

PRACTICALS/ ACTIVITIES FOR HOME SCIENCE SECONDARY COURSE

Attempt at least two Practicals/ Activities from each unit.

Practical no	Practical/ Activities to be performed
Module I The Food That We Eat	
1.	Classify the items from a given menu into appropriate food groups. Suggest items to be included in the food group not covered in the meal.
2	Adjust the given meal for a family keeping in mind the sex, age and activity of the family members.
3	Get the selected foods cooked by different methods. Observe the results and record.
4	Serve the cooked meal and record the following: Who is served first? Who is served last? Do all get equal amounts of foods? Is there a difference between men and women? boy or girl? Give a reason for the difference.
Module I Unit 3	
5	Identification of fibres by burning test
6	Make graphic illustration or sample of basic weave by using strips of paper.
7	Collect 4 woven samples and 4 knitted samples for visual inspection.
8	Collect 1 samples each of Plain Dyed, Printed and tied –n- dyed fabric
9	Remove the following stains from white cotton fabric a) Immediately b) When 2 days old using appropriate house- hold agents.
10	To wash and finish a) Cotton Dupatta /Saree/ Shirt b) a woolen shawl/ cardigan. c) a silk scarf/blouse/dupatta
Module I Unit 4	
11	To observe the system of wastewater disposal and garbage removal.

12	To clean the following surfaces a)Plastic bucket & mug b)Bathroom tiles c)Toilet floor and water closet d) Metal taps e)Painted door/Windows
13	To make a floor decoration
14	Conduct a market survey to identify at least two brands of the suggested household items and find out if these have a mark of quality on them, their price and if they have any special features.
15	To observe the method of conservation of cooking gas and electricity followed in a household and it's effect on consumption.
Module 1 Unit 5	
16	Prepare a first-aid kit
17	To record and study the spending plan of your family for a month.
Module 2 Unit 1	
18	Observe 4 children in the following age groups. 8m – 12 months , 1year- 1 ½ year, 1 ½ year-2year, 2year-3year to know about their communication skill.
19	Prepare a checklist of body changes that occur during adolescence, Recall the changes, which may have occurred during the learner's period of adolescence.
20	To make low cost toy/game using household Materials for children
21	To find out from an adolescent five issues of conflict common between his/her parents.
22	Make a list of five things you do when you spend some time with your grandparents.
Module 2 Unit 2	
23	Locate all community resources in the neighborhood. Select three community resources frequently used by you. Observe their misuse (if any) and suggest ways of preventing the same.
24	Record the steps in the process of management while arranging a family function.
25	To observe any one of the following activities and suggest ways to reduce unnecessary movements -Washing clothes, Cleaning the home, Serving food

26	Assume the role of a homemaker with two school giving kids, make a time plan for a typical evening – 4 to 8 O'clock.
27	At a bank or post office a) fill in a deposit slip for depositing cash and cheque. b) Fill in a cheque, withdrawal slip for withdrawal of money.
28	Given a checklist, identify three persons around you who are well dressed and list the things you adopt in your own way of dressing to improve your personality.
29	To conduct a market survey to identify at least two brands of each item – Spices, Sweaters Pickles, Jam, Rice, Wheat flour (atta) and know their important features.
30	To survey the market in order to identify at least three products with the following quality marks ISI, FPO, Woolmark and Agmark
31	To prepare a label for a product with the following quality marks ISI,FPO, Agmark
32	To survey the home for safety hazards and suggest improvements. <ul style="list-style-type: none"> - Plug points near the floor - Place for phenyl, pesticides, insecticides, medicines - Parapet or borders on the roof - Railing on the staircase