

HOME SCIENCE (Code No. 064)
(CLASSES – IX) (2024-25)

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:

- I Foods and Nutrition
- I Human Development and Childhood Studies
- I Resource Management
- I Fabric and Apparel Sciences
- I 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 endeavors to–

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



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Class - IX (2024-25)

Course Structure: Theory& Practical

Time: 3 Hrs.

Theory: 70Marks

Practical: 30Marks

No.	Units	Marks	No. of Pd.
1	Concept and scope of Home Science Education and recent trends	03	03
2	Human growth & Development – I	08	24
3	Family and Values	08	15
4	Food, Nutrition and Health	15	24
5	Fiber and Fabric	15	20
6	Resource Management	14	28
7	Measures of Safety and Management of Emergencies	07	12
	Total	70	126
	Practical	30	28
	Grand Total	100	154

Unit I: Concept and scope of Home Science Education and recent trends

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

Unit II: Human Growth & Development– I

- 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 III: Family and Values

- 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: Globalization, Urbanization, Migration, Technology and Media.

Unit IV: Food, Nutrition and Health

- 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

Unit V: Fibre and Fabric

- 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.



Unit VI: Resource Management

- 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 Bagasse. Non-Biodegradable : Incineration, Landfills and Recycle)

Unit VII: Measures of Safety and Management of Emergencies

- 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



Practical

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
CLASS IX HOME SCIENCE**

M.M-30

I. LAB ACTIVITY-

a) Observation of physical development in a child from birth to three years 3 marks
OR
Observation of motor skills in a child from birth to 3 years.

b) Prepare and present a dish using germination OR fermentation(With fire/without fire) 7 Marks

c) Identification of fibre using physical characteristics and burning tests 3 Marks

II. First Aid Kit 5 Marks

III. File Work 10Marks

IV. Viva 2 Marks



QUESTION PAPER DESIGN 2024-25 HOME SCIENCE (CODE NO. 064) CLASS- IX			
TIME: 3 HOURS		Max. Marks: 70	
S. No.	Competencies	Total Marks	% Weightage
1.	Knowledge and understanding based questions terms, concepts, principles, or theories; Identify,define, or recite interpret, compare, contrast, explain, paraphraseinformation)	28	40%
2.	Application - or knowledge/concepts basedquestions (Use abstract information in concrete situation, toapply 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 topredict outcomes) Classify, compare, contrast, or differentiatebetween different pieces of integrate unique piece of information from a varietyof sources)	21	30%
TOTAL		70	100

NOTE: Internal Choice of 30% will be given

Easy- 20%

Average- 60%

Difficult- 20%