

**TERM WISE SYLLABUS**  
**CLASS XI**  
**HOME SCIENCE (064)**  
**SESSION-2021-2022**

**TERM I**

**Course Structure: Theory and Practical**

Unit No.	Unit Name	Marks
I	Introduction to Home Science	02
II	Understanding oneself: Adolescence	18
III	Understanding Family, Community and Society	15
<b>THEORY</b>		<b>35</b>
<b>PRACTICAL</b>		<b>15</b>
<b>TOTAL</b>		<b>50</b>

**CONTENTS**

**UNIT I: INTRODUCTION TO HOME SCIENCE**

- What is Home Science?
- Areas of Home Science
- Home Science is important for both boys and girls
- Career options of Home Science

**UNIT II: UNDERSTANDING ONESELF: ADOLESCENCE**

**CHAPTER: UNDERSTANDING THE SELF**

- What is Self?
  - Personal dimension
  - Social dimension
  - Self- concept
  - Self esteem
- What is Identity?
  - Personal Identity
  - Social Identity
- Self during Infancy: Characteristics
- Self during early childhood: Characteristics
- Self during middle childhood: Characteristics
- Self during adolescence: Characteristics
  - Identity development
  - Identity crisis
  - Real vs Ideal self

## **CONTENTS**

- Influences on Identity
  - Developing a sense of self and identity
  - Influences on formation of identity
    - Biological and Physical changes
    - Socio-cultural contexts
    - Emotional changes
    - Cognitive changes

### **CHAPTER: FOOD, NUTRITION, HEALTH AND FITNESS**

- Introduction
- Definition of
  - Food
  - Nutrition
  - Nutrients
- Balanced diet
  - Definition
  - RDA
- Health and Fitness
- Using Basic food Groups for planning Balanced Diets
  - Food Guide Pyramid
- Vegetarian Food Guide
- Dietary patterns in Adolescence
  - Irregular meals and skipping meals
  - Snacking
  - Fast foods
  - Dieting
- Modifying diet related behaviour
  - Diet journal
  - Exercise
  - Substance use and abuse
  - Healthy eating habits
  - Snacks
  - Drinking water
- Factors influencing eating behaviour
- Eating disorders at adolescence
- Key terms and their meaning

### **CHAPTER: MANAGEMENT OF RESOURCES**

- Introduction
- Classification of Resources
  - Human /Non-Human Resources
  - Individual / Shared Resources
  - Natural / Community Resources

## CONTENTS

- Human and Non-Human Resources
  - Human Resources
    - Knowledge
    - Motivation/ interest
    - Skills/ strength/ aptitude
    - Time
    - Energy
  - Non-Human Resources
    - Money
    - Material Resources
- Individual and Shared Resources
  - Individual Resources
  - Shared Resources
- Natural and Community Resources
  - Natural Resources
  - Community Resources
- Characteristics of Resources
  - Utility
  - Accessibility
  - Interchangeability
  - Manageable
- Managing Resources
  - Management process
  - Planning
    - Steps in planning
  - Organising
  - Implementing
  - Controlling
  - Evaluation

### **CHAPTER: FABRIC AROUND US**

- Definition of Yarns, Fibres, Textile Products, Finishing
- Introduction to Fibre Properties
- Classification of Textile fibres
  - Filament/Staple fibres
  - Natural/Manufactured (manmade) fibres
- Types of Natural Fibres
  - Cellulosic fibres
  - Protein fibres
  - Mineral fibres
  - Natural rubber
- Types of Manufactured Fibres
  - Regenerated cellulosic fibres
  - Modified cellulosic fibres
  - Protein fibres
  - Non-cellulosic fibres
  - Mineral fibres

## CONTENTS

- Some Important fibres and their properties
  - Cotton
  - Linen
  - Wool
  - Silk
  - Rayon
  - Nylon
  - Polyester
  - Acrylic
  - Elastomeric fibres
- Yarns
- Yarn Processing
  - Cleaning
  - Making into a sliver
  - Attenuating, drawing out and twisting
- Yarn Terminology
  - Yarn Number
  - Yarn Twist
  - Yarn and Thread
- Fabric Production
  - Weaving
  - Knitting
  - Braiding
  - Nets
  - Laces
- Textile Finishing
  - Finishing with colour
  - Printing

## **CHAPTER- MEDIA AND COMMUNICATION TECHNOLOGY**

- Communication and Communication Technology
  - What is Communication?
  - Classification of Communication
  - How does Communication take place?
- What is Media?
  - Media classification and functions
- What is Communication Technology?
  - Classification of Communication Technologies
  - Modern Communication Technologies

