

**HOME SCIENCE(Code No. 064)**  
**CLASS XII (2014-15)**  
**COURSE STRUCTURE**  
**(THEORY)**

One Paper (Theory)

70 Marks

Time: 3 Hours

Periods-220

	UNITS	Periods	Marks
I.	Human Development: Life Span Approach (Part II)	40	30
II.	Nutrition for Self, Family and Community	40	
III.	Money Management and Consumer Education	40	35
IV.	Apparel: Designing, Selection and Care	40	
V.	Community Development and Extension (Part II)	20	
VI.	Career Option after Home Science Education	5	5
VII.	Practical	35	30
VIII.	TOTAL	220	100

**Unit I: Human Development: Life Span Approach (Part II)**

**40 Periods**

Adolescence (12- 18years)

- i) Growth & Development- Domains and principles.
- ii) Meaning, characteristics and needs.
- iii) Influences on identity formation
  - (a) Biological and Physical changes-early and late matures. (Role of heredity and environment)
  - (b) Social, culture and media.
  - (c) Emotional changes.
  - (d) Cognitive changes.
- iv) Specific issues and concerns
  - (a) Eating disorders-Causes, consequences and management - Anorexia Nervosa, Bulimia.
  - (b) Depression
  - (c) Substance Abuse
  - (d) Related to sex
  - (e) Handling stress and peer pressure

**Adulthood:** Understanding and management of new responsibilities; career, marriage and family.

**Old age:**

- (i) Health and Wellness: physical, social, emotional, financial, recreational needs
- (ii) Care for elderly (at home and outside-old age home)
- (iii) Anger management

## Unit II: Nutrition for Self, Family and Community

40 Periods

- (a) Use of basic food groups (ICMR) and serving size in meal planning.
- (b) Factors influencing selection of food: culture, family food practices, media, peer group, availability of foods, purchasing power, and individual preference.

### Meal Planning:

Meaning and importance, principles and factors affecting meal planning; Nutritional needs, food preferences and modifications of diets in different age groups: infants, children, adolescence, adults, elderly and in special conditions: pregnancy and lactation (including traditional foods given in these conditions).

- (a) Therapeutic modification of normal diet with respect to consistency, frequency, foodstuffs, nutrients and methods of cooking.
- (b) Modification of diet according to common ailments: diarrhoea, fever, jaundice, hypertension, diabetes and constipation. Physiological changes, clinical symptoms, requirements and dietary requirements in each condition.

### Food safety and quality:

- (a) Safe food handling (personal, storage, kitchen, cooking and serving).
- (b) Safety against food adulteration, definition and meaning of food adulteration as given by FSSAI (Food Safety and Standard Authority of India).
- (c) Common adulterants present in cereals, pulses, milk and milk products, fats and oils, sugar, jaggery, honey, spices and condiments.
- (d) Effects of some of the adulterants present in the foods: kesari dal, metanil yellow, argemone seeds.
- (e) Food standards (FPO, Agmark, ISI).

## Unit III: Money Management and Consumer Education

40 Periods

### Family Income:

Various sources of family income: (i) money income, (ii) real income, (direct and indirect) (iii) Psychic income, Supplementing family income-need and ways; need and procedure for keeping Post Office schemes, household accounts (daily, weekly and monthly).

### Savings and Investment:

- i. **Meaning and importance of savings.**
- ii. **Basis for selection of method of investment: risk, security, profit, tax saving.**
- iii. **Ways/methods of investment -**
  - (a) Bank schemes (saving, fixed, recurring);
  - (b) Post Office schemes (savings, recurring deposit, monthly income scheme, National saving certificate, Senior citizen scheme);
  - (c) Insurance schemes (whole life, mediclaim);
  - (d) Public Provident Fund (PPF), Provident Fund (PF).

### iv. **Consumer Protection and Education:**

Meaning, problems faced by consumer, Consumer Protection Amendment Act (2011);

Consumer aids: labels, standardization marks, (ECO Mark, Hallmark, Wool mark, Silk mark), advertising, leaflets, and Consumer redressal forum.

**Unit IV: Apparel: Designing, Selection and Care** **40 Periods**

- (i) **Principles of design-** Balance, rhythm, proportion, harmony, emphasis.
- (ii) **Application of elements of art and principles** of design in designing apparel.
- (iii) **Selection and purchase of fabrics-** purpose, cost, season, quality- durability, ease of maintenance and comfort.
- (iv) **Selection of apparel-** factors influencing selection of apparel- age, size, climate, occupation, figure, occasion, fashion, drape and workmanship.
- (v) **Care and maintenance of clothes:** Cleansing agents: soaps and detergents (basic differences and their utility); General principles of stain removal, stain removal of tea, coffee, lipstick, ball pen, Grease, Curry and Blood.
- (vi) **Storage of clothes.**

**Unit V: Community Development and Extension (Part II)** **20 Periods**

1. **Water safety:** Use of safe drinking water-importance of potable water for good health, and its qualities, simple methods of making water safe for drinking; boiling, filtering, use of alum, chlorine and chlorine tablet.
2. **Salient features of income generating schemes**
  - **DWCRA** (Development of Women and Children in Rural Area)
  - **MGNREGA** (Mahatma Gandhi National Rural Employment Guarantee Act, 2005)

**Unit VI: Career Options after Home Science Education** **05 Periods**

Career options of self and wage employment of various fields of Home Science.

