

DIRECTORATE OF EDUCATION GNCT OF DELHI
ANNUAL SYLLABUS
CLASS XI
HOME SCIENCE (064)
SESSION(2026-27)

Course Structure: Theory and Practical

Theory: 70 Marks

Practical: 30 Marks

Time: 3Hrs.

UNIT NO.	UNIT NAME	MARKS
I	Introduction to Home Science	02
II	Understanding Oneself: Adolescence	20
III	Understanding Family, Community and Society Childhood	15
IV	Childhood	15
V	Adulthood	18
TOTAL		70
PRACTICAL		30
GRAND TOTAL		100

CONTENTS	PRACTICAL
UNIT I: INTRODUCTION TO HOME SCIENCE <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

UNIT II: UNDERSTANDING ONESELF: ADOLESCENCE

CHAPTER: UNDERSTANDING THE SELF

1. What is Self?

- Personal dimension
- Social dimension
- Self- concept
- Self esteem

2. What is Identity?

- Personal identity
- Social identity

- Self during Infancy: characteristics
- Self during early childhood: characteristics
- Self during middle childhood: characteristics
- Self during adolescence: characteristics
 - Identity development
 - Identity crisis
 - Real vs Ideal self
- Influences on identity
 - Developing a sense of self and identity
 - Influences on formation of identity
 - Biological and physical changes
 - Socio-cultural contexts
 - Emotional changes
 - Cognitive changes

CHAPTER:FOOD NUTRITION HEALTH AND FITNESS

- Introduction
- Definition of Food,Nutrition and nutrient
- Balanced diet Definition, RDA
- Health and and fitness using basic food group for planning Balanced Diet

1.Understanding oneself with reference to:

- 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)

<ul style="list-style-type: none"> ○ Food Guide pyramid ● vegetarian food guide <ul style="list-style-type: none"> ○ 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 <ul style="list-style-type: none"> ➤ Factors influencing eating behaviour ➤ Eating disorders at adolescence ➤ Key terms and their meaning <p>CHAPTER: MANAGEMENT OF RESOURCES</p> <ul style="list-style-type: none"> ➤ Introduction ➤ Classification of Resources <ul style="list-style-type: none"> • Human /non-human resources • Individual / shared resources • Natural / community resources ➤ 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 	<p>2. a) Record own diet for a day b) Evaluate qualitatively for</p> <p>3. Preparation of different healthy snacks for an adolescent suitable in her/his context.</p>
---	--

<ul style="list-style-type: none"> o Shared Resources ● Natural and Community Resources <ul style="list-style-type: none"> o Natural Resources o Community Resources ● Characteristics of Resources <ul style="list-style-type: none"> o Utility o Accessibility o Interchangeability o Manageable ● Managing Resources <ul style="list-style-type: none"> o Management process o Planning <ul style="list-style-type: none"> o Steps in planning o Organising o Implementing o Controlling o Evaluation 	<p>4. a) Record one day's activities relating to time use and work. b) Prepare a time plan for yourself.</p>
<p>CHAPTER: FABRIC AROUND US</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 	<p>5. a) Record the fabrics and apparel used in a day. b) Categorize them according to functionality.</p>

<ul style="list-style-type: none"> ➤ 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>6. Relationship of fibre properties to their usage-</p> <p>a) Thermal property and flammability</p> <p>b) Moisture absorbency and comfort.</p>
<p>CHAPTER-MEDIA COMMUNICATION TECHNOLOGY</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 take place? ➤ What is media? <ul style="list-style-type: none"> • Media classification and functions 	

<ul style="list-style-type: none"> ➤ What is communication technology? • Classification of communication technologies • Modern communication technologies 	
<p>UNIT III: UNDERSTANDING FAMILY, COMMUNITY AND SOCIETY</p> <p>CHAPTER: CONCERNS AND NEEDS IN DIVERSE CONTEXTS</p> <p>A. <i>NUTRITION, HEALTH, AND HYGIENE</i></p> <ul style="list-style-type: none"> ➤ Health and its Dimensions <ul style="list-style-type: none"> • Social health • Mental health • Physical health ➤ Health care Indicators of Health ➤ Nutrition and Health ➤ Importance of nutrients ➤ Factors affecting nutritional well being <ul style="list-style-type: none"> • Food and nutrient security • Care for the vulnerable • Good health for all • Safe environment ➤ Nutritional Problems and their consequences <ul style="list-style-type: none"> • Malnutrition • Under nutrition • Over nutrition ➤ Hygiene and Sanitation <ul style="list-style-type: none"> • Personal Hygiene • Environmental Hygiene • Food Hygiene • Water safety-Qualities of potable water, methods of water purification(Boiling, chlorine, storage and electric filter, RO) <p>B. <i>RESOURCES AVAILABILITY AND MANAGEMENT</i></p> <ul style="list-style-type: none"> ➤ Time Management 	

