

CBSE-2019 Syllabus for Home Science Classes XII

Class XII (Theory) 3 Hours and 70 Marks

Unit	Marks
Know Little Children	17 Marks
Nutrition for Self, Family and Community	17 Marks
Money Management and Consumer Education	17 Marks
My Apparel	17 Marks
Things I can do with my Home Science Training	2 Marks
Total	70 Marks

Unit I: Know Little Children (0 – 3 Years) (Periods 34)

- Some specific characteristics: Physical-height, weight and body proportions; motor development during 0 – 3 months, 3 – 6 months, 6 – 9 months, 9 – 12 months and 1 – 3 years (milestones only); social and emotional developments; expression of emotions, socialization; cognitive development and language development.
- Protection from preventable diseases: Immunization-concept and types (natural and acquired), breast feeding (one of the ways to develop natural immunity); immunization chart; symptoms prevention, after care and incubation period of childhood diseases-tuber culosis, Diptheria, pertussis, tetanus, polio, measles, cholera, diarrhoea, chicken pox.
- Special needs of disadvantaged and disabled children: Socially disadvantaged, physically handicapped (Blind, partially blind & deaf, affected/missing limb): Characteristics & needs.
- Substitute care at home and outside: Siblings, grand parents, neighbour/creche, day care centres etc: Integrated Child Development Scheme (ICDS) -objectives and functions.

Unit II: Nutrition for Self, Family and Community (Periods 36)

- **Planning meals for the family:** Meaning and importance of meal planning, principles and factors affecting meal planning, planning meals for the family; keeping in mind the needs of individual members, infants, schoolgoing children adolescents, pregnant women, lactating mother.
- **Ways to ensure good health for the family:** Using safe drinking water-importance of potable water for good health, qualities of safe drinking water; household methods of making water safe for drinking; boiling, filtering, use of alum chlorine and chlorine tablet, role of hygiene for food handlers. Safety against food adulteration, definition and meaning of food adulteration as given by FSSAI (Food Safety and Standard Authority of India); common adulterants present in cereals, pulses, milk and milk products, fats and oils, sugar, jaggery, honey, spices and condiments. Ill effects of some of the adulterants present in the foods: Kesari dal, metanil yellow, argemone seeds.
- **Nutrition Education of Community:** Role and Preparation of ORS, Nutrition Education of members suffering from fever and diarrhoea.

Unit III: Money Management and Consumer Education (Periods 36)

- **Family Income:** Various sources of family income: Money income, real income, direct and indirect; Supplementing family income-need & ways; need and procedure for keeping household accounts (daily, weekly and monthly).
- **Savings and Investment:** Meaning and importance of savings; ways/methods of investment-bank (saving, fixed, recurring); P. O (savings, recurring deposit, monthly income scheme. National saving certificate, Kissan Vikas Patra, Senior citizen scheme). LIC (whole life, mediclaim, money back); Bonds, units (ULIP), shares and chit funds (PPF); Public Provident Fund, Provident Fund (PF) basis for selection of method of investment risk, security, profit, tax saving.
- **Consumer Protection and Education:** Meaning, problems faced by consumer, Consumer Protection Amendment Act (2001); Consumer aids: Labels, standardization marks ISI, FPO, Agmark, ECO Mark, advertising, leaflets, Consumer redressal forum.

Unit IV: My Apparel (Periods 35)

- **Clothing and its relation to personality:** Elements of line, colour, texture: Elements of design: Balance, rhythm, proportion, harmony, emphasis; factors that influence the selection of clothes: Personality, age, climate, occupation, figure, occasion, fashion; selection and purchase of fabrics. Purpose, quality, cost, season, reliable shop.
- **Checking size and quality in ready-made garments, need and criteria:** Seams, hem, plackets, fasteners, workmanship, design, drape.
- **Care of clothes:** General principles and precautions, stains removal (Tea, Coffee, Lipstick, Ballpen, Ink, Grease, Curry, Blood) and washing of Cotton, Wool, Silk and Acrylic. Cleansing

agents: Soaps and detergents (basic differences); Storage of clothes.