**HOME SCIENCE**  
**CLASS -XII (2014-15)**

**PRACTICAL**

**Maximum Marks: 30**

**35 Periods**

1) **Human Development: Life Span Approach (Part II)**

*Activities:*

- Identify the problems of adjustment of adolescents with the help of a tool (group activity) and make a report.
- Spend a day with an aged person and observe the needs and problems. Write a report.
- List and discuss 4/5 areas of agreement and disagreement of self with:-
  - a) Mother
  - b) Father
  - c) Siblings
  - d) Friends
  - e) Teacher

2) **Nutrition for Self, Family and Community**

*Activities*

- Record meal of a day for an individual and evaluate it against principles of balanced diet.
- Modify and prepare a dish for any one physiological condition Fever, Diarrhoea, Constipation, Jaundice, Hypertension, Diabetes, Pregnancy, Lactations, Old age, and Infants.
- Identify food adulteration: visual and using methods; Turmeric, Chana Dal, Bura Sugar, Milk, Tealeaves or Coriander, Black Paper Seeds.
- Prepare ORS Solution.

3) **Money Management and Consumer Education**

- Collect and fill savings account in Post Office and Bank.
- Fill up the forms: Withdrawal, Deposit slips, cheque and paste in the file.
- Collect labels of any three products and compare them with mandatory requirements.
- Prepare one label each of any three household items bearing ISI, FPU, Agmark.

4) **Apparel: Designing, Selection and Care**

- Illustrate principles of design or elements of art on a paper or cloth and evaluate them.
- Removal of different types of stains: tea, coffee, curry, grease, blood, lipstick, ball pen.
- Examine and evaluate readymade garments for their workmanship.
- Make sample of Hemming, Backstitch, Interlocking, and Press buttons hooks and eye.

5) **Community Development and Extension**

- Visit any two places (home/restaurant/school/business centre, etc.) and evaluate its water portability and hygiene.

## QUESTION PAPER DESIGN 2014-15

**HOME SCIENCE**

Code No.- 064

**Class XII**

Time: 3 hrs		Max.Marks-70							
S. No.	Typology of Questions	Learning outcomes & Testing Skills	Very Short Answer -1 Mark	Short Answer -I 2 Marks	Short Answer -4 Marks	Case study and picture based 3 marks	Long Answer - 5 Marks	Marks	%
1	<b>Remembering- (Knowledge based</b> Simple recall questions, to know specific facts, terms, concepts, principles, or theories; Identify, define, or recite, information)	<ul style="list-style-type: none"> <li>• Reasoning</li> <li>• Analytical Skills</li> <li>• Critical thinking</li> </ul>	2	2	1	1	1	18	26 %
2	<b>Understanding- (Comprehension -to be familiar with meaning and to understand conceptually, interpret, compare, contrast, explain, paraphrase information)</b>		1	1	1		1	12	17 %
3	<b>Application</b> (Use abstract information in concrete situation, to apply knowledge to new situations; Use given content to interpret a situation, provide an example, or solve a problem)		1	2	2	1	1	21	30 %
4	<b>High Order Thinking Skills (Analysis and Synthesis-</b> Classify, compare, contrast, or differentiate between different pieces of information; Organize and/or integrate unique pieces of information from a variety of sources)		1	1	1		1	12	17 %
5	<b>Evaluation and Multi-Disciplinary-</b> (Appraise, judge, and/or justify the value or worth of a decision or outcome, or to predict outcomes based on values)		1	1	1			7	10 %
	<b>TOTAL</b>		6×1=6	2×7=14	4×6=24	3×2=6	5×4=20	70	100
	<b>ESTIMATED TIME</b>		10 min.	35 min.	50 min.	20 min	50 min.	165min. + 15 min. For revision	

**Note:** No Chapter wise weightage, care should be taken to cover all chapters.

**HOME SCIENCE-XI and XII (064)**  
**DESIGN OF THE QUESTION PAPER**

**Time: 3 hours**

**Maximum Marks: 100**

The weightage of the distribution of marks over different dimensions of the question paper shall be as follows:

**A. Weightage of Content Units**

**Class XI**

	Unit	No of 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 and Community and Resources	
5	Fabric and Apparel	15
6	Community Development and Extension (Part I)	
	Theory	70
	Practical	30
	Total	100

**B. Weightage of Content Units**

**Class XII**

	UNITS	Marks
1	Human Development: Life Span Approach (Part II)	30
2	Nutrition for Self, Family and Community	
3	Money Management and Consumer Education	35
4	Apparel: Designing, Selection and Case	
5	Community Development and Extension (Part II)	
6	Career Option after Home Science Education	5
	Theory	70
	Practical	30
	Total	100

**C. Weightage to Different forms of Questions**

S. No.	Forms of Questions	Marks for each question	No of Questions	Total marks
1.	Very short answer (VSA)	1	6	18
2.	Short answer (SA I)	2	7	12
3.	Short answer (SA II)	3	2	21
4.	Long Answer -I	4	6	12
5.	Long Answer-II	5	4	7
	Total		25	70

### Weightage to Typology of Questions

S. No.	Forms of Questions	Marks for each question	No of Questions	Total marks	%
1.	<b>Remembering</b> (Knowledge based Simple recall questions)	1	6	18	26%
2.	<b>Understanding</b> (Comprehension -Familiar with meaning and understands)	2	7	12	17%
3.	<b>Application and Inferential Type</b>	3	2	21	30%
4.	<b>Higher Order Thinking Skills (HOTS)</b> (Critical analysis and evaluation )	4	6	12	17%
5.	<b>Creating and Multi-Disciplinary</b> (Formation and Evaluation of a Judgment or Situation)	5	4	7	10%
	<b>Total</b>		25	70	100%

#### D. Scheme of options

1. There will be no choice in the question paper.

#### E. Weightage to difficulty level of questions.

S. No.	Estimated difficulty	Percentage
1	Easy	20
2	Average	60
3	Difficult	20