

HOME SCIENCE (Theory)

CLASS XII

Time : 3 Hours

One Paper		Marks : 70
Unit		Marks
I.	Know Little Children	17
II.	Nutrition for Self and Family (contd.)	17
III.	Money Management and Consumer Education	17
IV.	My Apparel	17
V.	Things I can do with my Home Science Training	2
Total		70

Unit I: Know Little Children (0-3 years)

Some specific characteristics: physical and motor-height, weight and body proportions; motor development during 0-3 months, 3-6 months, 6-9 months, 9-12 months and 1-3 years (milestones only); social and emotional developments; recognition of people around; socialization, expression of emotions; cognitive development; learning through concrete operations and language development.

Protection from preventable diseases: immunization - concept and types (natural and acquired), breast feeding (one of the ways to develop natural immunity); immunization chart; symptoms and incubation period of childhood diseases - TB, DPT, polio, measles, cholera, diarrhoea.

Special needs of disadvantaged and disabled children: socially disadvantaged, physically handicapped (partially blind & deaf, affected/missing limb): characteristics & needs.

Substitute care at home and outside: siblings, grand parents, neighbours creche, day care centres etc: Integrated Child Development Scheme (ICDS) - objectives and functions.

Unit II : Nutrition for Self and Family

Planning meals for the family: meaning and importance of meal planning, principles and factors affecting meal planning, planning meals for the family; keeping in mind the needs of individual members, including children, pregnant women, lactating mother, members suffering from fever and diarrhoea; role and preparation of ORS,

Ways to ensure good health for the family: using safe drinking water-importance of potable water for good health, qualities of safe drinking water; household methods of making water safe for drinking; boiling, filtering, use of alum and chlorine tablet role of hygiene for food handlers at home level. Safety against food adulteration, definition and meaning of food adulteration as given by PFA; common adulterants present in cereals, pulses, milk and milk products, fats and oils, sugar, jaggery, honey, spices and condiments. Ill effects of some of the adulterants present in the foods: kesari dal, metanil yellow, argemone seeds.

Unit III : Money Management and Consumer Education

Family Income: various sources of family income: (i) money income, (ii) real income, direct and indirect; Supplementing family income-need & ways; need and procedure for keeping household accounts.

Savings and Investment: meaning and importance of savings; ways/methods of investment-banks, post-office, LIC, Units, PPF, PF; basis for selection of method of investment risk, security, profit, tax saving.

Consumer Protection and Education: meaning, problems faced by consumer, Consumer Protection Act (1986) and Services; Consumer aids: levels, standardization marks, advertising, guidebooks/leaflets, Consumer redressal forum.

Unit IV: My Apparel

Clothing and its relation to personality: Elements of line, colour, texture: elements of design: balance, rhythm, proportion, harmony, emphasis; factors that influence the selection of clothes: personality, age, climate, occupation, figure, occasion, fashion: selection and purchase of fabrics. Purpose, quality, cost, season, reliable shop.

Checking size and quality in ready-made garments, need and criteria: seams, hem, plackets, fasteners, workmanship, design, drape.

Care of clothes: General principles and precautions to be followed while removing stains and washing:

Cleansing agents: soaps and detergents (basic differences); Storage of clothes.

Unit V: Things I can do with my Home Science Education

Application of knowledge of Home Science in everyday life.

Usefulness of some of the skills learnt here for supplementing family income.

Skills learnt here can be gainfully used for employment (self-employment, apprenticeship).

Further training required to make this field a career: various sources and facilities available for training.

Practicals

Time: 3 Hours

30 Marks

Unit	Marks
I. Know Little Children	3
II. Nutrition for Self and Family (contd.)	11
III. Money Management and Consumer Education	3
IV. My Apparel	6
V. Things I can do with my Home Science Training	-
Record	5
Viva	2

Unit I : Know Little Children (0-3 years)

Activity: Observe a child in neighbourhood or at home for various milestones of physical and motor developments and prepare a chart.

Practical: Make an interview schedule for working mother.

Activity: Interview three mothers working outside the home to find out their arrangements of substitute care for their children (0-3 yrs) in their absence.

Practical-Prepare of chart of mile stones

Practical: Prepare a chart for immunization of a child.

Unit II : Nutrition for Self and Family

Practicals: Plan meals for the family and carry out modifications to suit individual needs including persons suffering from fever or diarrhoea and for pregnant and lactating mother. Prepare and serve one dish.

Practical: Preparation of oral dehydration solution

Practical: Simple tests for checking adulteration in-

- (i) Cereals
- (ii) Pulses
- (iii) Milk and milk products
- (iv) Tea leaves
- (v) Dhania powder
- (vi) Red chillies
- (vii) Haldi powder
- (viii) Gur (Jaggery)
- (ix) Black Pepper (Whole)

Unit III: Money management and Consumer Education

Activity: Open an account. Find out and report how an account is opened in a bank and post office. Collect and fill forms.

Activity: Read and evaluate labels of any four household items bearing different standardization marks.

Practical: Fill bank/post office forms

Practical: Prepare one label each for four household items/products bearing different standardization marks.

Unit IV : My Apparel

Practical : Make sample of

- (a) basic stitches and seams:
 - (i) Running Stitch
 - (ii) Hemming
 - (iii) Blind stitch
 - (iv) Inter-locking
- (b) Fasteners - Buttons and hooks.
- (c) Patch work

or make an apron and incorporate all the above (a. b. and c).

Practical: Examine quality in ready-made garments.

Practicals: Relative effect of temperature of water on the clothes during the process of washing clothes (cold, lukewarm, hot). Draw conclusions and how this knowledge is helpful.

Practical:

Removal of stains of -

- (i) Tea stain
- (ii) Coffee stain
- (iii) Curry
- (iv) Grease
- (v) Ball point ink
- (vi) Lipstick
- (vii) Blood

Practical: Make a soap/detergent (liquid/powder/cake)