



# CBSE Syllabus

Class XI

HOME SCIENCE



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# HOME SCIENCE

## Course Structure

Units	Topics	Marks
1	Concept of Home Science and its Scope	25
2	Human Development: Life Span Approach (Part I)	
3	Food, Nutrition, Health and Fitness	30
4	Family, Community and Resources	
5	Fabric and Apparel	15
6	Community Development and Extension (Part I)	
<b>Total Theory Marks</b>		<b>70</b>
<b>Practical</b>		<b>30</b>
<b>Total</b>		<b>100</b>

## Course Syllabus

### Unit I: Concept of Home Science and its Scope

- Evolution of the discipline of Home Science
- Five major areas
- Relevance in improving the quality of life

### Unit II: Human development: life span approach (Part I)

- Introduction to different stages: infancy, early childhood, childhood, adolescence, adulthood and old age
  - Infancy (birth to 2 years): Physical - height, weight and body proportions; motor development during 0-3 months, 3-6 months, 6-9 months, 9-12 months and 1-2 years (milestones only); social and

emotional development; expression of emotions, socialization; cognitive and language development

- Early childhood (3- 6 years): characteristics
- Childhood (7 - 11 years): behavioural problems of children and suggestive measures
- Protection from preventable diseases:
  - Immunization - concept and types (natural and acquired), breast feeding (one of the ways to develop natural immunity); immunization chart
  - Symptoms, prevention, after care and incubation period of childhood diseases: tuberculosis, diphtheria, pertussis (whooping cough), tetanus, polio, measles, cholera, diarrhoea and chicken pox
- Substitute care at home and outside:
  - by Grandparents, creche/day care centres
  - Integrated Child Development Scheme (ICDS) - objectives and functions
- Special needs and care of disadvantaged and differently abled children:
  - socially disadvantaged
  - visually impaired (partial and complete)
  - hearing impaired
  - orthopedically impaired (affected/missing limb)
- Managing Emergencies
  - First aid to cuts, burns, fractures, bites (snake, dog and insects), poisoning, fainting, asthma, heart attack, drowning.

### **Unit III: Food, Nutrition, Health and Fitness**

- Definition of food, nutrition, health (WHO) and fitness
- Functions of food:
  - Physiological (body building, energy giving, protective, regulatory)
  - Psychological
  - Social

- Selection of food for optimum nutrition and good health:
  - Nutrients: sources, functions and deficiency and its prevention; Proteins, Carbohydrates, Fats, Vitamins- Fat soluble (A, D, E, K) and water soluble (B1, B2, Niacin, Folic acid, B12 and Vitamin C), Minerals (Calcium, Iron, Zinc and Iodine)
- Maximising nutritive value of food by proper selection, preparation and storage:
- Selection of foods: Fruits, vegetables, egg, fish, poultry, meat, milk and milk products, spices, cereals and pulses and convenience food. Storage of foods: Perishable, semi perishable, non-perishable and convenience food.
- Food Processing:
  - Reasons of food spoilage of food
  - Food processing methods - Dehydration, Freezing, Use of preservatives: Natural and chemical.
- Preparation of food:
  - Principles
  - Methods: boiling, steaming, pressure cooking, deep and shallow frying, baking, sautéing, roasting, grilling, solar cooking and microwave cooking.
  - Loss of nutrients and steps to minimise nutrient loss during preparation.
  - Methods of enhancing nutrient availability germination, fermentation, fortification and food combination.

#### **Unit IV: Family and Community Resources**

- Concept of Family and Community resources
- Types, Management and Conservation of:
  - Human / Personal Resources: knowledge, skills, time, energy, aptitude
  - Non-human / material resources: money, goods, property
  - Community facilities / shared resources: Schools, parks, hospitals, roads, transport, water, electricity, library, fuel and fodder
- Management:

- Meaning and need for management
- Steps in management: planning, organizing, controlling, implementing and evaluation
- Decision making and its role in management
- Time, energy and space management:
  - Need and procedure for managing time and energy
  - Work simplifications: Techniques for time and energy management
  - Need and ways of space management
  - Elements of art and principles of design
  - Use of colours, light and accessories in space management; Prang colour wheel, dimensions of colours, classes and colour schemes

## **Unit V: Fabric and Apparel**

- Introduction to Fibre Science:
  - Classifications of fibre
    - Natural: cotton, silk and wool
    - Manufactured: rayon, nylon and polyester
    - Blends: terry cot, terry silk, terry wool
  - Characteristics of fibre
  - Suitability for use
- Fabric Construction:
  - Yarn making: Basic procedure of making yarn
    - Simple: Two Ply, Four Ply, Multiple and Cord
    - Novelty: Slub, Knot, Flock, Spiral
    - Blended yarns
  - Weaving:
    - Basic mechanism
    - Concept of Looms
    - Types of weaves: plain (basket and rib), twill, sateen and satin weave. A brief mention of special weaves: pile and jacquard weaves
    - Effect of weaves on appearance, durability and maintenance of garment

- Other methods of fabric constructions: knitting, non-woven fabrics: felting and bonding
- Fabric Finishes:
  - Meaning and importance
  - Classification of finishes
    - Basic finishes: (cleaning scouring), singeing, bleaching, stiffening, calendaring and tentering
    - Functional Finishes: Water proofing, sanforization, mercerization, moth proofing
- Dyeing and Printing
  - Importance of dyeing and printing
  - Types and sources of Dyes-natural, synthetic
  - Methods of Dyeing and Printing: Plain Dyeing, tie and dye, Batik printing, Block printing

## **Unit VI: Community Development and Extension (Part I)**

- Respect for girl child
- Media:
  - Concept
  - Classification
  - Function
- Communication:
  - Concept
  - Importance
  - Method
  - Types
  - Elements
  - Effective communicative skills
- Keeping community spaces clean

## **Practical Project**