

Home Science (Code No. 064)
Class - IX (2018-19)

Course Structure: Theory & Practical

Theory : 75 Marks

Time: 3 Hrs.

Practical : 25 Marks

No.	Units	Marks	No. of Pd.
1	Concept and scope of Home Science Education and recent trends	03	05
2	Human growth & Development - I	10	25
3	Family and Values	08	20
4	Food, Nutrition and Health	17	45
5	Fiber and Fabric	15	34
6	Resource Management	15	34
7	Measures of Safety and Management of Emergencies	07	17
	Total	75	180
	Practical	25	40
	Grand Total	100	220

Unit I : Concept and scope of Home Science Education and recent trends 05 Pd

- a) Concept of Home science
- b) Fields of Home Science
- c) Relevance of study of Home Science and career options
- d) Recent trends

Unit II : Human Growth & Development - I 25 Pd

- a) Concept of growth and development
- b) Principles of growth and development
- c) Factors affecting growth and development (environmental and heredity)
- d) Age specific milestones (Birth to adolescence)

Unit III : Family and Values 20 Pd

- a) Concept and types of family
- b) Role of family in Holistic development of an individual (Physical, Social, Psychological and 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 : Globalisation, urbanisation, migration, technology and media.

Unit IV : Food, Nutrition and Health **45 Pd**

- a) Definition of food, nutrition, nutrient, Health and nutritional status.
- b) Food and its functions (Physiological, social and psychological)
- c) Nutrients : sources and functions
- d) Relationship of food, health and diseases
- e) Malnutrition : concepts and components (over nutrition and under nutrition)
- f) Concept of Balanced Diet
- g) Methods of cooking and processing
- Cooking methods : Dry methods, moist methods, combination methods
 - Processing methods : Germination, Fermentation, Mutual supplementation / Combination
 - Conservation of nutrients while cooking and processing

Unit V : Fibre and Fabric **34 Pd**

- a) Definition of Fiber and Yarn
- b) Classification of fiber on the basis of origin and length
- c) Characteristics of fibers : feel, appearance, colour fastness, length, strength, absorbency, shrinkage, elasticity, effect of heat and sunlight.
- d) Methods of construction of fabric - brief description of weaving, knitting and felting.
- e) Selection of fabric : Factors affecting selection of fabric (age, purpose, occupation, fashion, figure, climate, comfort and cost).

Unit VI : Resource Management **34 Pd**

- a) Resources : Definition and 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 bagass. Non Biodegradable : Inceneration, Land fills and recycle)

Unit VII : Measures of Safety and Management of Emergencies **17 Pd**

- 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 and Importance

Practicals

40 Periods 25 Marks [Distribution of Marks : 3 Marks per unit (Unit No. 2 - 7)]

- 1) Observation of motor skills in three year old child.
- 2) Behavioural changes in an adolescent through observation method among peer group.
- 3) Role of family members : collage / chart etc.
- 4) Design educational games specific to functions / sources of nutrients.
- 5) Identification and use of kitchen tools and appliances : at least any five e.g. refrigerator, cooking gas, mixer-grinder, microwave, smokeless chulas, pressure cooker etc.
- 6) Weights and measures : Equivalents / conversions of Ounce, gram, cup, teaspoon, tablespoon, how to use a kitchen weighing scale.
- 7) Identification of fruits, vegetables, spices, oils, sugars, cereals, and lentils.
- 8) Food processing method demonstration : Germination and Fermentation.
- 9) Collection and Identification of fabrics, physical and burning tests.
- 10) Take a case study of a house for disposal of kitchen waste and encourage segregation of biodegradable and non biodegradable waste, through creating slogans / posters etc.
- 11) Prepare a first aid kit and practice giving first aid for burns, cuts, bites, fractures, electric shocks. (group activity)
- 12) File work 4 Marks
- 13) Viva Voce 3 Marks