<ul style="list-style-type: none"> • Definition of time plan • How good is your time management? (Activity) • Steps in making time plan • Tips for effective time management • Tools in time management - Peak load period, Work curve, Rest /break periods, Work simplification <p>➤ Space Management</p> <ul style="list-style-type: none"> • Space and the home • Principles of space planning 	
Mid Term syllabus to be completed by 5th September 2026	
Revision of Unit I, Unit II and Unit III (Upto B. RESOURCES AVAILABILITY AND MANAGEMENT)	Mid Term Practical Exam 2026 to be conducted before Mid Term Examination-2026-27
MID TERM EXAMINATION 2026-27	
Discussion on Mid-Term Question Paper-2026-27 with Marking Scheme to be done after the evaluation of answer sheets of students.	
CONTENT	PRACTICAL
<p>UNIT IV: CHILDHOOD</p> <p>CHAPTER: NUTRITION, HEALTH AND WELL- BEING</p> <p>➤ Introduction</p> <p>➤ Nutrition, Health, and Well-being during infancy (birth – 12 months)</p> <ul style="list-style-type: none"> • Dietary requirements of infants • Breast feeding o Benefits of breast feeding • Feeding the low-birth-weight infants • Complementary foods • Guidelines for complementary feeding • Immunization 	<p>7. Observe developmental norms: (Physical, Motor, Language and Social – emotional) from birth to three years.</p> <p>8. List and discuss 4-5 areas of agreement and disagreement with</p> <p>a) Mother</p> <p>b) Father</p>

<ul style="list-style-type: none"> • Common health and nutrition problems in infants and young children ➤ Nutrition, Health, and well-being of preschool children (1-6 years) <ul style="list-style-type: none"> • Nutritional needs of preschool children • Guidelines for healthy eating for pre-schoolers • Planning balanced meals for preschool children • Some examples of low-cost snacks • Feeding children with specific needs • Immunization ➤ Nutrition, Health, and well-being of school-age children (7-12 years) <ul style="list-style-type: none"> • Nutritional requirements of school children • Planning diets for school-age children • Factors that influence diet intake of preschool-age and school-age children • Healthy habits • Health and nutrition issues of school age children 	<p>c) Siblings/ Friends</p>
<p>CHAPTER: OUR APPAREL</p>	
<ul style="list-style-type: none"> ➤ Clothing functions and the selection of clothes <ul style="list-style-type: none"> • Modesty • Protection • Status and prestige • Adornment ➤ Factors affecting selection of clothing in India <ul style="list-style-type: none"> • Age • Climate and season • Occasion • Fashion • Income ➤ Understanding children's basic clothing needs <ul style="list-style-type: none"> • Comfort • Safety • Self help • Appearance • Allowance for growth • Easy care • Fabrics 	

- Clothing requirements at different childhood stages
 - Infancy (birth to six months)
 - Creeping age (6 months to one year)
 - Toddlerhood (1-2 years)
 - Preschool age (2-6 years)
 - Elementary school years (5-11 years)
 - Adolescents (11-19 years)
 - Clothes for children with special needs

UNIT V: ADULTHOOD

CHAPTER: FINANCIAL MANAGEMENT AND PLANNING

- Financial management
- Financial planning
- Management
- Money and its importance
 - Family Income
 - Money income
 - Real income: Direct and Indirect income
 - Psychic income
- Income management
- Budget
- Steps in making budget
- Advantages of planning family budgets
- Control in money management
 - Checking to see how well the plan is progressing
 - Mental and mechanical check
 - Records and accounts
 - Adjusting wherever necessary
 - Evaluation
- Savings
- Investment

