

CBSE Class XI Syllabus

Home Science Class 11 Syllabus

Course Structure

Unit	Chapter	Marks
I.	Concept of Home Science and its Scope	25
II.	Human Development: Life Span Approach (Part I)	
III.	Food, Nutrition, Health and Fitness	30
IV.	Family, Community and Resources	
V.	Fabric and Apparel	15
VI.	Community Development and Extension (Part I)	
	Total Theory Marks	70
	Practical	30

Unit I: Concept of Home Science and its Scope

- (i) Evolution of the discipline of Home Science
- (ii) Five major areas
- (iii) Relevance in improving the quality of life

Unit II: Human development: life span approach (Part I)

(i) Introduction to different stages: infancy, early childhood, childhood, adolescence, adulthood and old age

- (a) Infancy (birth to 2 years) :Physical - height, weight and body proportions; motor development during 0-3 months, 3-6 months, 6-9 months, 9-12 months and 1-2 years (milestones only); social and emotional development; expression of emotions, socialization; cognitive and language development.
- (b) Early childhood (3- 6 years):characteristics
- (c) Childhood (7 - 11 years): behavioural problems of children and suggestive measures

(ii) Protection from preventable diseases:

- (a) Immunization - concept and types (natural and acquired), breast feeding (one of the ways to develop natural immunity); immunization chart;
- (b) Symptoms, prevention, after care and incubation period of childhood diseases: tuberculosis, diphtheria, pertussis (whooping cough), tetanus, polio, measles, cholera, diarrhoea and chicken pox.

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(iii) Substitute care at home and outside:

- (a) by Grandparents, creche/day care centres
- (b) Integrated Child Development Scheme (ICDS) - objectives and functions.

(iv) Special needs and care of disadvantaged and differently abled children: socially disadvantaged, visually impaired (partial and complete), hearing impaired, orthopedically impaired (affected/missing limb)

(v) Managing Emergencies
First aid to cuts, burns, fractures, bites (snake, dog and insects), poisoning, fainting, asthma, heart attack, drowning.

Unit III: Food, Nutrition, Health and Fitness

(i) Definition of food, nutrition, health (WHO) and fitness

(ii) Functions of food:

- Physiological (body building, energy giving, protective, regulatory)
- Psychological
- Social

(iii) Selection of food for optimum nutrition and good health:

- (a) Nutrients: sources, functions and deficiency and its prevention; Proteins, Carbohydrates, Fats, Vitamins- Fat soluble (A, D, E, K) and water soluble (B1, B2, Niacin, Folic acid, B12 and Vitamin C), Minerals (Calcium, Iron, Zinc and Iodine).

(iv) Maximising nutritive value of food by proper selection, preparation and storage:

- (a) Selection of foods: Fruits, vegetables, egg, fish, poultry, meat, milk and milk products, spices, cereals and pulses and convenience food. Storage of foods: Perishable, semi perishable, non perishable and convenience food.
- (b) Food Processing:
 - Reasons of food spoilage of food
 - Food processing methods - Dehydration, Freezing, Use of preservatives: Natural and chemical.
- (c) Preparation of food:
 - Principles

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- Methods: boiling, steaming, pressure cooking, deep and shallow frying, baking, sautéing, roasting, grilling, solar cooking and microwave cooking.
- Loss of nutrients and steps to minimise nutrient loss during preparation.
- Methods of enhancing nutrient availability germination, fermentation, fortification and food combination.

Unit IV: Family and Community Resources

(i) Concept of Family and Community resources

(ii) Types, Management and Conservation of:

- (a) Human / Personal Resources: knowledge, skills, time, energy, aptitude.
- (b) Non-human / material resources: money, goods, property.
- (c) Community facilities / shared resources: Schools, parks, hospitals, roads, transport, water, electricity, library, fuel and fodder.

(iii) Management:

- (a) Meaning and need for management.
- (b) Steps in management: planning, organizing, controlling, implementing and evaluation.
- (c) Decision making and its role in management.

(iv) Time, energy and space management:

- (a) Need and procedure for managing time and energy.
- (b) Work simplifications: Techniques for time and energy management.
- (c) Need and ways of space management.
- (d) Elements of art and principles of design.
- (e) Use of colours, light and accessories in space management; Prang colour wheel, dimensions of colours, classes and colour schemes.

Unit V: Fabric and Apparel

(i) Introduction to Fibre Science:

- (a) Classifications of fibre
 - Natural: cotton, silk and wool
 - Manufactured: rayon, nylon and polyester
 - Blends: terry cot, terry silk, terry wool

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- (b) Characteristics of fibre
- (c) Suitability for use

(ii) Fabric Construction:

- (a) Yarn making: Basic procedure of making yarn.
 - Simple : Two Ply, Four Ply, Multiple and Cord
 - Novelty: Slub, Knot, Flock, Spiral
 - Blended yarns
- (b) Weaving:
 - Basic mechanism
 - Concept of Looms
 - Types of weaves: plain (basket and rib), twill, sateen and satin weave. A brief mention of special weaves: pile and jacquard weaves.
 - Effect of weaves on appearance, durability and maintenance of garment.
- (c) Other methods of fabric constructions: knitting, non-woven fabrics: felting and bonding

(iii) Fabric Finishes:

- (a) Meaning and importance.
- (b) Classification of finishes
 - Basic finishes: (cleaning scouring), singeing, bleaching, stiffening, calendaring and tentering
 - Functional Finishes: Water proofing, sanforization, mercerization, moth proofing

(iv) Dyeing and Printing

- (a) Importance of dyeing and printing
- (b) Types and sources of Dyes-natural, synthetic
- (c) Methods of Dyeing and Printing: Plain Dyeing, tie and dye, Batik printing, Block printing.

Unit VI: Community Development and Extension (Part I)

(i) Respect for girl child

(ii) Media: Concept, Classification, Function

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(iii) Communication:

- Concept
- Importance
- Method
- Types
- Elements
- Effective communicative skills

(iv) Keeping community spaces clean