

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

Unit I: Concept of Home Science and its Scope

Home Science, its scope.

Unit II: Know myself : Issues related to adolescents

Adolescence, meaning, early (12-15 years) and late (16 - 18 years) adolescence, early and late maturers.

Characteristics: Cognitive Development: Transition from concrete to formal operations; physical Development: Growth spurt, sexual development; Social and Emotional development: importance of peer group, interest in the opposite sex, varied and changing interests, concern about future; adolescence a period of strain and stress.

Important developmental tasks: accepting one's physique; achieving new and more matured relations with age mates of both sexes; achieving a masculine/feminine social gender role; achieving emotional independence from parents.

Individual differences: difference between same sex, differences across the two sexes, early and late maturers, role of heredity and environment (family, peers, school and neighbourhood).

Interpersonal Skills: with the family, peers and members of the community.

Special needs of adolescents - (i) Nutritional requirements: qualitative and quantitative;

(ii) exercise and entertainment; importance of physical activity in social development and prevention of obesity (iii) understanding from parents.

Some problems of adolescence: awkwardness due to growth spurt; freedom and control; depression; alcohol, drugs and smoking; delinquency; problem related to sex; ignorance and increased curiosity; prevention of HIV / AIDS and other sexually transmitted diseases;

Population Education: problems of over population; neglect of girl child: causes, prevention, legal and social laws, government incentives to improve status of girl child.

Unit III : Nutrition for Self and Family

Definition and relationship between food, nutrition, health: nutritional status; classification of foods on the basis of nutrients and functions; nutritional status and calorie intake as a basis of poverty line.

Functions of food: body building, energy giving, protective, regulatory; physiological, psychological and socio-cultural; signs of good health; physical status, psychological status, mental ability, mortality and longevity.

Selection of foods for optimum nutrition and good health: basic knowledge of nutrients - sources, functions, deficiency and prevention; proteins, carbohydrates, fat, dietary fibre, vitamins - A, D, B 1, B2, niacin, folic acid, B 12 and vitamin C; minerals-calcium, iron and iodine. Basic food groups (ICMR) and their contribution; concept of balanced diet; food and nutritional requirements for family (ICMR tables); factors influencing selection of food: culture, family food practices, media, peer group and availability of foods.

Maximum nutritive value from food by proper selection, preparation, cooking and storage: Selection and storage of foods-perishable, semi-perishable, non-perishable; convenience foods; Reasons for spoilage; brief description of household methods of preservation-refrigeration, dehydration, use of chemicals and household preservatives. Cooking; principles of cooking; Methods of cooking-boiling, steaming, pressure cooking, deep and shallow frying, parboiling, sauteing, roasting and grilling; Effect of cooking on the nutritive value of food..

Unit IV: My Resources

Resources: meaning, types: (i) human-knowledge, skills, time, energy, attitudes; (ii) material: money, goods, property; (iii) community facilities; Schools, parks, hospitals, roads, transport, water, electricity, fuel, fodder.

Management: meaning and need for management; steps in management: planning, organizing, controlling, implementing and evaluation.

Time and energy management: need and procedure for managing time for occupation and leisure; activities in the home: sleeping, studying, cooking, eating, bathing, washing, entertaining-need to organize space for these activities; use of colours and accessories to make these centres attractive.

Work ethics: meaning and importance; discipline at work place; reaching on time, staying in seat, knowing the job, using polite language.

Unit V: My Apparel

Fibre Science: types of fibres: (i) natural-cotton, silk and wool; (ii) man-made pure rayon nylon and polyester) and blend (terrycot, terrysilk, terrywool,).

Fabric Construction: Basic procedure of any yarn making (spinning, mechanical spinning, chemical spinning, weaving: plain, twill & satin, other methods-knitting and nonwoven.

Finishing: meaning and importance; types: (i) basic: cleaning, bleaching, stiffening, tantering; (ii) dyeing and printing.

