

Class – IX
REVISED SYLLABUS
(For the Session of 2020-21 Only)
HOME SCIENCE
(THEORY)

Unit I: Concept and Scope of Home Science.

Unit III : **Food and its relation to health:** Definition of food, functions of food

- (i) energy giving
- (ii) growth and repair
- (iii) protection against diseases
- (iv) regulation of body function
- (v) psychological satisfaction
- (vi) sociological functions
- (vii) interrelationship between good and health

Unit IV : **Methods of cooking :**Boiling, steaming, pressure cooking, frying, roasting& baking, brief description of each & suitability of foods.

Unit V : **Functions of a home :** Protective and social characteristics of functional house-security, light, ventilation,

Unit VI : **Safety in the house :** prevention of accidents in the kitchen and bathroom-cuts, falls, burns, electric shock, poisoning, safe use of fuels; first-aid given to cuts, bruises, burns, scalds, poisoning, shocks & bites.

UnitVII : **Fabrics available in the market :** Definition of fibre and yarn; classification of fibre on the basis of origin and length; yarn making, blends,construction of fabric-weaving (Different types of weaves-plain, twill and stain), felting and knitting;

Unit VIII : **Selection of clothes :** factors affecting selection

- (i) fabric related factors (characteristics of fibre, fabric construction)
- (ii) person related factors-age, occupation occasion, fashion, figure, comfort