

# **CURRICULUM IN HOME SCIENCE**

## **(SECONDARY LEVEL)**

### **1. RATIONALE**

Home science is an area of knowledge which is essential for learners, both male and female, to understand and handle more efficiently their personal life, resources and interpersonal relationship in life. This body of knowledge also develops in them skills that enable them to deal with day to day problems and ultimately establish them as more competent and productive members of the family and community at large.

A large number of vocations emerge out of the field of Home Science. This is of particular importance to the learners who pass out of secondary school as it helps them to identify their future vocation and area of study.

As a vast majority of learners enrolled with the National Open School are in the age group of 15 to 29 years, the thrust in this curriculum is on adolescent and adult education. It is understood that if adequate care and attention is given to adolescent needs, a healthier and empowering social environment can be created.

Home Science is an activity orientated subject; hence stress has been laid on the inclusion of a lot of activities and small projects drawn out of everyday life situations. The learners are expected to actively participate in the learning process. These activities have been designed to enable individuals to respond to situations in logical, sensitive and positive ways without harming either self or the society.

### **2. OBJECTIVES**

The broad objective of teaching Home Science at the Secondary level is to enable the learners to improve the quality of their personal and professional life and contribute towards the betterment of the family and the community. This makes it necessary for them to:

- recognize their own strengths and weaknesses and work on them to achieve their maximum potential;
- put into practice decision making and problem solving skills to make informed choices;
- develop sensitivity towards the needs of family and society and cater to them;
- develop lifelong ability to absorb knowledge and apply it effectively to meet the challenges to ever changing life;
- become aware of the national issues and challenges and identify one's own role in overcoming them.

Home Science curriculum has the power to empower the learners with all these necessary skills. In order to fulfill the above mentioned agenda we present the curriculum with the following specific objectives:

- to develop in the learner an understanding of the need for healthy environment and skills to create and maintain these;
- to develop in them the ability to take care of the nutritional needs of the family members and ensure good food handling practices;
- to impart in the learner the basic knowledge related to textiles used in the home and develop skills for their optimum utilization;
- to make learners aware of the rights of consumers and instill in them wise purchasing habits;
- to foster in learners understanding of human developmental process and use it to strengthen interpersonal relationships;
- to orientated them with the educational and vocational scope of Home Science and the need to practice/develop entrepreneurship;
- to develop sensitivity towards some of the major psychological and health problems of the community and the programs of the government to overcome these.

### **3. COURSE CONTENTS**

The curriculum is developed around two broad content areas, consisting of the following two modules:

Module 1	Home Science in Everyday Life
Module 2	My family and I

### **4. COURSE DESCRIPTION**

#### **MODULE 1 HOME SCIENCE IN EVERYDAY LIFE**

**Marks 41**

#### **APPROACH**

The topics being covered in this module are related to the basics of Home Science in our everyday life. It is intended to be the foundation structure, the understanding of which will be reflected in the following module where the learners are expected to apply the knowledge of processes and procedures. The topics range from the basics of food and nutrition, housing, health concepts and diseases, knowledge of fibres and process of fabric construction, to human development; from infancy to adulthood.

#### **4.1.1 HOME SCIENCE AND ITS IMPORTANCE**

##### **WHAT IS HOME SCIENCE**

- Meaning and Importance of Home Science in personal life
- Facts about Home Science as a discipline and profession
- Scope of Home Science - Educational and Vocational

#### **4.1.2 OUR FOOD**

##### **FOOD AND NUTRIENTS**

- Definition and Functions of food
- Nutrients – importance and sources
- Malnutrition - its effects and prevention

##### **FOOD GROUPS**

- Classification of food and utility of classifying
- Food pyramid and balanced diet
- Factors affecting planning of balanced meals/diets
- Balanced meal for the family

##### **METHODS OF COOKING FOOD**

- Importance of cooking food
- Methods of cooking food- moist heat, dry heat, frying, solar and microwave cooking
- Effect of cooking on nutrients
- Evaluate procedures of cooking

##### **PRESERVATION OF FOOD**

- Food storage and food spoilage
- Food preservation and its advantages
- Methods of preserving food at home
- Hygienic handling of food in a clean kitchen

### **4.1.3 OUR HEALTH**

#### **ENVIRONMENT**

- Pollution – sources, effects, prevention
- Waste disposal- waste water, garbage and animal waste
- Eco-friendly practices

#### **HEALTH**

- Health : aspects and importance
- Indices of good health
- Immunity: importance in maintaining healthy life
- Immunization

#### **COMMUNICABLE AND LIFESTYLE DISEASES**

- Communicable and lifestyle diseases: Causes and prevention, signs and symptoms
- Healthy practices

