

**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
<b>TOTAL</b>		<b>70</b>
<b>PRACTICAL</b>		<b>30</b>
<b>GRAND TOTAL</b>		<b>100</b>

CONTENTS	PRACTICAL
<b>UNIT I: INTRODUCTION TO HOME SCIENCE</b> <ul style="list-style-type: none"> <li>• What is Home Science</li> <li>• Areas of Home Science</li> <li>• Home Science is important for both boys and girls</li> <li>• Career options of Home Science</li> </ul>	

## UNIT II: UNDERSTANDING ONESELF: ADOLESCENCE

### CHAPTER: UNDERSTANDING THE SELF

#### A. What makes me 'I'?

##### ➤ What is Self?

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

##### ➤ What is Identity?

- Personal identity
- Social identity

#### B. Development and Characteristics of the Self

- Self during Infancy: characteristics
- Self during Early Childhood: characteristics
- Self during Middle Childhood: characteristics
- Self during Adolescence: characteristics

#### C. Influences on Identity

- How do we develop a sense of Self?
- Influences on identity
  - How do we develop a sense of self?
  - 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
  - Nutrients
- Balanced diet
  - Definition
  - RDA
- Health and fitness
- Using basic food groups for planning Balanced Diet
  - Food Guide Pyramid
- Vegetarian food guide

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)

2. a) Record own

- Dietary patterns in adolescence
- Modifying diet-related behaviour
- Factors influencing eating behaviour
- Eating disorders at adolescence

### CHAPTER: MANAGEMENT OF RESOURCES

- Introduction
- Classification of resources
  - Human and Non-human resources
  - Individual and Shared resources
  - Natural and Community resources
- Characteristics of Resources
- Managing Resources
- Management process

### CHAPTER: FABRIC AROUND US

- Definition of yarns, fibres, textile products, and finishing
- Fibre properties
- Classification of textile fibres
  - Filament and Staple fibres
  - Natural and Manufactured (manmade) fibres
- Types of Natural Fibres
  - Cellulosic fibres
  - Protein fibres
  - Mineral fibres
  - Natural rubber
- Types of Manufactured Fibres
  - Regenerated cellulosic fibres
  - Modified cellulosic fibres
  - Protein fibres
  - Non-cellulosic fibres
  - Mineral fibres
- Yarns
- Yarn processing
- Yarn terminology
- Fabric production
  - Weaving
  - Knitting
  - Braiding
  - Nets
  - Laces
- Textile Finishing
  - Finishing with colour
  - Printing
- Some Important fibres and their properties
  - Cotton
  - Linen
  - Wool
  - Silk
  - Rayon
  - Nylon

diet for a day  
b) Evaluate qualitatively for

3. Preparation of different healthy snacks for an adolescent suitable in her/his context.

4. a) Record one day's activities relating to time use and work.  
b) Prepare a time plan for yourself.

5. a) Record the fabrics and apparel used in a day.  
b) Categorize them according to functionality.