Unit v: Things I Can Do with My Home Science Education (Periods 3)

- Application of knowledge of Home Science in everyday life.
- Usefulness of some of the skills learnt here for supplementing family income.
- Skills learnt here can be gainfully used for employment (self-employment, apprenticeship).
- Further training required to make this field a career: Various sources and facilities available for training.

Practical 3 Hours and 30 Marks

Unit	Marks
Know Little Children	3 Marks
Nutrition for Self, Family and Community	11 Marks
Money Management and Consumer Education	3 Marks
My Apparel	6 Marks
Things I can do with my Home Science Training-Record	5 Marks
Viva	2 Marks

Unit I: Know Little Children (0 – 3 Years) (Periods 2)

Make an interview schedule for working mother.

1. Interview a working mother to find out her arrangement of substitute care for her child (0 – 3 yrs) in her absence.
2. Evaluate a creche for its facilities and give suggestions for improvement.
3. Prepare a chart for immunization of a child (0 – 3 years).

Unit II: Nutrition for Self, Family and Community (Periods 22)

1. Plan meals for the family and carry out modifications for pregnant and lactating mother. Prepare and serve one dish.
2. Preparation of oral rehydration solution.

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3. Simple tests for checking adulteration in-

- Cereals (Rice, Suji)
- Pulses (Chana dal)
- Milk
- Tea leaves
- Dhania powder
- Haldi powder
- Bura Sugar
- Black Pepper (Whole)

Unit III: Money Management and Consumer Education (Periods 8)

Activity: Open an account. Find out and report how an account is opened in a bank and post office. Collect and fill forms.

Activity: Read and evaluate labels of any four household items bearing different standardization marks.

Practical: Fill bank/post office forms (withdrawl/pay in slip for cheque and cash) Practical: Prepare one label each for four household items/products bearing different standardization marks.

Unit IV: My Apparel (Periods 42)

Practical: Make sample of

- basic stitches:
 1. Basting (even and uneven)
 2. Running Stitch
 3. Back stitch
 4. Hemming
 5. Inter-locking
- Fasteners Press button, Buttons and hook and eye

Practical: Examine quality in ready-made garments-workmanship and labels.

Practical:

Removal of stains of-

1. Tea stain
2. Coffee stain
3. Curry
4. Grease
5. Ball point ink
6. Lipstick

Instructions to the Examiners:

Unit I

Three marks are allotted to Q. No. 1 in group A on Know Little Children. Any question can be selected from the list of questions given in Group A. 3 marks for correct chart of immunisation/interview schedule for working mothers. 3 Marks

Unit II

- Seven marks are allotted to Q. No. 2 in Group 2 in Group B on 'Nutrition for Self, Family' and Community. Any question can be selected from the list of questions given in Group B Part (a). Further sub-division of eight marks:
 1. Planning and selection of foods according to specific requirements-2 Marks
 2. Preparation of one dish-3 Marks
 3. Service-1 Marks
 4. Work place and method of work-1 Mark
- Three marks are allotted for question No. 3 from Group B Part (b and c). Further Sub-division of three marks:
- Preparation of oral dehydration solution 3 Marks or detection of adulterant 1 mark for correct test 2 marks for correct identification of adulterant.

Unit III

- Three marks are allotted to Q. No. 4 from Group C on Money management and consumer education. Further sub-division of three marks:
- Selection of correct form-1 Mark
- Correct filling of form-2 Marks
- or Preparation of label-2 Marks

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- Correct quality mark according to the product-1 Mark

Unit IV

- 1. Three marks are allotted to Q. No. 5 from Group D part (a) on 'My Apparel' -3 Marks
- 2. Two Marks for checking of quality of ready-made garment-2 Marks
- Two Marks are allotted to Q. No. 6 from Group D (part d + e). Further sub-division of two marks-2 Marks
- Selection of correct detergent Removal of stain-using chemicals/detergents/bleach-1 Mark
- Class Record-5 Marks
- Viva-questions should be related to practicals conducted during the examination-2 Marks

General Instructions:

1. A. Out of the several alternatives given in each group of questions only one is to be assigned to the group.
2. B. Preparation of dish means-methodical procedure, economical use of ingredient and finished product.
3. C. Neat work
4. D. In all, six questions are to be selected.

