **Pass Marks - 15 (Time : 2 hours)**

THEORY

Chapter-1 Food and Nutrition (Marks : 15)

1.01 : Balanced diet– meaning and importance, factors to be considered in formulation of balanced diet, age, sex, occupation, income, family size, climatic condition, activities, special condition.

1.02 : Meal-planning– meaning, objectives and principles.

1.03 : Deficiency diseases– Anaemia, Goitre, Scurvy, Rickets, Beriberi, Pellegra, Nightblindness, Kwashiorkor, Marasmus, Karatomalacia and their preventive measures.

Chapter-2 Child-Development and Family Studies (Marks : 15)

2.01 : Begining of life– conception, growth during prenatal life.

2.02 : Care of the pregnant mother and preparation for child birth.

2.03 : Care of the child– feeding, bathing, toilating, wearing, supplementary food, clothing, immunization, sleep and rest etc.

2.04 : Breast milk– Advantages and disadvantages of breast milk.

2.05 : Child in the family– Role of parents in the family, parent-child realationship. Catering to the emotional needs of the children.

Chapter-3 Textiles and Clothing (Marks : 10)

3.01 : Laundering– Principle to be followed in laundering of different textiles/articles. Importance of soft water in laundering. Methods of making hard water soft.

3.02 : Equipment for laundering, Soap and Detergents, Bleaching, Stiffening agents.

3.03 : Storage of clothes and its importance.

Chapter-4 Home Management (Marks : 10)

4.01 : Principles of design– Application to interior decoration. Proportion, Balance, Rhythm, Emphasis and Harmony.

4.02 : Colour Scheme : Primary colour, Secondary colours, intermediate or tertiary colour, use of colour in different rooms.

4.03 : Selection, Care and Arrangement of furniture for different rooms.

4.04 : Principles and types of flower arrangement (Flower arrangement is an art). The main principles of flower arrangement, types of flower arrangement.

4.05 : Budget– Meaning and its importance Factors to be considered for planning a budget, types of budget.

4.06 : Saving and investment : Definition, differences between one's earnings and expenditure. Income– Expenditure, savings.

HOME SCIENCE (E)

SUBJECT CODE - 37 (P)

PRACTICAL

CLASS - X **Marks : 50**

1. Preparation of - (i) Pulao (ii) Paratha (iii) Poories (iv) Ghugni (v) Egg curry (vi) Vegetable chop/cutlet (vii) Jam/Jelly (viii) Pud-ing/Halwa (Carrot or Suji)
2. Preparation of project report on topics related to the course content of child development and family studies.
3. Preparation of samples of constructive/basic stitches - like- Tuking, Running, Hemming, Back stitch.

   Decorative Stitches like - Chain, Shadow, Feather, Heming, Bone, Cross, Blanket, Bullion knot, French knot, Applique etc. Mending, Patching, Daming, Stitching of Button and Button holes. Hooks etc.
4. Drawing a colour wheel.
5. Arrangement of flowers - line arrangement, Mass arrangement, and combination of line and mass arrangement for different purpose.
6. Practical note book.

Marks Distribution of Practical

Unit	SUB-UNITS	Marks	
		Half Yearly	Final
1	Cookery	10	10
2	Project report/chart	10	10
3	Clothing & Texttile	10	10
4	Home Management	10	10
5	Practical note book	10	10
	Total	**50**	**50**

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Study Materials

aglasem.com

Model Papers

Sample Papers

Half Yearly Sample Papers

Important Resources

Periodic Table

Writing Skills / Formats

Maps of India / World

Notes

- [ ] Class 6 Notes
- [ ] Class 7 Notes
- [ ] Class 8 Notes
- [ ] Class 9 Notes
- [ ] Class 10 Notes
- [ ] Class 11 Notes
- [ ] Class 12 Notes

Books and Solutions

NCERT Books

NCERT Book Solutions

HC Verma Chapter Wise Solutions

RD Sharma Solutions

CGBSE Solutions