

## Home Science (Code No. 064)

### Class - IX (2020-21)

Course Structure: Theory & Practical

Time: 3 Hrs.

Theory : 70 Marks

Practical : 30 Marks

No.	Units	Marks	No. of Pd.
1	Concept and scope of Home Science Education and recent trends	03	05
2	Human growth & Development – I	08	25
3	Family and Values	08	20
4	Food, Nutrition and Health	15	45
5	Fiber and Fabric	15	34
6	Resource Management	14	34
7	Measures of Safety and Management of Emergencies	07	17
	<b>Total</b>	<b>70</b>	<b>180</b>
	<b>Practical</b>	<b>30</b>	<b>40</b>
	<b>Grand Total</b>	<b>100</b>	<b>220</b>

**Unit I : Concept and scope of Home Science Education and recent trends 05 Pd**

- a) Concept of Home Science
- b) Fields of Home Science
- c) Relevance of study of Home Science and career options
- d) Recent trends

**Unit II : Human Growth & Development– I**

**25Pd**

- a) Concept of growth and development
- b) Principles of growth and development
- c) Factors affecting growth and development (environmental and heredity)

- d) Age specific milestones (Birth to 3 years)-Physical, motor, social, emotional, cognitive and language

### **Unit III : Family and Values**

**20Pd**

- a) Concept and types of family
- b) Role of family in Holistic development of an individual (Physical, Social, Psychological and Spiritual)
- c) Ethical and value based society (need for happy family, respect and care for each member of family, Dignity of labour, work distribution within the family)
- d) Importance of Girl Child.
- e) Influence of various factors on a family : Globalisation, Urbanisation, Migration, Technology and Media.

### **Unit IV : Food, Nutrition and Health**

**45Pd**

- a) Definition of Food, Nutrition, Nutrient, Health and Nutritional Status.
- b) Food and its functions (Physiological, Social and Psychological)
- c) Nutrients : sources and functions
- d) Relationship of Food, Health and Diseases
- e) Malnutrition : concepts and components (over nutrition and under nutrition)
- f) Concept of Balanced Diet
- g) Methods of cooking and processing
- Cooking methods : Dry methods, moist methods, combination methods
  - Processing methods : Germination, Fermentation, Mutual supplementation /Combination
  - Conservation of nutrients while cooking and processing

### **Unit V : Fibre and Fabric**

**34Pd**

- a) Definition of Fiber and Yarn
- b) Classification of fiber on the basis of origin and length
- c) Characteristics of fibers : feel, appearance, colour fastness, length, strength, absorbency, shrinkage, elasticity, effect of heat and sunlight.
- d) Methods of construction of fabric – brief description of weaving, knitting

and felting.

- e) Selection of fabric : Factors affecting selection of fabric (age, purpose, occupation, fashion, figure, climate, comfort and cost).

**Unit VI :Resource Management**

**34Pd**

- a) Resources : Definition and characteristics
- b) Types of resources (Human : Time, Energy, Knowledge and attitude  
Non-Human : Money, materialistic goods and community resources)
- c) Waste Management – Need to refuse, reduce, reuse, repair and recycle waste.
- d) Proper disposal of kitchen waste (Biodegradable : Composting, Vermicomposting, Biogas and Bagass. Non Biodegradable : Inceneration, Land fills and Recycle)

**Unit VII : Measures of Safety and Management of Emergencies**

**17Pd**

- a) Accident prone / Unsafe Zones at home
- b) Need of safety at home
- c) Measures of safety against burns, electric shocks, cuts, fractures, bites, poisoning
- d) First Aid : Concept and Importance

## **Practicals**

40 Periods

**30 Marks**

1. Observation of physical development in a child from birth to three years
2. Observation of motor skills in a child from birth to 3 years.
3. Role of family members: collage / chart etc.
4. Design educational games specific to functions or sources of nutrients.
5. Weights and measures: Equivalents / conversions of Ounce, gram, cup, teaspoon, tablespoon, how to use a kitchen weighing scale.
6. Identification of fruits, vegetables, spices, oils, sugars, cereals and lentils.
7. Food processing method demonstration: Germination and Fermentation.
8. Collection and Identification of fibre: physical characteristics and burning tests.
9. Create a slogan or poster for proper disposal of domestic waste .
10. Prepare a first aid kit and practice giving first aid for burns, cuts, bites, fractures, electric shocks (group activity)

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

**M.M-30**

**I. LAB ACTIVITY-**

- |   |         |
|---|---------|
| a) Observation of physical development in a child from birth to three years             | 3 marks |
| OR  |         |
| Observation of motor skills in a child from birth to 3 years.                           |         |
| <br>  |         |
| b) Prepare and present a dish using germination OR fermentation(With fire/without fire) | 7 Marks |
| c) Identification of fibre using physical characteristics and burning tests.            | 3Marks  |
| <br>  |         |
| II. First Aid Kit   | 5 Marks |
| III. File Work  | 10Marks |
| <br>  |         |
| IV. Viva  | 2 Marks |