

TERM WISE SYLLABUS

SESSION: 2018-19

CLASS – XI

SUBJECT: HOME SCIENCE

TERM	CONTENTS	PRACTICALS/PROJECT WORK
JULY 2018 TO SEPTEMBER 2018	<p>Unit I: Concept of Home Science and its Scope</p> <ul style="list-style-type: none">(i) Evolution of the discipline of Home Science(ii) Five major areas(iii) Relevance in improving the quality of life <p>Unit II: Human development: life span approach (Part I)</p> <ul style="list-style-type: none">(i) Introduction to different stages infancy, early childhood, childhood, adolescence, adulthood and old age<ul style="list-style-type: none">(a) Infancy (birth to 2 years): Physical – height, weight and body proportions; motor development; Social and Emotional development; expression of emotions, socialization; Cognitive and Language development during 0-3 months, 3-6 months, 6-9 months, 9-12 months and 1-2 years (milestones only)(b) Early childhood (3-6 years): characteristics(c) Childhood (7-11 years): behavioural problems of children and suggestive measures(ii) Protection from preventable disease:<ul style="list-style-type: none">(a) Immunization –<ul style="list-style-type: none">(i) concept and types (natural and acquired),(ii) breast feeding (one of the ways to develop natural immunity);(iii) immunization chart;1. Symptoms, prevention, after care and incubation period of childhood diseases: Tuberculosis, Diphtheria, Pertussis (whooping cough), Tetanus, Polio, Measles, Cholera, Diarrhoea and Chicken Pox	<ul style="list-style-type: none">1. Observation of any two children in different stages of age in the neighbourhood and report on their activities and behaviour. (Project Report)2. Prepare an educational toy by using local material.

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	<p>(iii) Substitute care at home and outside: (a) by Grandparents, crèche/day care centres (b) Integrated Child Development Scheme (ICDS) - objectives and functions</p> <p>(iv) Special needs and care of disadvantaged and differently-abled children Socially Disadvantaged, Visually Impaired (partial and complete), Hearing Impaired, Orthopedically Impaired (affected/missing limb)</p> <p>(v) Managing Emergencies: First aid to cuts, burns, fractures, bites (snake, dog and insects), poisoning, fainting, asthma, heart attack, drowning.</p> <p>Unit III: Food, Nutrition, Health and Fitness</p> <p>(i) Definition of food, nutrition, health (WHO) and fitness.</p> <p>(ii) Functions of food: - Physiological (body building, energy giving, protective, regulatory) - Psychological - Social</p> <p>(iii) 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)</p> <p>• Revision of Unit I, Unit II and Unit III (up to Nutrients)</p>	<p>3. Visit a child care centre (Day Care/ Crèche/ Anganwadi/ Nursery Schools/ any other). Write a report on facilities and activities. (Project Report)</p> <p>4. Select a child with special needs in the neighbourhood. Write a report about her/his special requirement related to:- a) Care b) Education c) Physical Infrastructure needed. (Project Report)</p> <p>5. Plan and prepare a dish rich in selected nutrients (Iron, Calcium, Protein, Fibre).</p> <p>• Mid Term Practical Exam</p>
	<p>MID-TERM EXAMS -2018-19</p>	

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<p>OCTOBER 2018 – JANUARY 2019</p>	<p>DISCUSSION OF MID-TERM QUESTION PAPER</p> <p>(iv) Maximising nutritive value of food by proper selection, preparation and storage:</p> <p>(a) Selection of foods: Fruits, vegetables, egg, fish, poultry, meat, milk and milk products, spices, cereals and pulses and convenience food.</p> <p>- Storage of foods: Perishable, semi perishable, non-perishable and convenience food.</p> <p>(b) Food Processing</p> <p>- Food spoilage & its reasons.</p> <p>- Food processing methods – Dehydration, Freezing. Use of preservatives: Natural and chemical.</p> <p>(c) Preparation of food:</p> <p>- Principles</p> <p>- Methods: boiling, steaming, pressure cooking, deep and shallow frying baking, sautéing, roasting, grilling, solar cooking and microwave cooking.</p> <p>- Loss of nutrients and steps to minimize nutrient loss during preparation.</p> <p>- Methods of enhancing nutrient availability germination, fermentation, fortification and food combination.</p> <p>Unit IV: Family and Community Resources</p> <p>(i) Concept of Family and Community resources</p> <p>(ii) Types, Management and Conservation of:</p> <p>(a) Human/ Personal Resources: knowledge, skills, time, energy, aptitude.</p> <p>(b) Non-human/ material resources: money, goods, property.</p> <p>(c) Community facilities/ shared resources: Schools, parks, hospitals, roads, transport, water, electricity, library, fuel and fodder. (Keeping community spaces clean and use of environment friendly measures)</p> <p>(iii) Management:</p> <p>(a) Meaning and need for management.</p> <p>(b) Steps in management: planning, organizing, controlling, implementing and evaluation.</p> <p>(c) Decision making and its role in management.</p>	<p>6. Prepare one preserved product; also prepare a suitable label for it.</p> <p>7. Prepare dishes involving the following: Germination, Fermentation and Combination.</p> <p>8. Cleaning different surfaces and metals (glass, brass, silver, bronze etc.)</p>

