

HOME SCIENCE (Code No. 064)
CLASS XII (2018 – 19)
COURSE STRUCTURE (THEORY)

One Paper (Theory)

70 Marks

Time: 3 Hours

Periods: 220

Unit		No. of periods	Marks
I	Human Development: Life Span Approach (Part II)	40	30
II	Nutrition during life span	40	
III	Money Management and Consumer Education	40	35
IV	Apparel: Designing, Selection and Care	40	
V	Community Development and Extension (Part II)	20	5
VI	Career Options after Home Science Education	5	
	Practical	35	30
	Total	220	100

Unit I: Human Development: Life Span Approach (Part II)

40 Periods

- A. Adolescence (12 – 18 years)
- (i) Growth & Development – Domains and principles.
 - (ii) Meaning, characteristics and needs.
 - (iii) Influences on identity formation
 - (a) Biological and Physical changes-early and late matures. (Role of heredity and environment)
 - (b) by social, culture and media.
 - (c) Emotional changes.
 - (d) Cognitive changes.
 - (iv) Specific issues and concerns
 - (a) Eating disorders-Causes, consequences and management – Anorexia Nervosa, Bulimia.
 - (b) Depression
 - (c) Substance Abuse
 - (d) Related to sex
 - (e) Handling stress and peer pressure
- B. Adulthood:
- (i) Young & middle adulthood: Understanding and management of new responsibilities, carrier marriage and family.
 - (ii) Late Adulthood/Old age:

- (a) Health and Wellness: physical, social, emotional, financial, recreational needs
- (b) Care for elderly (at home and outside – old age home)
- (c) Anger management

Unit II: Nutrition for Self, Family and Community

40 Periods

- (a) Meal Planning: Meaning and importance, principles and factors affecting meal planning; Nutritional needs, food preferences and modifications of diets in different age groups: infants, children, adolescence, adults, elderly and in special conditions: pregnancy and lactation (including traditional foods given in these conditions)
 - (i) Use of basic food groups (ICMR) and serving size in meal planning
 - (ii) Factors influencing selection of food: culture, family food practices, media, peer group, availability of foods, purchasing power, individual preference & health.
- (b) Food safety and quality:
 - (i) Safe food handling (personal, storage, kitchen, cooking and serving).
 - (ii) Safety guards against food adulteration, definition and meaning of food adulteration as given by FSSAI (Food Safety and Standard Authority of India).
 - (iii) Common adulterants present in cereals, pulses, milk and milk products, fats and oils, sugar, jaggery, honey, spices and condiments.
 - (iv) Effects of some of the adulterants present in the foods: kesari dal, metanil yellow, argemone seeds.
 - (v) Food standards (FPO, Agmark, ISI).
- (c) Therapeutic modification of normal diet with respect to consistency, frequency, foodstuffs, nutrients and methods of cooking.
- (d) Modification of diet according to common ailments: diarrhoea, fever, jaundice, hypertension, diabetes and constipation. Physiological changes, clinical symptoms, requirements and dietary requirements in each condition.

Unit III: Money Management and Consumer Education

40 Periods

- (a) Family Income:
 - (i) Various sources of family income:
 - money income
 - real income (direct and indirect)
 - psychic income
 - (ii) Supplementing family income-need and ways; need and procedure for maintaining household accounts (daily, weekly and monthly).
- (b) Savings and Investment:
 - (i) Meaning and importance of savings.
 - (ii) Basis for selection of investment methods: risk, security, profit, tax saving.
 - (iii) Ways/methods of investment –
 - Bank schemes (saving, fixed, recurring);

- Post Office schemes (savings, recurring deposit, monthly income scheme, National saving certificate, Senior citizen scheme);
 - Insurance schemes (whole life, mediclaim);
 - Public Provident Fund (PPF), Provident Fund (PF).
- (iv) Consumer Protection and Education: Meaning, problems faced by consumer, Consumer Protection Amendment Act (2011); Consumer aids: labels, standardization marks, (ECO Mark, Hallmark, Wool mark, Silk mark), advertising, leaflets, and Consumer redressal forum, Internet.

Unit IV: Apparel: Designing, Selection and Care

40 Periods

- (i) Application of elements of art and principles of design in designing apparel.
- (ii) Selection and purchase of fabrics- purpose, cost, season, quality, durability, ease of maintenance and comfort.
- (iii) Selection of apparel- factors influencing selection of apparel- age, size, climate, occupation, figure, occasion, fashion, drape cost and workmanship.
- (iv) Care and maintenance of clothes:
 - (a) Cleansing agents: soaps and detergents (basic differences and their utility);
 - (b) Stain removal - General principles of stain removal, stain removal of tea, coffee, lipstick, ball pen, Grease, Curry and Blood.
 - (c) Storage of clothes.

Unit V: Community Development and Extension (Part II)

20 Periods

- (i) Water safety: Safe drinking water-importance of potable water for good health, and its qualities, simple methods of making water safe for drinking; boiling, filtering (traditional and modern technology), use of alum, chlorine.
- (ii) Salient features of income generating schemes
 - DWCRA (Development of Women and Children in Rural Area)
 - MGNREGA (Mahatma Gandhi National Rural Employment Guarantee Act, 2005)

Unit VI: Career Options after Home Science Education

05 Periods

Career options of self and wage employment of various fields of Home Science.

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PRACTICAL

Maximum Marks: 30

Periods: 35

1) Human Development: Life Span Approach (Part II)

Activities

- Identify the problems of adjustment of adolescents with the help of a tool (group activity) and make a report.
- Spend a day with an aged person and observe the needs and problems. Write a report.