

HOME SCIENCE PRACTICAL
(Senior Secondary Level)

Time: 3hrs

Max Marks:20

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| 1. Practical work | |
| A. Group 1 (One Practical) | |
| i) Resource Management | |
| ii) Fabric Science | 4 marks |
| B. Group 2 (One Practical) | |
| i) Child Development | |
| ii) Food & Nutrition | 4 marks |
| C. Group 3 (One Practical) | |
| i) Optical 6A/6B/6C | 4 marks |
| 2. Record in Practical Manual | 4 marks |
| 3. Viva Voce | 4 marks |
| 4. Total | 20 marks |

List of Practicals

1. To prepare a label depicting each of the following marks of standardisation: i) ISI ii) FPO iii) Agmark.
2. To fill in various forms at a bank: i) cheque ii) pay in slip iii) withdrawal form
3. to study the resource pattern of various family members at your home.
4. To list habits of members of your family and neighbours which degrade the environment and suggest Ways to conserve it.
5. To identify this discriminations against a girl child (if any) your family and find justifications for the same.
6. To identify a child labourer in your locality and develop a profile of the child.
7. To identify a child with special needs and study the family's effort in his/her achieving independence.
8. To develop a questionnaire to study a family's efforts in helping an adolescent achieve the developmental tasks.
9. To identify various types of fibres using: i) burning test ii) visual inspection
10. To tie and dye a cotton fabric using various methods of tying.
11. To remove the following stains from white cotton fabrics : i) curry ii) blood iii) mud iv) ink v) tea/coffee.
12. To prepare simple dishes using the following methods of food enrichment: i) combination ii) fermentation iii) germination.
13. To study the nutritional intake and its effect on the nutritional status of a family by maintaining a food diary.

14. To study the programme at a play center to determine the centre's role in i) socio-emotional development ii) physical-motor development iii) cognitive development.
15. To develop a plan to set up a laundry unit to provide door to door service in i) rural area ii) area with government flats iii) posh society.

List of Articles required for the Practical

A. Articles to be made available by the examination center:

1. Cooking utensils Degchi with cover, karahi, tawa, thali, chakla belan, karchi, spoons, frying pan, pressure cooker, Steamer, strainer, grater, knife.
2. Raw materials
All spices, salt, sugar, jaggery, preservatives, colours, ghee/oil, sprouted/fermented Cereals Or pulses, atta, besan, rice, chivra, suji, dalia, maida, pulses, groundnuts, bread, butter, milk, curd.
3. Water arrangement
4. Bottles for jam, pickle, ketchup
5. Sample of stains on 2''*2'' white cotton cloth: curry, blood, mud, ink. Tea/coffee.
6. Stain removers-glycerin, soap, salt, lime juice, talcum powder, sour butter milk, borax powder
7. Buckets, mugs, tubs, brush
8. Dyeing colours for tie and dye
9. Bank paying in slips/withdrawal forms
10. 2''*2'' pieces of various fabrics for fibre identification
11. Spirit lamp and pair of tweezers
12. Empty food packets for evaluation of labels of ISI, FPO, AGMARK

B. Articles to be brought by the students:

1. Pen, pencil, ruler, eraser, colour pencils
2. Objects for use in tying in tie and dye
3. Thread for tying in tie and dye
4. Dusters (2 per student), old news paper, overall, rags

Marketing Scheme

1. Practical Work

A. Group 1

Preparation of label/filling in bank forms /tie & dyeing fabric/removal of stains/identifying the fibre. 3 marks

i) Method of Work and neatness 1 marks

B. Group 2

i) preparation of one dish as given in list of practicals. 3 marks

ii) Method of Work and services 1 marks

C. Group 3

i) Any one practical from the optional module 6A/6B/6C selected by student 3 marks

ii) Method of Work and neatness
marks

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2. Record as in practical Manual which should be completed and checked by Teacher at Al

4

marks

3. Viva-voce to be based on any of the practicals listed.

4 marks

Total 20 marks