

14.HOME SCIENCE

One Theory Paper

Introduction :

Home Science is an elective subject of study in Class X. The subject aims at providing a preparation for the home and covers essential ground in the following areas:

- (1) Food, Nutrition and Cookery.
- (2) Textiles, and Needlework.
- (3) Home Management and Decoration.
- (4) Home Nursing and Child Development.

Objectives

- (1) To provide training for a happy and healthy family and social life.
- (2) To impart skills which would be helpful for the students to be responsible house hold managers.
- (3) To understand the importance of nutrition in relation to health of an individual.
- (4) To develop a sensitivity in children regarding the correct selection of food in terms of nutritive values and cost.
- (5) To have an understanding of the limited food resources and how to get optimum amount of nourishment from them.
- (6) To impart the children elementary knowledge about home nursing, child development and home management.

HOME SCIENCE

(A) THEORY ON PAPER

1. COOKERY:

- (1) Balanced diet ; food groups; Principles of Meal planning ; catering.
- (2) Causes of deterioration in food and methods of food preservation in home.

2. LOUNDRY AND NEEDLE WORK

- (1) Care and storage of fabrics synthetic, cotton, silk and wool.
- (2) The laundry room, laundry equipment and cleansing materials.
- (3) Washing and finishing of cotton and woolen clothes.

3. HOME MANAGEMNET

- (1) Principles of interior decoration.
- (2) Selection of suitable furniture, fittings and simple articles of decoration; color combinations, arrange of flowers and pictures.

4. HOME NURSING AND CHILD DEVELOPMENT

- (1) Principles of Child Development, Physical and emotional needs of the growing child.
- (2) Formation of habits: Eating, sleeping, toilet training, exercise and play habits.

(B) PRACTICAL ONE PAPER

- (1) Preparation of lunch and breakfast: Table setting.
- (2) Preparation of Jam and Pickle.
- (3) Preparation of a household chest of medicines.
- (4) Washing and finishing of cotton and woolen clothes.
- (5) Preparation of two articles of decoration (One Knitted).
- (6) Changing the safety valve of the Pressure Cooker.
- (7) Preparation of two charts.
- (8) Keeping records of Practical work done in the class.

5. METHODS AND TECHNIQUES OF TEACHING

Each lesson should be well-planned by the teacher. Whatever is taught should be related to appropriate demonstration, example, illustration or practical work. Students should be helped to arrive at their own conclusion. Experimental approach is recommended. The teacher is also advised to make available a variety of booklets and other reading material on different aspect of the subject for study by the student. Where necessary, a local expert may be brought to the classroom to demonstrate and explain a particular process or activity. Recapitulation can be arranged in a variety of ways. Outdoor activities should be preplanned. Internal assessment charts should be maintained with care. The teacher should also ensure a well equipped laboratory in the school.

Prescribed Books:

Grih Vijyan by HPBOSE Dharamshala