



UNIT I

MEANING, IMPORTANCE AND SCOPE OF HOME SCIENCE, CONSTITUENT AREAS OF HOME SCIENCE

SOLUTIONS

TEXTBOOK QUESTIONS AND ANSWERS

Q1. Home science means:

- a) The science of doing work at home.
- b) The art of managing your resources.
- c) The art of decorating your home.
- d) The science of managing your home.

Ans: b) The art of managing your resources

Q2. Home science is important for:

- a) Taking care of the children.
- b) Imparting good values of life.
- c) Leading a healthy family.
- d) Managing the home.

Ans: d) Managing the home

Q3. Write three lines on why you think the study of home science is Important for every young person.

Ans: Home science is a practical science that is essential for every individual to handle the challenging responsibilities of life. It helps us to manage the resources like time, energy, skills etc. Home science is the only subject that helps young people to become successful home makers, responsible citizens and good parents.

Q4. What are the various constituent areas of Home Science? What are their sub-divisions?

Ans: The various constituent areas of Home Science are:

1. Food and Nutrition
2. Resource Management
3. Textile and clothing
4. Human Development
5. Extension Education



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Their sub divisions are as follows:

Main Branch	Sub divisions
1. Food and Nutrition	a) Food Science b) Nutrition - Clinical nutrition and community nutrition. c) Institutional food services
2. Resource Management	a) Resource management b) Housing and equipment c) Interior decoration d) Consumer education
3. Textile and Clothing	a) Clothing construction b) Textile Science c) Textile designing d) Garment designing e) Care and Maintenance of cloth
4. Human Development	a) Child Welfare b) Adolescence, marriage, family guidance c) Care of the elder persons
5. Extension Education	a) Preparing Home Science educator b) Community Services and Welfare c) Non formal Education

EXTRA QUESTIONS & ANSWERS

Q1. The subject that deals with scientific use of resources efficiently is.....

- a) Home Science
- b) Physical science
- c) Biological Science
- d) None of the above

Ans: a) Home Science

Q2. Home scienceattempts to meet the demands of modern society.

- a) Systematically
- b) Purposefully
- c) Rightly
- d) Education

Ans: d) Education

Q3. Write the meaning of Home Science.

Ans: Home Science means the art of managing our resources effectively and the science of achieving healthier, happier home and a successful career.



Q4. What is the aim of Home Science Education?

Ans: Home Science Education aims at getting maximum satisfaction for our family members through scientific use of resources.

Q5. Write the misconception regarding Home Science.

Ans: The misconception regarding Home Science is that it is a subject about household chores, limited to cooking, laundry, home decoration and home making and is meant only for girls.

Q6. What are the two important goals of Home Science?

Ans: The two important goals of Home Science are:

- (a) Caring for the home and family and
- (b) Career

Q7. Explain the scope of Home Science.

Ans: The scope of Home Science extends far beyond the 'home' and is not limited to cooking, laundry, home decoration alone. It comprises of various activities – the food, the house, the clothes, bringing up children and proper use of resources, community services and welfare. Various job opportunities such as teacher, extension educator, dietician, textile designer, interior decorator, counsellor etc. are opened to home scientists.

Q8. Why is home science a combination of both art and science subjects?

Ans: Home science includes art e.g. using different colours in a home a beautiful, harmonious result is achieved and an overall pleasant effect is created. It also involves knowledge of scientific procedures, e.g. in preparing a well-balanced meal for the family the nutritive value of the foods should be retained.

Q9. Why is Home Science a great guide to young people?

Ans: Home Science is a great guide to young people as it helps them to understand their roles and responsibilities in the family and community and also in managing resources and preparing themselves as responsible future parents.

Q10. Write the importance of Home Science.

Ans: The importance of Home Science:

1. It enables us to manage the resources like time, energy, skills, knowledge, money, etc.
2. It gives us the right direction to solve any problems. While doing so, it makes a person becomes more efficient.
3. Its knowledge is used for the improvement of our life and home.
4. Family members can achieve more satisfaction and use the skills gained to improve their economic conditions.
