

CURRICULUM IN HOME SCIENCE

(SECONDARY LEVEL)

1. RATIONALE

Home Science is an area of knowledge which is essential for learners, male and female, to understand and handle more efficiently their personal life, their resources and their inter personal relationships 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.

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 adulthood education. It is understood that if adequate care and attention is given to adolescent needs, many problems such as delinquent behavior, drug abuse, alcoholism, promiscuity, etc, can be prevented and a healthier social environment can be created.

Home Science is a very activity oriented subject; hence stress has been laid on the suggestion and inclusion of many activities and small projects. The learners are expected to complete these projects using resources from the immediate environment so that they actively participate in the learning process.

2. OBJECTIVES

The broad objective of teaching Home Science at the Secondary level is to enable the learners to improve the quality of their own life and contribute towards the betterment of the family and the community. This may be done by

- sensitizing the learners towards their role in family and society;
- developing skills which will help them to manage change in their own lives;
- developing a scientific temper and spirit of inquiry;
- developing a life long ability to absorb knowledge and use it for problem solving in day to day living.

Therefore, the major objectives of teaching this course are to:

- develop understanding of the need for healthy environment and develop skill in maintaining it;
- develop ability to take care of the nutritional needs of the family members and develop better food handling practices;
- develop basic knowledge related to textile products used in the home and skill for their optimum utilisation;
- make aware consumers with wise purchasing habits;

- encourage judicious use of resources through improved work habits;
- foster understanding of human developmental process and use it to strengthen interpersonal relationships.

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 46

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 foundational 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 WHAT IS HOME SCIENCE

- importance of Home Science
- scope of Home Science

4.1.2 THE FOOD THAT WE EAT

- FOOD AND IT'S NUTRIENTS

- functions of food
- nutrients – sources and functions
- deficiency diseases

- FOOD GROUPS

- classification of food, utility of classifying
- balanced diet
- factors affecting planning balanced diets
- balanced meal for the family

- METHODS OF COOKING FOOD

- reasons and methods of cooking food- by moist heat, dry heat, frying, solar cooking
- conservation and enhancement of nutrients

- PRESERVATION OF FOOD

- methods of preserving food at home
- hygienic handling of food in a clean kitchen

4.1.3 FIBRES AND FABRICS

- FIBRE TO FABRIC

- classification of fibers – properties, identification
- yarn formation
- fabric construction
- basic weaves
- knitting

- FINISHES

- basic finishes
- finishing with color and design

- CARE AND MAINTENANCE OF FABRICS

- meaning and importance of laundry
- general principles of laundering- sorting, mending, stain removal, soaking, washing, drying, finishing, storing

4.1.4 HOME MAINTENANCE

- HOUSING

- importance and functions
- lighting, ventilation in the home
- sanitation
- care and maintenance of the home
- space organisation and aesthetics in the home

- HOUSEHOLD EQUIPMENT

- selection, care and use of various equipment in the home
- conservation of fuel, electricity and water at home

4.1.5 HEALTH AND ENVIRONMENT

- HEALTH

- definition
- signs of good health
- factors affecting health
- personal hygiene

- HEALTH EMERGENCIES
 - first aid
 - care of the sick at home

- COMMUNICABLE DISEASES
 - types- communicable, non communicable
 - causes
 - prevention (immunization)

- COMMON CHILDHOOD DISEASES
 - diseases preventable through immunization
 - recurrent ailments and diseases

- ENVIRONMENT
 - pollution – sources, effects, prevention
 - waste disposal- waste water, garbage and animal waste
 - eco-friendly practices

4.2 MY FAMILY AND I

MARKS

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APPROACH

This module is designed to help the learner understand the process of human development beginning from conception to adolescence, with the objective of making them more understanding and sensitive parents when they have a family of their own. The topics also lay stress on caring for and understanding of the varied needs of family members. An attempt has been made to cater to the all round development of the young learners, especially to deal with the peer pressures and parental conflicts, understand clothing and dietary needs, improve social interaction. Keeping in view the fact that learners are young, stress has been laid on incorporating values and strengthening interpersonal relationships, which will lead to a more peaceful and conducive social environment.

4.2.1 MY FAMILY

- MY FAMILY
 - family as a social unit
 - changing structure of the family
 - relationships within the family
 - advantages of having fewer children

- PREGNANCY
 - conception

- signs of pregnancy
- prenatal and antenatal care
- CONCEPT OF DEVELOPMENT
 - concepts and principles of development
 - heredity and environment
- DEVELOPMENT DURING CHILDHOOD
 - developments during infancy and childhood- physical, motor, socio- emotional, cognitive and language
- DEVELOPMENT DURING ADOLESCENCE
 - body changes during adolescence
 - social and emotional development during adolescence
 - cognitive and language development during adolescence
- CARING FOR THE FAMILY
 - caring for the members of the family, specially during
 - pregnancy
 - infancy
 - childhood
 - adolescence
 - old age

4.2.2 RESOURCES OF THE FAMILY

- FAMILY RESOURCES
 - meaning and importance
 - types of resources
 - optimal use of resources
 - process of management- planning, organising and evaluating
- MANAGING TIME AND ENERGY
 - advantages of making a time plan
 - methods of saving time and energy
- MANAGING INCOME
 - income and expenditure
 - developing a spending plan
 - generating additional income
- SAVING AND INVESTMENT
 - need to save money
 - investing money safely
- CLOTHING AND LINEN FOR THE FAMILY

- factors influencing selection of textiles for household use and for clothing
- selection of ready made vs tailor made clothes
- importance of grooming

4.2.3 RIGHTS AND RESPONSIBILITIES

- BECOMING AN AWARE CONSUMER

- importance of consumer education
- problems faced by consumers
- consumer aids
- consumer rights and responsibilities

- PURCHASE OF HOUSEHOLD ITEMS

- wise purchasing practices – food, consumer durables, medicines, garments and textiles

- SAFETY IN THE HOME

- common accidents, causes, prevention
- storage of drugs and chemicals
- safety in electrical wiring

- VALUES IN LIFE

- rights and responsibilities of an individual
- respect for elders
- dignity of labor
- tolerance
- empathy for the disadvantaged
- gender sensitivity

5. SCHEME OF STUDIES

Theory	85 marks
Practical Examination	15 marks

Distribution Of Marks

Module 1	HOME SCIENCE IN EVERYDAY LIFE	
	Unit 1 What is Home Science	2
	Unit 2 The Food That We Eat	12
	Unit 3 Fibres and Fabrics	10
	Unit 4 Home Maintenance	10
	Unit 5 Health and Environment	12
Module 2	MY FAMILY AND I	
	Unit1 My family	15
	Unit2 Family Resources	12
	Unit3 Rights and Responsibilities	12
	TOTAL	85

6. SCHEME OF EVALUATION

THEORY	85 MARKS
PRACTICAL EXAMINATION	15 MARKS

Division of marks in the Practical Examination	Record Book	- 3 marks
	Practical Examination	- 8 marks
	Viva based on Practical	-4 marks