

Lesson Number	Title of the Lesson	Skills	Activity
1	Home, Family & Home Science	Interpersonal Relationships	Find out opportunities For Entrepreneurship in the area of Home Science
		Critical Thinking	

### **Summary:**

Home is where we live with our family. Family consists of father, mother and children. Sometimes relatives who live under a common roof also form a household. In the present time the perception that a woman must manage home has changed. Both men and women must share the responsibility of home and family together. In this context the knowledge of Home Science is essential for both. It helps to improve family well-being and effective management of resources. Knowledge of Home Science trains to face the challenges of changing times for attaining satisfaction and for harmonious living. Home Science is the only subject that deals with Food, Clothing, Shelter, Health, Human Relationships, Household Resources and concerns of individuals within a family. Different areas of Home Science prepare an individual for a variety of jobs and self employment thus ensuring economic stability of the family and raising the standard of living.

### **Principal Points**

- Home Science is a combination of Art and Science
- Home Science offers many opportunities for job and self employment
- The study of Home Science helps to strengthen home and family life by making optimal use of available resources

### **Build your understanding**

- Career: A chosen profession or occupation
- Vocation: A regular occupation for which an individual is qualified
- Wage Employment: Working for someone and earning a salary
- Self-Employment: Being an owner and earning from that activity
- Entrepreneurship: Small scale innovative business to earn profit

## What is Important to learn:

1. Areas of Home Science & their Sub-components			
Food & Nutrition	Textiles & Clothing	Resource Management	Human Development
<ul style="list-style-type: none"> <li>• Cookery</li> </ul>	<ul style="list-style-type: none"> <li>• Fabric Science</li> </ul>	<ul style="list-style-type: none"> <li>• Consumer Education</li> </ul>	<ul style="list-style-type: none"> <li>• Developmental study of early, middle childhood &amp; adolescence</li> </ul>
<ul style="list-style-type: none"> <li>• Meal Planning</li> </ul>	<ul style="list-style-type: none"> <li>• Textile construction &amp; finishes</li> </ul>	<ul style="list-style-type: none"> <li>• Work Ethics</li> </ul>	<ul style="list-style-type: none"> <li>• Dealing with issues of adulthood, middle age and old age</li> </ul>
<ul style="list-style-type: none"> <li>• Therapeutic Nutrition</li> </ul>	<ul style="list-style-type: none"> <li>• Selection, care and maintenance of fabrics</li> </ul>	<ul style="list-style-type: none"> <li>• Financial Management</li> </ul>	<ul style="list-style-type: none"> <li>• Managing emotional issues and disorders</li> </ul>
<ul style="list-style-type: none"> <li>• Food Preservation</li> </ul>		<ul style="list-style-type: none"> <li>• Space organization,</li> </ul>	
<ul style="list-style-type: none"> <li>• Purchase &amp; storage techniques of food items</li> </ul>		<ul style="list-style-type: none"> <li>• Conservation of energy</li> <li>• Environment management</li> </ul>	

2. Job opportunities	
Wage Employment	Self Employment
Teaching HomeScience in schools, colleges, universities	Conducting training courses in cooking, garment construction, weaving and knitting
Employee in a day care centre & pre-primary school	Owner of a nursery school, play school, crèche
Dietician in hospital, hotels other catering units	Owner of a old age home
Employee in textile and garment manufacturing units	Owner of an orphanage or home for disadvantaged and needy women
In charge/Supervisor of interior décor and housekeeping in hotels, offices, guest houses	Owner of a catering unit
	Supplier of packed meal
	Owner of a restaurant/ snack shop
	Owner of a boutique
	Conducting training courses in crafts and creative items
Employee in govt depts. Dealing with community education, women& child welfare	Coordinating with artisans, weavers in revival of traditional crafts and textiles
	Marketing the traditional art ware and textiles

## Did you know:

The myths regarding Home Science

- Home Science only teaches cooking, stitching, home decor
- Home science is only meant for girls
- Home Science does not offer any job opportunities
- Why study home science when a mother can teach the same at home

## Extend your Horizon

Area	Scope	Skill
Resource Management	Managing family resources wisely	Efficient management of family resources within the available limits
	Consumer rights & responsibilities	Ability to use consumer aids
	Work simplification	Making a time plan and efficient utilization of space
	Optimal utilization and conservation of energy	Utilising renewable and non-renewable resources of energy
	Being eco friendly	Preventing environmental degradation
	Developing ethics	Imbibing good work and self ethics
Human Development	Knowledge of developmental patterns from early childhood to adolescence	Competency in rearing and caring for a child
	Issues of adulthood and old age	Competence in caring and dealing with problems of adulthood and old age
	Problems and challenges during adolescence	Handling adolescent issues
	Sensitization towards the specially-abled	Competency to deal with compassion with this special group
Fabric Science	Wise selection of fabric & textile	Expertise in identification of various fabrics and not getting cheated by fakes
	Acquaintance with textile finishes and enrichment techniques	Purchasing appropriate fabric according to usage
	Maintenance of clothing & textile	Competence in laundering & storage
Food & Nutrition	Understanding the inter relationship between food,	-preparing balanced meals -Meal Planning

	nutrition and health	
	Understanding therapeutic nutrition	Modifying diet for various illnesses

**Evaluate yourself:**

- Preparing meal for a diabetic person is scientific, what art aspect would you add to it?
- How will you convert a small room into a living room and a bedroom?

**Maximize your marks:**

- Attempt all the exercises given in the lesson
- How will study of home science lead to economic stability of your family?