6. Relationship of fibre properties to their usage-

a) Thermal property and flammability  
b) Moisture absorbency and

<ul style="list-style-type: none"> <li>• Polyester</li> <li>• Acrylic</li> <li>• Elastomeric fibres</li> </ul> <p><b>CHAPTER-MEDIA COMMUNICATION TECHNOLOGY</b></p> <ul style="list-style-type: none"> <li>➤ Communication and Communication Technology <ul style="list-style-type: none"> <li>• What is Communication?</li> <li>• Classification of communication</li> <li>• How does communication take place?</li> </ul> </li> <li>➤ What is media? <ul style="list-style-type: none"> <li>• Media classification and functions</li> </ul> </li> <li>➤ What is communication technology? <ul style="list-style-type: none"> <li>• Classification of communication technologies</li> <li>• Modern communication technologies</li> </ul> </li> </ul>	<p>comfort.</p>
<p><b>UNIT III: UNDERSTANDING FAMILY, COMMUNITY AND SOCIETY</b></p> <p><b>CHAPTER: CONCERNS AND NEEDS IN DIVERSE CONTEXTS</b></p> <p><b>A. NUTRITION, HEALTH, AND HYGIENE</b></p> <ul style="list-style-type: none"> <li>➤ Health and Its Dimensions <ul style="list-style-type: none"> <li>• Social health</li> <li>• Mental health</li> <li>• Physical health</li> </ul> </li> <li>➤ Health Care</li> <li>➤ Indicators of Health</li> <li>➤ Nutrition and Health</li> <li>➤ Nutrients</li> <li>➤ Factors affecting nutritional well-being</li> <li>➤ Nutritional Problems and their consequences <ul style="list-style-type: none"> <li>• Malnutrition</li> <li>• Under nutrition</li> <li>• Over nutrition</li> </ul> </li> <li>➤ Hygiene and Sanitation <ul style="list-style-type: none"> <li>• Personal Hygiene</li> <li>• Environmental Hygiene</li> <li>• Food Hygiene</li> <li>• Water safety-Qualities of potable water, methods of water purification(Boiling, chlorine, storage, and electric filterRO)</li> </ul> </li> </ul> <p><b>B. RESOURCES AVAILABILITY AND MANAGEMENT</b></p> <ul style="list-style-type: none"> <li>➤ Time Management <ul style="list-style-type: none"> <li>• Definition of time plan</li> <li>• How good is your time management? (Activity)</li> <li>• Steps in making time and activity plan</li> <li>• Tips for effective time management</li> <li>• Tools in time management (Peak load period, Work</li> </ul> </li> </ul>	

<p>curve, Rest /break periods, Work simplification)</p> <ul style="list-style-type: none"> <li>➤ Space Management <ul style="list-style-type: none"> <li>• Space and the home</li> <li>• Principles of space planning</li> </ul> </li> </ul>	
<p><b>Mid Term syllabus to be completed by 5th September 2026</b></p>	
<p>Revision of Unit I, Unit II and Unit III (Upto B. RESOURCES AVAILABILITY AND MANAGEMENT)</p>	<p>Mid Term Practical Exam 2026 to be conducted before Mid Term Examination-2026-27</p>
<p><b>MID TERM EXAMINATION 2026-27</b></p>	
<p>Discussion on Mid-Term Question Paper-2026-27 with Marking Scheme to be done after the evaluation of answer sheets of students.</p>	
<p><b>Content</b></p>	<p><b>Practical</b></p>
<p><b>UNIT IV: CHILDHOOD</b></p> <p><b>CHAPTER: NUTRITION, HEALTH AND WELL- BEING</b></p> <ul style="list-style-type: none"> <li>➤ Introduction</li> <li>➤ Nutrition, Health and Well-being during infancy (birth -12 months)</li> <li>➤ Nutrition, Health and well-being of preschool children (1-6 years) <ul style="list-style-type: none"> <li>• Nutritional needs of preschool children</li> <li>• Guidelines for healthy eating for pre-schoolers</li> <li>• Planning balanced meals for preschool children</li> <li>• Some examples of low-cost snacks</li> <li>• Feeding children with specific needs</li> <li>• Immunization</li> </ul> </li> <li>➤ Nutrition, Health, and well-being of school-age children (7-12 years) <ul style="list-style-type: none"> <li>• Nutritional requirements of school children</li> <li>• Planning diets for school-age children</li> <li>• Factors that influence diet intake of preschool-age and school-age children</li> <li>• Healthy habits</li> <li>• Health and nutrition issues of school-age children</li> </ul> </li> </ul> <p><b>CHAPTER: OUR APPAREL</b></p> <ul style="list-style-type: none"> <li>➤ Clothing functions and the selection of clothes</li> <li>➤ Factors affecting the selection of clothing in India <ul style="list-style-type: none"> <li>• Age</li> <li>• Climate and season</li> <li>• Occasion</li> <li>• Fashion</li> </ul> </li> </ul>	<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> <ol style="list-style-type: none"> <li>a) Mother</li> <li>b) Father</li> <li>c) Siblings/ Friends</li> </ol>

