

MID TERM EXAMINATION SYLLABUS
CLASS XI
SUBJECT: HOME SCIENCE (064)
SESSION: 2020-2021

CONTENTS	PRACTICALS
<p><u>UNIT I: INTRODUCTION TO HOME SCIENCE</u></p> <ul style="list-style-type: none"> ➤ What is Home Science? ➤ Areas of Home Science ➤ Home Science is important for both boys and girls ➤ Career options of Home Science 	
<p><u>UNIT II: UNDERSTANDING ONESELF: ADOLESCENCE</u></p> <p><u>CHAPTER: UNDERSTANDING THE SELF</u></p> <ul style="list-style-type: none"> ➤ What is Self? <ul style="list-style-type: none"> • Personal dimension • Social dimension • Self- concept • Self esteem ➤ What is Identity? <ul style="list-style-type: none"> • Personal identity • Social identity ➤ Self during Infancy: characteristics ➤ Self during early childhood: characteristics ➤ Self during middle childhood: characteristics ➤ Self during adolescence: characteristics <ul style="list-style-type: none"> • Identity development • Identity crisis • Real vs Ideal self ➤ Influences on identity <ul style="list-style-type: none"> • Developing a sense of self and identity • Influences on formation of identity <ul style="list-style-type: none"> ▪ Biological and physical changes ▪ Socio-cultural contexts ▪ Emotional changes ▪ Cognitive changes 	<p>1. Understanding oneself with reference to:</p> <ul style="list-style-type: none"> a) Physical development in terms of age, height, weight, hip and chest circumference. b) Sexual maturity (Age at menarche, Development of breasts: girls. Growth of beard, change in voice: boys)

CONTENTS	PRACTICALS
<p><u>CHAPTER : FOOD, NUTRITION, HEALTH AND FITNESS</u></p> <ul style="list-style-type: none"> ➤ Introduction ➤ Definition of <ul style="list-style-type: none"> • Food • Nutrition • Nutrients ➤ Balanced diet <ul style="list-style-type: none"> • Definition • RDA ➤ Health and Fitness ➤ Using Basic food Groups for planning Balanced Diets <ul style="list-style-type: none"> • Food Guide Pyramid. ➤ Vegetarian Food Guide ➤ Dietary patterns in Adolescence <ul style="list-style-type: none"> • Irregular meals and skipping meals • Snacking • Fast foods • Dieting ➤ Modifying diet related behaviour <ul style="list-style-type: none"> • Diet journal • Exercise • Substance use and abuse • Healthy eating habits • Snacks • Drinking water ➤ Factors influencing eating behaviour ➤ Eating disorders at adolescence ➤ Key terms and their meaning 	<p>2. a) Record own diet for a day b) Evaluate qualitatively for adequacy</p> <p>3. Preparation of different healthy snacks for an adolescent.</p>

CONTENTS	PRACTICALS
<p><u>CHAPTER: MANAGEMENT OF RESOURCES</u></p> <ul style="list-style-type: none"> ➤ Introduction ➤ Classification of Resources <ul style="list-style-type: none"> ● Human /non-human resources ● Individual / shared resources <p>Natural / community resources</p> ➤ Human and Non-Human Resources <ul style="list-style-type: none"> ● Human Resources <ul style="list-style-type: none"> ○ Knowledge ○ Motivation/ interest ○ Skills/ strength/ aptitude ○ Time ○ Energy ● Non-Human Resources <ul style="list-style-type: none"> ○ Money ● Material Resources ➤ Individual and Shared Resources <ul style="list-style-type: none"> ▪ Individual Resources ▪ Shared Resources ➤ Natural and Community Resources <ul style="list-style-type: none"> ▪ Natural Resources ▪ Community Resources ➤ Characteristics of Resources <ul style="list-style-type: none"> ● Utility ● Accessibility ● Interchangeability ● Manageable ● ➤ Managing Resources <ul style="list-style-type: none"> ● Management process ● Planning <ul style="list-style-type: none"> ○ Steps in planning ● Organising ● Implementing ● Controlling ● Evaluation 	<p>4. a) Record one day’s activities relating to time use and work.</p> <p>b) Prepare a time plan for yourself.</p>

CONTENTS	PRACTICALS
<p><u>CHAPTER: FABRIC AROUND US</u></p> <ul style="list-style-type: none"> ➤ Definition of yarns, fibres, textile products, finishing. ➤ Introduction to fibre properties ➤ Classification of textile fibres <ul style="list-style-type: none"> • Filament/staple fibres • Natural/Manufactured (manmade) fibres ➤ Types of Natural Fibres <ul style="list-style-type: none"> • Cellulosic fibres • Protein fibres • Mineral fibres • Natural rubber ➤ Types of Manufactured Fibres <ul style="list-style-type: none"> • Regenerated cellulosic fibres • Modified cellulosic fibres • Protein fibres • Non-cellulosic fibres • Mineral fibres ➤ Some Important fibres and their properties <ul style="list-style-type: none"> • Cotton • Linen • Wool • Silk • Rayon • Nylon • Polyester • Acrylic • Elastomeric fibres ➤ Yarns ➤ Yarn processing <ul style="list-style-type: none"> • Cleaning • Making into a sliver • Attenuating, drawing out and twisting ➤ Yarn terminology <ul style="list-style-type: none"> • Yarn number • Yarn twist • Yarn and thread ➤ Fabric production <ul style="list-style-type: none"> • Weaving • Knitting • Braiding • Nets • Laces ➤ Textile Finishing <ul style="list-style-type: none"> • Finishing with colour • Printing 	<p>5. a) Record the fabrics and apparel used in a day. b) Categorize them according to functionality.</p> <p>6. Relationship of fibre properties to their usage- a) Thermal property and flammability b) Moisture absorbency and comfort</p>

CONTENTS	PRACTICALS
<p><u>CHAPTER-MEDIA AND COMMUNICATION TECHNOLOGY</u></p> <ul style="list-style-type: none"> ➤ Communication and Communication Technology <ul style="list-style-type: none"> • What is Communication? • Classification of communication • How does communication takes place? ➤ What is media? <ul style="list-style-type: none"> • Media classification and functions ➤ What is communication technology? <ul style="list-style-type: none"> • Classification of communication technologies • Modern communication technologies 	
<p>NOTE:</p> <ul style="list-style-type: none"> • Wherever required latest data/figures to be used. • Latest RDA's to be used. <p>Prescribed textbooks: Human Ecology and Family Sciences (For class XI): Part I and Part II</p> <p>Human Ecology and Family Sciences I - https://ncert.nic.in/textbook.php?kehe1=0-2</p> <p>Human Ecology and Family Sciences II - https://ncert.nic.in/textbook.php?khhe2=0-2</p>	