## CONTENTS

### UNIT III: UNDERSTANDING FAMILY, COMMUNITY AND SOCIETY

#### CHAPTER: CONCERNS AND NEEDS IN DIVERSE CONTEXTS

##### A. NUTRITION, HEALTH AND HYGIENE

- Health and its Dimensions
  - Social health
  - Mental health
  - Physical health
- Health Care, Indicators of Health
- Nutrition and Health
- Importance of Nutrients
- Factors affecting nutritional well being
  - Food and nutrient security
  - Care for the vulnerable
  - Good health for all
  - Safe environment
- Nutritional Problems and their consequences
  - Malnutrition
  - Under nutrition
  - Over nutrition
- Hygiene and Sanitation
  - Personal Hygiene
  - Environmental Hygiene
  - Food Hygiene
  - Water safety

##### B. RESOURCES AVAILABILITY AND MANAGEMENT

- Time Management
  - Definition of time plan
  - How good is your time management? (Activity)
  - Steps in making time plan
  - Tips for effective time management
  - Tools in time management---Peak load period, Work curve, Rest /break periods, Work Simplification
- Space Management
  - Space and the home
  - Principles of Space Planning

**TERM I  
PRACTICALS  
CLASS XI HOME SCIENCE (064)**

1	Understanding oneself with reference to: a) Physical development in terms of age, height, weight, hip and chest circumference. b) Sexual maturity (Age at menarche, Development of breasts: girls Growth of beard, change in voice: boys)
2	Observe Developmental Norms (Physical, Motor, Language and Social – emotional) from birth to three years
3	List and discuss 4-5 areas of agreement and disagreement with a) Mother b) Father c) Siblings/ Friends d) Teacher
4	a) Record own diet for a day b) Evaluate qualitatively for adequacy
5	a) Record one day's activities relating to time use and work. b) Prepare a time plan for yourself.
6	Preparation of different healthy snacks for an adolescent suitable in his or her context.

**SCHEME FOR PRACTICAL EXAMINATION CLASS XI HOME SCIENCE**

**TERM I**

1.	Observe Developmental Norms: (Physical, Motor, Language and Social Emotional) birth to three years  OR List and discuss 4-5 areas of agreement and disagreement with a) Mother b) Father c) Siblings/ Friends d) Teacher	5 Marks
2.	Preparation of Healthy Snacks for an Adolescent	7 Marks
3.	Prepare a Time Plan for yourself	3 Marks
	<b>TOTAL</b>	<b>15 Marks</b>

**CLASS XI HOME SCIENCE**  
**TERM II**

**Course Structure: Theory and Practical**

Unit No.	Unit Name	Marks
IV	Childhood	17
V	Adulthood	18
<b>THEORY</b>		<b>35</b>
<b>PRACTICAL</b>		<b>15</b>
<b>TOTAL</b>		<b>50</b>

**CONTENTS**

**UNIT IV: CHILDHOOD**

**CHAPTER: SURVIVAL, GROWTH AND DEVELOPMENT**

- The meaning of survival
- Growth and development
- Areas of development
  - Physical development
  - Motor development
  - Cognitive development
  - Sensory development
  - Language development
  - Social development
  - Emotional development
- Good Nutrition
- Stages in development
  - Neonate
    - o Reflexes
    - o Sensory capabilities
- Development across stages from infancy to adolescence
  - Physical and motor development
  - Language development
  - Socio –emotional development
  - Cognitive development
    - o Mental processes involved in thinking
    - o Stages of cognitive development
      - ❖ Sensory motor stage
      - ❖ Pre-operational stage
      - ❖ Concrete operational stage
      - ❖ Formal operational stage

## CONTENTS

### **CHAPTER: NUTRITION, HEALTH AND WELL-BEING**

- Introduction
- Nutrition, Health and Well-being during infancy (birth – 12 months)
  - Dietary requirements of infants
  - Breast feeding
    - Benefits of breast feeding
  - Feeding the low-birth-weight infants
  - Complementary foods
  - Guidelines for complementary feeding
  - Immunization
  - Common health and nutrition problems in infants and young children
- Nutrition, Health and well-being of preschool children (1-6 years)
  - Nutritional needs of preschool children
  - Guidelines for healthy eating for pre-schoolers
  - Planning balanced meals for preschool children
  - Some examples of low-cost snacks
  - Feeding children with specific needs
  - Immunization
- Nutrition, Health and well-being of school-age children (7-12 years)
  - Nutritional requirements of school children
  - Planning diets for school-age children
  - Factors that influence diet intake of preschool-age and school-age children
  - Healthy habits
  - Health and nutrition issues of school age children

### **CHAPTER: OUR APPAREL**

- Clothing functions and the selection of clothes
  - Modesty
  - Protection
  - Status and prestige
  - Adornment
- Factors affecting selection of clothing in India
  - Age
  - Climate and season
  - Occasion
  - Fashion
  - Income



