

HOME SCIENCE (032 & 045)

2022-2023

Class - IX

TOTAL MARKS- 100 (Theory- 70 + Practical- 30)

Theory: 70 Marks

Time: 3.00 Hrs.

- Unit I:** Concept and Scope of Home Science. **06**
- Unit II: Family-a unit of society :** Type & size of family; reasons for change in family types, effect of size on welfare of its members, role of family members in its smooth functioning. **10**
- Unit III :** Food and its relation to health: Definition of food, health, nutrition, nutrients and balanced diet, functions of food **10**
- (i) energy giving
 - (ii) growth and repair
 - (iii) protection against diseases
 - (iv) regulation of body functions
 - (v) psychological satisfaction
 - (vi) sociological function
 - (vii) Inter relationship between food and health.
- Unit IV: Methods of cooking :** boiling, steaming, pressure cooking, frying, roasting & baking. Brief description of each & suitability for foods. **10**
- Unit V: Functions of a home :** protective and social characteristics of functional house-security, light, ventilation, sanitation (brief description of disposal of waste water, garbage and human excreta) & surroundings. **10**
- 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. **08**
- 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; characteristics of fibres-length, durability, absorbancy, heat conductivity resilience and elasticity; effect of heat, moth and mildew, acids and alkalis. **10**
- Unit VIII: Selection of clothes :** factors affecting selection **06**
- (i) fabric related factors (characteristics of fibre, fabric construction)
 - (ii) person related factors-age, occupation occasion, fashion, figure, comfort
 - (iii) Other factors-climate & cost

PRACTICAL: 30 Marks

Class - X

TOTAL MARKS- 100 (Theory- 70 + Practical- 30)

Theory: 70 Marks

Time: 3.00 Hrs.

- UNIT I: Growth and development of children between birth to 3 years.** Principles of growth and development of child; Important milestones in physical, motor, social, emotional and language development of children; physical, social and emotional needs of children. **10**
- UNIT II: Role of books,** music rhymes, games, radio, TV & Video, in the life of a child up to 3 years of age. **04**
- UNIT III: Play :** Meaning, need and types of play in children between birth & 3 yrs; Characteristics of play-active, passive, natural, serious and exploratory Play materials for children- Characteristics of play material. **05**
- UNIT IV: Nutrients :** Functions, sources and deficiency of Carbo hydrates, proteins, Fats Minerals- Iron, Calcium and Iodine and Vitamins- Vitamin A, B, B2, Vitamin C and Vitamin D. Loss of nutrients during cooking, conservation and enhancement of nutrients. **05**
- UNIT V: Meal Planning :** Concept, need and factors affecting meal planning-age, sex, climate, occupation, physical needs, number of family members, economic status of family, availability of food, family traditions, likes and dislike and occasion; Food Groups (Basic : 5 suggested by ICMR); Use of food groups in planning balanced diet, food allowances suggested by ICMR. **06**
- UNIT VI: Food hygiene & methods of storage of food :** Rules of hygienic handling of food, Method of storage of perishable, semi-perishable and non-perishable foods. **05**
- UNIT VII: Resources available to family :** Types of resources-Human (Energy, time, knowledge and skill) Non-Human (money, material goods and community resources); general characteristics of resources, wise use of resources; personal & shared: **06**
- UNIT VIII: Money Management :** Family income and expenditure and importance of saving & Investment. **06**
- UNIT IX: Consumer Education :** Consumer rights and responsibilities, consumer problems, malpractices of traders-price variation, poor quality, adulteration, faulty weights and measures, non- availability of goods, misleading information, lack of standardized products, misleading advertisement, aids to help consumers-standardization marks, labels, packages, advertisement, Pamphlets & Leaflets. **06**
- UNIT X: Care of clothes :**Cleaning and finishing agents used in everyday care of clothes in the homes: stain removal (precautions and methods); laundering and storage of cotton, silk, wool and synthetics. **12**
- UNIT XI: Quality check of apparel :** Workmanship of readymade, tailor made garment, reading of labels on clothes. **05**

PRACTICAL: 30 Marks

हाईस्कूल पाठ्यक्रम (कक्षा 9 व 10)

गृह विज्ञान (032 व 045)

प्रश्नपत्र का सम्भावित स्वरूप

क्रम संख्या	प्रश्नों के प्रकार	निर्धारित अंक	प्रश्नों की संख्या	अंकों का योग
1	बहुविकल्पीय प्रश्न	1	1(8*)	8
2	निश्चित उत्तरीय प्रश्न	1	6	6
3	अति लघु उत्तरीय प्रश्न	2	5	10
4	लघु उत्तरीय प्रश्न	3	6	18
5	दीर्घ उत्तरीय प्रश्न	4	7	28
योग			25	70

*- प्रश्नखण्ड के रूप में एक प्रश्न के अन्तर्गत पूछे जायेंगे।

नोट— प्रश्नों की संख्या व प्रकार में आंशिक परिवर्तन सम्भव है।