<ul style="list-style-type: none"> <li>• Income</li> <li>➤ Understanding children's basic clothing needs</li> <li>➤ Clothing requirements at different childhood stages <ul style="list-style-type: none"> <li>• Infancy (birth to six months)</li> <li>• Creeping age (6 months to one year)</li> <li>• Toddlerhood (1-2 years)</li> <li>• Preschool age (2-6 years)</li> <li>• Elementary school years (5-11 years)</li> <li>• Adolescents (11-19 years)</li> </ul> </li> <li>➤ Clothes for children with special needs</li> </ul>	
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<p><b>UNIT V: ADULTHOOD</b></p> <p><b>CHAPTER: FINANCIAL MANAGEMENT AND PLANNING</b></p> <ul style="list-style-type: none"> <li>➤ Introduction- Financial Management, Financial planning</li> <li>➤ Management</li> <li>➤ Family Income <ul style="list-style-type: none"> <li>• Money income</li> <li>• Real income: Direct and Indirect income</li> <li>• Psychic income</li> </ul> </li> <li>➤ Income management</li> <li>➤ Budget</li> <li>➤ Steps in making budget</li> <li>➤ Advantages of planning family budgets</li> <li>➤ Control in money management</li> <li>➤ Savings</li> <li>➤ Investment</li> <li>➤ Principles underlying sound investments</li> <li>➤ Savings and investment avenues</li> <li>➤ Credit <ul style="list-style-type: none"> <li>• Need of credit</li> <li>• 4C's of credit: character, capacity, capital, collateral</li> </ul> </li> </ul> <p><b>CHAPTER: CARE AND MAINTENANCE OF FABRICS</b></p> <ul style="list-style-type: none"> <li>➤ Introduction</li> <li>➤ Mending</li> <li>➤ Laundering <ul style="list-style-type: none"> <li>• Stain removal</li> <li>• Techniques of stain removal</li> <li>• Reagent for stain removal</li> <li>• Common stains and method of removing</li> </ul> </li> <li>➤ Removal of dirt: the cleaning process <ul style="list-style-type: none"> <li>• Soaps and detergents</li> <li>• Methods of washing: friction, kneading &amp; squeezing, suction, washing by machine</li> </ul> </li> <li>➤ Finishing <ul style="list-style-type: none"> <li>• Blues and optical brighteners</li> <li>• Starches and stiffening agents</li> </ul> </li> </ul>	<p>9. Plan a budget for a given situation / purpose.</p> <p>10.(a) Analyze label of any one garment with 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</p>

<ul style="list-style-type: none"> <li>➤ Ironing</li> <li>➤ Dry cleaning</li> <li>➤ Storage of textile products</li> <li>➤ Factors affecting fabric care</li> <li>➤ Care label</li> </ul>	fabric samples for colourfastness
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**FULL SYLLABUS TO BE COMPLETED BY JANUARY 30,2027**

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

- a) Mother
- b) Father
- c) Siblings/ Friends
- d) 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

- a) Thermal property and flammability

b) Moisture absorbency and comfort

**OR**

Prepare one care label of any garment.

6. File

5 marks

7. Viva

2 marks

<b>QUESTION PAPER DESIGN 2026-27 HOME SCIENCE (CODE NO. 064) CLASS- XI and XII</b>			
<b>TIME- 3 HOURS</b>		<b>MAX. MARKS: 70</b>	
<b>S. No.</b>	<b>Typology of Questions</b>	<b>Total</b>	<b>Weightage %</b>
1	Knowledge and understanding based questions (terms, concepts, principles, or theories; Identify, define, or recite interpret, compare, contrast, explain, paraphrase information)	28	40
2	Application based questions (Use abstract information in concrete situation, to apply knowledge to new situations or /and use given content to interpret a situation, provide an example, or solve a problem)	21	30
3	High Order (Formulation, Analysis, Evaluation and Creativity) based questions (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
<b>TOTAL</b>		<b>70</b>	<b>100</b>

**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