- Principles underlying sound investments
 - Safety to the principal amount
 - Reasonable rate of interest
 - Liquidity
 - Recognition of effect of world conditions
 - Easy accessibility and convenience
 - Investing in needed commodities
 - Tax efficiency
 - After investment service
 - Time period
 - Capacity
- Savings and investment avenues
 - Post office
 - Banks
 - Unit Trust of India
 - NSC
 - Mutual funds
 - Provident funds
 - Chit fund
 - Life insurance and medical insurance
 - Pension scheme
 - Gold, house, land
 - Others (new schemes)
- Credit
- Need of credit
- 4C's of credit: character, capacity, capital, collateral

CHAPTER: CARE AND MAINTENANCE OF FABRICS

- Mending
- Laundering
 - Stain removal
 - Vegetable stains
 - Animal stains
 - Oil stains
 - Mineral stains
 - Dye bleeding
 - Techniques of stain removal
 - Scraping
 - Dipping

9. Plan a budget for a given situation / purpose.

10.(a) Analyze label of any one garment with

<ul style="list-style-type: none"> o Sponging o Drop method ● Reagent for stain removal ● Common stains and method of removing <p>➤ Removal of dirt: the cleaning process</p> <ul style="list-style-type: none"> ● Soaps and detergents ● Methods of washing: friction, kneading & squeezing, suction, washing by machine <p>➤ Finishing</p> <ul style="list-style-type: none"> ● Blues and optical brighteners ● Starches and stiffening agents <p>➤ Ironing</p> <p>➤ Dry cleaning</p> <p>➤ Storage of textile products</p> <p>➤ Factors affecting fabric care</p> <ul style="list-style-type: none"> • Yarn structure • Fabric construction • Colour and finishes <p>➤ Care label</p>	<p>respect to: Clarity, Fibre content, Size and Care instructions.</p> <p>(b) Prepare one care label of any garment.</p> <p>(c) Analyze two different fabric samples for colourfastness.</p>
--	---

FULL SYLLABUS TO BE COMPLETED BY JANUARY 30,2027

<ul style="list-style-type: none"> ● Unit wise REVISION of whole syllabus ● Practice of, previous year DoE Question Papers and DoE practice questions papers. ● Practice tests and Solving problems of students ● Whole syllabus (excluding deleted part) will be covered <p>COMMON ANNUAL SCHOOL EXAMINATION-2026-27</p>	<ul style="list-style-type: none"> ● Practice and Revision of Practical and viva questions ● Final Submission and evaluation of Practical Records <p>FINAL PRACTICAL EXAM (Before 1st week of February)</p>
--	--

NOTE:

- Wherever required the latest data/figures to be used.

- Latest RDA's to be used.

Scheme for practical examination 30 Marks

1. Observe developmental norms: (Physical, Motor, Language and social emotional) birth to three years.

5 marks

OR

List and discuss 4-5 areas of agreement and disagreement with

- Mother
- Father
- Siblings/ Friends
- Teacher

2. Preparation of healthy snacks for an adolescent.

7 marks

3. Plan a budget for a given situation/purpose.

3 marks

4. Prepare a time plan for yourself.

3 marks

5. Relationship of fiber properties to their usage:

5 marks

- Thermal property and flammability
- Moisture absorbency and comfort

OR

Prepare one care label of any garment.

6. File

5 marks

7. Viva

2 marks

QUESTION PAPER DESIGN 2026-27

HOME SCIENCE (CODE NO. 064)

CLASS- XI and XII

TIME- 3 HOURS

MAX. MARKS: 70

S. No.	Typology of Questions	Total	Weightage %
1	Remembering and Understanding- Knowledge and understanding based questions terms, concepts, principles, or theories; Identify, define, or recite interpret, compare, contrast, explain, paraphrase information)	28	40

2	Application - knowledge/concepts-based questions (Use abstract information in concrete situations, to apply knowledge to new situations. Use given content to interpret a situation, provide an example, or solve a problem)	21	30
3	Formulation, analysis, Evaluation, and creativity based question - (Appraise, judge, and /or justify the value or worth of a decision or outcome, or to predict outcomes) Classify, compare, contrast, or differentiate between different pieces or integrate unique piece of information from a variety of sources)	21	30
TOTAL		70	100

NOTE:

Internal Choice of 30% will be given

No Chapter wise weightage, care should be taken to cover all chapters

Weightage to difficulty level of questions

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

Prescribed textbook:

Human Ecology and Family Sciences (For class XI): Part I and Part II

Human Ecology and Family Sciences I - <https://ncert.nic.in/textbook.php?kehe1=0-2>

Human Ecology and Family Sciences II - <https://ncert.nic.in/textbook.php?khhe2=0-2>