

# SYLLABUS OF GRADE IX

## HOME SCIENCE

Home science is a practical science that is essential for every individual to handle challenging responsibilities of the life. Home Science as a discipline aims to empower learners by developing understanding of five different areas namely:

- Foods and Nutrition
- Human Development and Childhood Studies
- Resource Management
- Fabric and Apparel Sciences
- Community Development and Extension

The subject helps students to understand changing needs of Indian society, academic principles as well as develop professional skills.

**Objectives:** The syllabus at Secondary level develops an understanding in the learners that the knowledge and skills acquired through Home Science facilitates development of self, family and community. It endeavours to:

- Acquaint learners with the basics of human development with specific reference to self and child.
- Help to develop skills of judicious management of various resources.
- Enable learners to become alert and aware consumers.
- Impart knowledge of nutrition and lifestyles to enable prevention and management of diseases.
- Inculcate healthy food habits.
- Help to develop understanding of textiles for selection and care of clothes.
- Develop skills of communication to assist in advocacy and dissemination of knowledge to community.

## HOME SCIENCE

Course Structure: Theory & Practical  
Time: 3 Hrs.

Theory : 70 Marks  
Practical : 30 Marks

No.	Units	Marks	No. of Periods
1	Concept and scope of Home Science education and recent trends	03	05
2	Human Growth & Development – I	08	25
3	Family and values	08	20
4	Food, Nutrition and Health	15	45
5	Fibre and Fabric	15	34
6	Resource management	14	34
7	Measurement and Management of Emergencies	07	17
<b>Total</b>		<b>70</b>	<b>180</b>
<b>Practical</b>		<b>30</b>	<b>40</b>
<b>Grand Total</b>		<b>100</b>	<b>220</b>

### UNIT 1: CONCEPT AND SCOPE OF HOME SCIENCE EDUCATION AND RECENT TRENDS:

(05 Periods)

- a) Concept of Home Science
- b) Fields of Home Science
- c) Relevance of study of Home Science and career options
- d) Recent trends

### UNIT 2: HUMAN GROWTH AND DEVELOPMENT-I:

(25 Periods)

- a) Concept of growth and development
- b) Principles of growth and development

c) Factors affecting growth and development (environmental and heredity)

d) Age specific milestones (Birth to 3 years)-Physical, motor, social, emotional, cognitive and language

### **UNIT 3: FAMILY AND VALUES:**

**(20 Periods)**

a) Concept and types of family.

b) Role of family in Holistic development of an individual (Physical, Social, Psychological and Spiritual)

c) Ethical and value based society (need for happy family, respect and care for each member of family, Dignity of labour, work distribution within the family)

d) Importance of Girl Child.

e) Influence of various factors on a family : Globalisation, Urbanisation, Migration, Technology and Media.

### **UNIT 4: FOOD, NUTRITION AND HEALTH:**

**(45 periods)**

a) Definition of Food, Nutrition, Nutrient, Health and Nutritional Status.

b) Food and its functions (Physiological, Social and Psychological)

c) Nutrients : sources and functions

d) Relationship of Food, Health and Diseases

e) Malnutrition : concepts and components (over nutrition and under nutrition)

f) Concept of Balanced Diet

g) Methods of cooking and processing

- Cooking methods : Dry methods, moist methods, combination methods

- Processing methods : Germination, Fermentation, Mutual supplementation /Combination

- Conservation of nutrients while cooking and processing

### **UNIT 5: FIBRE AND FABRIC:**

**(34 periods)**

a) Definition of Fiber and Yarn

b) Classification of fiber on the basis of origin and length

c) Characteristics of fibers : feel, appearance, colour fastness, length, strength, absorbency, shrinkage, elasticity, effect of heat and sunlight.

d) Methods of construction of fabric – brief description of weaving, knitting and felting.

e) Selection of fabric : Factors affecting selection of fabric (age, purpose, occupation, fashion, figure, climate, comfort and cost).

## **UNIT 6: RESOURCE MANAGEMENT:**

**(34 periods)**

a) Resources : Definition and characteristics

b) Types of resources (Human : Time, Energy, Knowledge and attitude Non-Human : Money, materialistic goods and community resources)

c) Waste Management – Need to refuse, reduce, reuse, repair and recycle waste.

d) Proper disposal of kitchen waste (Biodegradable : Composting, Vermicomposting, Biogas and Bagass. Non Biodegradable: Inceneration, Landfills and Recycle)

## **UNIT 7: MEASURES OF SAFETY AND MANAGEMENT OF EMERGENCIES:**

**(17 periods)**

a) Accident prone / Unsafe Zones at home

b) Need of safety at home

c) Measures of safety against burns, electric shocks, cuts, fractures, bites, poisoning

d) First Aid : Concept and Importance

## Practicals

(40 Periods)

(30 Marks)

1. Observation of physical development in a child from birth to three years
2. Observation of motor skills in a child from birth to 3 years.
3. Role of family members: collage / chart etc.
4. Design educational games specific to functions or sources of nutrients.
5. Weights and measures: Equivalents / conversions of Ounce, gram, cup, teaspoon, tablespoon, how to use a kitchen weighing scale.
6. Identification of fruits, vegetables, spices, oils, sugars, cereals and lentils.
7. Food processing method demonstration: Germination and Fermentation.
8. Collection and Identification of fibre: physical characteristics and burning tests.
9. Create a slogan or poster for proper disposal of domestic waste .
10. Prepare a first aid kit and practice giving first aid for burns, cuts, bites, fractures, electric shocks (group activity)

### SCHEME FOR PRACTICAL EXAMINATION

M.M-30

### CLASS IX HOME SCIENCE

I	LAB ACTIVITY	Marks
a)	Observation of physical development in a child from birth to three years OR Observation of motor skills in a child from birth to 3 years.	3 Marks
b)	Prepare and present a dish using germination OR fermentation (With fire/without fire)	4 Marks
c)	Identification of fibre using physical characteristics and burning tests.	3 marks
II	First Aid Kit	5 Marks
III	File Work	10 Marks
IV	Viva	2 Marks

## QUESTION PAPER DESIGN

### HOME SCIENCE CLASS- IX

**TIME: 3 Hrs.**

**Max. Marks: 70**

<b>S. No.</b>	<b>Competencies</b>	<b>Total Marks</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 - or knowledge/concepts based questions (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)	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 of integrate unique piece of information from a variety of sources)	21	30%
<b>TOTAL</b>		<b>70</b>	<b>100</b>

**Total no of question is 31**

**NOTE:** Internal Choice of 30% will be given

Easy- 20%

Average- 60%

Difficult- 20%