Unit	Marks
1from Unit I	3 Marks
2from Unit II	7 + 3 = 10 Marks
1 from Unit III	3 Marks
3 from Unit IV	3 + 2 + 2 = 7 Marks
Record	5 Marks
Viva	2 Marks
Total	30 Marks

List of Questions

I: List of questions regarding the experiments from (Unit I). 3 Marks

1. Prepare an immunisation chart for a child from 0 – 3 years.
2. Prepare an interview schedule for a working mother to find out the arrangement for her pre-school child in her absence.
3. Prepare a format to evaluate a creche.

II: List of Questions Regarding the Experiments from (Unit II Part a). 7 Marks

Plan a meal for a family and suggest modifications for: Any one of the following: a lactating mother/a pregnant woman.

Prepare one of the modified dishes.

III: List of Questions Regarding the Experiments from Group B (Unit II Part B and C). 3 Marks

1. Prepare oral rehydration solution (ORS). OR
2. Test adulteration and identify the adulterant in one of the following:
3.
 - a. Cereals (Suji)
 - b. Pulses (Chana dal)
 - c. Milk
 - d. Tea leaves
 - e. Dhania Powder
 - f. Bura Sugar
 - g. Haldi Powder
 - h. Black Pepper (Whole)

4. IV: List of Questions Regarding the Experiments from Unit III Parts a and B 3 Marks

5.
 - a. Select and fill form for one of the following:
 - b.
 - i. To withdraw small amount of money.
 - ii. To withdraw large amount of money.
 - iii. To open an account in post office/bank.

iv. To deposit money in cash/cheque. OR

c. Prepare label for any food product with proper quality mark.

6. V: List of Questions Regarding the Experiments from Unit IV Parts a, B and C 3 Marks

7. Make a sample of any one of the following:

8. a. Hemming
- b. Running stitch
- c. Inter locking
- d. Fasteners-press button or hook and eye

9. Examine two negative and two positive features in a ready-made garment and write your observations. 2 Marks

10. VI: List of Questions Regarding the Experiments from Group D (Unit IV Parts C and D). 2 Marks

11. Remove one of the following stains from a cotton cloth.

12. a. Tea
- b. Coffee
- c. Curry
- d. Grease
- e. Ball point ink
- f. Lipstick

13. List of Articles to Be Supplied by the Centre:

14. a. Cooking utensils for each candidate-Dekchi (saucepan) with cover, Karahi, Tawa, Chakla-Belen, Karchi, Spoons, Frying Spoons, Fry pan, Stove or Gas Burner, Match box, Pressure Cooker.
- b. Sample of adulterated food.
- c. Chemicals and reagents for detection of adulteration.
- d. Sample of stain.
- e. Reagents for removal of stains.

- f. Dry and fresh ingredients according to the question paper set e. g. Besan, dal, vegetables, milk, spices etc.
- g. Different types of bank and post-office forms.
- h. Drawing sheets and plain papers.
- i. Gum.
- j. Samples of different types of cloth (to test effect of temperature of water).
- k. Ingredients for preparation of soaps and detergents.
- l. Water arrangements.

15. List of Articles to Be Brought by the Candidates:

- 16.
 - a. Serving utensils and cutlery.
 - b. Table cloth, napkin.
 - c. Tray
 - d. Painting colours and brushes, felt pen, eraser, scale, scissors.
 - e. Cloth (10 cm x 10 cm) (for sample of stitches).
 - f. Any ready-made garment (may be used).
 - g. Needle and thread.
 - h. Hooks and buttons.
 - i. Dusters-2
 - j. Newspapers-2 sheets
 - k. Class record or sessional work.