### **4.1.4 OUR CLOTHES**

#### **CARE AND MAINTENANCE OF FABRICS**

- Meaning and importance of laundry
- Stain removal - precautions and methods
- General steps in laundering- sorting, mending, stain removal, soaking, washing, drying, finishing, storing
- Laundering methods for specific fabrics
- Storage of laundered clothes

#### **FIBER TO FABRIC**

- Functions of clothing
- Fibers- classification, properties and identification
- Fabrics: characteristics, identification through visual and technical tests, uses
- Yarn manufacture- simple, special and blends
- Fabric construction- characteristics and end-use, basic weaves and knitting
- Selection of fabric

## **FINISHES**

- Meaning and importance of finishes
- Classification of finishes: Basic and Functional finishes
- Methods of dying and printing

## **MODULE 4.2 MY FAMILY AND I**

**Marks 44**

### **APPROACH**

This module deals with the process of human development from conception to adolescence. An attempt has been made to cater to the all round development of the young learners. The units within the module have been written incorporating skills to empower learners to connect with self as well as others and develop healthy life style and positive behaviors. The topics also stress on equipping learners with competencies to manage challenging situations and optimize opportunities. Keeping in view the fact that learners are young, stress has been laid on enhancing coping skills as well as personal and social competencies to lead a more peaceful and conducive life.

### **4.2.5 OUR HOME**

#### **HOUSING**

- Importance and functions of home
- Evaluation of site for home
- Cleaning of home and sanitation

#### **SAFETY IN THE HOME**

- Need for safety in home
- Unsafe zones in home
- Adoption of safety measures
- First aid measures for specific accidents

### **4.2.6 OUR RESOURCES**

#### **INTRODUCTION TO RESOURCES**

- Define and Identify: Goal, Resources and Management
- Optimal use of resources and conservation of fuel, electricity and water in the house
- Process of management- planning, organizing, implementing and evaluating- its importance in home
- Utilization of human resources in the family and shared resources

## **MANAGING TIME AND ENERGY**

- Meaning and importance of time and energy
- Effective utilization of time plan
- Need and procedure for making a time plan
- Strategies for saving time and energy - discipline, dovetailing, etc.
- Work simplification: Importance and Evaluation

## **MANAGING INCOME**

- Define family income and identify its sources
- Concepts of expenditure and saving
- Managing family income
- Importance of spending plan
- Developing and evaluating family budget

## **4.2.7 GROWTH AND DEVELOPMENT**

### **LIFE BEGINS**

- Pregnancy
- Prenatal and antenatal care
- Family planning

### **CONCEPT OF DEVELOPMENT**

- Concepts, principles and types of development
- Influence of heredity and environment on development: Individual differences
- Age specific milestones
- Activities to promote optimal development of children

### **MY FAMILY AND I**

- Family as a social unit: Functions and Need
- Changing structure of the family: Reasons and Impact
- Need for happy relationships within the family and role of all members in building healthy relationship especially when children are entering adolescence

## **ADOLESCENCE: CHARMS AND CHALLENGES**

- Managing various developmental changes during adolescence: Physical, Social, Emotional and Cognitive
- Influences from peers, adults, media and social norms
- Adjustment and preparedness during adolescence
- Readiness for adulthood and building positive relationships

### **4.2.8 OUR VALUES**

#### **ETHICS IN DAILY LIFE**

- Values and Ethics
- Caring and respecting elders
- Dignity of labor
- Tolerance, empathy and positive relationships
- Developing a personal code of conduct

### **4.2.9 OUR RIGHTS AND RESPONSIBILITIES**

- Importance and role of being an aware consumer
- Problems faced by consumers
- Consumer education
- Consumer rights and responsibilities
- Redressal Mechanisms

## 5.0 SCHEME OF STUDIES

Theory	85 marks
Practical Examination	15 marks

<b>DISTRIBUTION OF MARKS</b>	
<b>Module 1 HOME SCIENCE IN EVERYDAY LIFE</b>	
Unit 1 Home Science and its importance	: 2
Unit 2 Our Food	: 15
Unit 3 Our Health	: 12
Unit 4 Our clothes	: 12
<b>Module 2 MY FAMILY AND I</b>	
Unit 5 Our Home	: 8
Unit 6 Our Resources	: 12
Unit 7 Growth and Development	: 16
Unit 8 Our Values	: 4
Unit 9 Our Rights and Responsibilities	: 4
<b>TOTAL</b>	<b>: 85</b>

## 6.0 SCHEME OF EVALUATION

Theory	85 marks
Practical Examination	15 marks

Division of marks in the

Practical Examination	Practical Manual	: 3 marks
	Practical Examination	: 8 marks
	Viva based on Practical	: 4 marks