

Class – X
REVISED SYLLABUS
(For the Session of 2020-21 Only)
Home Science
(THEORY)

- Unit I : Principles of growth and development of child; **growth and development of children between birth to 3 years.** Important milestones in physical, motor, social, emotional and language development of children;
- Unit II : **Role of books,** music rhymes, games, radio, TV & Video, in the life of a child upto 3 years of age.
- Unit III : **Play :** Meaning, need and types of play in children between birth & 3 yrs; Play materials for Children, Characteristics of play material
- 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.
- 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,
- 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.
- Unit VII : **Resources available to family :**
Types of resources-Human (Energy, time, knowledge and skill) Non-Human (money, material goods and community resources);
- Unit VIII: **Money Management :** Family income and expenditure and importance of saving & Investment
- 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
- Unit X: **Care of clothes :**
Cleaning and finishing agents used in everyday care of clothes in the homes:
laundering and storage of cotton, silk, wool and synthetics.
- Unit XI : **Quality check of apparel :** Workmanship of readymade, tailor made garment,