## **CONTENTS**

- Understanding children's basic clothing needs
  - Comfort
  - Safety
  - Self help
  - Appearance
  - Allowance for growth
  - Easy care
  - Fabrics
- Clothing requirements at different childhood stages
  - Infancy (birth to six months)
  - Creeping age (6 months to one year)
  - Toddlerhood (1-2 years)
  - Preschool age (2-6 years)
  - Elementary school years (5-11 years)
  - Adolescents (11-19 years)
  - Clothes for Children with Special Needs

## **UNIT V: ADULTHOOD**

### **CHAPTER: HEALTH AND WELLNESS**

- Importance of health and fitness
- Healthy and Unhealthy diet
- BMI
- Dos and Don'ts for health promoting diets
- Fitness
- Importance of exercise and physical activities in adulthood
- Wellness
- Qualities of a person who is rated high on wellness
- Dimensions of wellness
  - Social aspect
  - Physical aspect
  - Intellectual aspect
  - Occupational aspect
  - Emotional aspect
  - Spiritual aspect
  - Environmental aspect
  - Financial aspect
- Stress and coping with stress
- Simple techniques to cope with stress
  - Relaxation
  - Talking with friends/family
  - Reading
  - Spirituality
  - Music
  - Hobby
  - Yoga

## CONTENTS

### **CHAPTER: FINANCIAL MANAGEMENT AND PLANNING**

- Financial management
- Financial planning
- Management
- Money and its importance
- Family Income
  - Money income
  - Real income: Direct and Indirect income
  - Psychic income
- Income management
- Budget
- Steps in making budget
- Advantages of planning family budgets
- Control in money management
  - Checking to see how well the plan is progressing
    - Mental and mechanical check
    - Records and accounts
  - Adjusting wherever necessary
  - Evaluation
- Savings
- Investment
- Principles underlying sound investments
  - Safety to the principle amount
  - Reasonable rate of interest
  - Liquidity
  - Recognition of effect of world conditions
  - Easy accessibility and convenience
  - Investing in needed commodities
  - Tax efficiency
  - After investment service
  - Time period
  - Capacity
- Savings and investment avenues
  - Post office
  - Banks
  - Unit Trust of India
  - NSC
  - Mutual funds
  - Provident funds
  - Chit fund
  - Life insurance and medical insurance
  - Pension scheme
  - Gold, house, land
  - Others (New schemes)
- Credit
- Need of credit
- 4C's of Credit: Character, Capacity, Capital means, Collateral

## CONTENTS

### CHAPTER: CARE AND MAINTENANCE OF FABRICS

- Mending
- Laundering
  - Stain removal
    - Vegetable stains
    - Animal stains
    - Oil stains
    - Mineral stains
    - Dye bleeding
  - Techniques of stain removal
    - Scraping
    - Dipping
    - Sponging
    - Drop method
  - Reagent for stain removal
  - Common stains and method of removing
- Removal of dirt: the cleaning process
  - Soaps and detergents
  - Methods of washing: friction, kneading and squeezing, suction, washing by machine
- Finishing
  - Blues and optical brighteners
  - Starches and stiffening agents
- Ironing
- Dry cleaning
- Storage of textile products
- Factors affecting fabric care
  - Yarn structure
  - Fabric construction
  - Colour and finishes
- Care label

**NOTE:**

- Wherever required latest data/figures to be used.
- Latest RDA's to be used.

**PRACTICALS**  
**TERM II**  
**CLASS XI HOME SCIENCE**

1	Plan a budget for a given situation / purpose.
2	a) Record the fabrics and apparel used in a day. b) Categorize them according to functionality.
3	Relationship of fibre properties to their usage- a) Thermal property and flammability b) Moisture absorbency and comfort.
4	(a) Analyze label of any one garment with respect to: Clarity, fibre content, size and care instructions. (b) Prepare one care label of any garment. (c) Analyze two different fabric samples for colour fastness

**SCHEME FOR PRACTICAL EXAMINATION CLASS XI HOME SCIENCE**

**TERM II**

1.	Plan a budget for a given situation/purpose	3 Marks
2.	Relationship of fibre properties to their usage: a) Thermal property and flammability b) Moisture absorbency and comfort OR Prepare one care label of any garment.	5 Marks
3.	File	5 Marks
4.	Viva	2 Marks
	<b>TOTAL</b>	<b>15 Marks</b>

**Prescribed NCERT textbooks -For class XI -Home Science (064)**

**Human Ecology and Family Sciences I - <https://ncert.nic.in/textbook.php?kehe1=0-2>**

**Human Ecology and Family Sciences II - <https://ncert.nic.in/textbook.php?kehe2=0-2>**