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	<p>(iv) Time, energy and space management:</p> <p>(a) Need and procedure for managing time and energy.</p> <p>(b) Work simplifications: Techniques for time and energy management.</p> <p>(c) Need and ways of space management.</p> <p>(d) Elements of art and principles of design.</p> <p>(e) Use of colours, light and accessories in space management; Prang colour wheel, dimensions of colours, classes and colour schemes.</p> <p>Unit V: Fabric and Apparel</p> <p>(i) Introduction to Fibre Science:</p> <p>(a) Classifications of fibre</p> <ul style="list-style-type: none"> - Natural: cotton, silk and wool - Manufactured: rayon, nylon and polyester - Blends: terry cot, terry silk, terry wool <p>(b) Characteristics of fibre</p> <p>(c) Suitability for use</p> <p>(ii) Fabric Construction:</p> <p>(a) Yarn making: Basic procedure of making yarn.</p> <ul style="list-style-type: none"> - Simple: Two Ply, Four Ply, Multiple and Cord - Novelty: Slub, Knot, Flock, Spiral - Blended yarns <p>(b) Weaving:</p> <ul style="list-style-type: none"> - Basic Mechanism - Concept of Looms - Types of weaves - Plain (Basket and Rib), Twill, Satin and Sateen weave. - A brief mention of special weave: Pile and Jacquard. - Effect of weave on appearance, durability and maintenance of garment. <p>(c) Other methods of fabric constructions: knitting, non-woven fabrics: felting and bonding</p>	<p>9. Prepare a day's routine of self, listing activities and time spent in each. Critically evaluate for improvement for time and energy saving.</p> <p>10. Critically evaluate your residential space and suggest improvements.</p> <p>11. Using elements of art and principles of design, prepare Rangoli, Flower arrangement and one accessory for decoration</p> <p>12. Identification of various types of fibres using burning test.</p> <p>13. Collect samples of various fabrics and identify the following weaves: Plain, rib, basket, twill, satin and sateen.</p> <p>14. Prepare paper samples of the following weaves: Plain, Rib, Basket, Twill (any two), satin and sateen.</p>

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FEBRUARY 2019	<p>(iii) Fabric Finishes:</p> <p>(a) Meaning and importance</p> <p>(b) Classification of finishes:</p> <ul style="list-style-type: none"> - Basic finishes: cleaning, scouring, singeing, bleaching, stiffening, calendaring and tentering - Functional Finishes: Water proofing, sanforization, mercerization, moth proofing <p>(iv) Dyeing and Printing:</p> <p>(a) Importance of dyeing and printing</p> <p>(b) Types and sources of Dyes-natural, synthetic</p> <p>(c) Methods of Dyeing and Printing: Plain Dyeing; tie and dye, Batik printing; Block printing.</p> <p>WINTER BREAK</p> <p>Unit VI: Community Development and Extension (Part I)</p> <p>(i) Respect for girl child</p> <p>(ii) Media: Concept, Classification, Function</p> <p>(iii) Communication:</p> <ul style="list-style-type: none"> - Concept - Importance - Method - Types - Elements - Effective communicative skills <p>(iv) Keeping community spaces clean</p> <p>FULL SYLLABUS TO BE COMPLETED BY 31/01/2019</p> <ul style="list-style-type: none"> • REVISION of whole syllabus from UNIT I to VI • PRACTICE TESTS • REVISION WORK • COMMON ANNUAL SCHOOL EXAM IN FEBRUARY/MARCH 2019 	<p>15. Prepare five samples of tie and dye.</p> <p>16. Plan message for ‘respect for girl child’, 'women's empowerment', 'cleanliness of public spaces’ using different modes of communication for different focus groups</p> <p>17. Make a leaflet or a pamphlet using original slogan for consumer education on any topic.</p> <ul style="list-style-type: none"> • Submission and evaluation of Practical Records/Project Reports • FINAL PRACTICAL EXAM – (in between last week of January 2019 to Mid –February 2019)

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