

SYLLABUS IN HOME SCIENCE

- **Cell:** Structure and functions. Cell division. Blood- Plasma, its composition and function, Blood Cells: Its structure and functions, Hemoglobin and its functions., Cardiac cycle, Structure of arteries, veins and capillaries. Systemic circulation, pulmonary circulation and portal circulation.
- **Kidney:** Microscopic structure, formation of urine, accessory glands, their location and secretion in the body.
- **Textile:** Classification of textile fibers-Natural and man-made. Cotton, Silk and Wool, their sources, structure, physical and chemical properties.
- **Dry Cleaning and Dyeing:** Methods of Dry Cleaning, chemicals used for it, advantages and disadvantages, classification, Methods of washing and finishing of cotton, silk and woolen fabrics, Stain removal, classification, general principles of stain removal and methods, Visual Identification of Cotton, Silk and Wool, finishing of cotton,
- **Study of Foods:** Cereals, pulses, oil seeds, vegetables and fruits, their composition, nutritive value and effect of cooking on nutritive value, Importance and nutritive value of milk and milk products.
- **Food Preservation:** Definition, importance, principles of food preservation .
- **Menu Planning:** Principles of menu planning, Planning of meals for the family of different income levels.
- **Balanced Diet:** Planning balanced diet for men and women doing sedentary, moderate and heavy work, preparation of balanced diet for adult men and women.
- **Carbohydrates:** Composition, functions, sources, requirements, effects of deficiency.
- **Proteins:** Composition, Classification, function, sources, requirements and effects of deficiency.
- **Vitamins:** Fat-soluble and water-soluble vitamins, sources, composition, functions and effects of deficiency.
- **Minerals:** Calcium, iron, iodine, fluorine, Importance of water and roughage.
- **Home Management Process** (Planning, organizing, implementing, evaluating)
- **Resources:** Definition, Classification, Types, characteristics, Principles applicable to Time and Energy management.
- **Interior Decoration:** Elements of design and Principles of design.
- **Colour:** Colour-Hue, value, intensity, Colour harmony.
- **Family Finance:** Budget Planning (Principles and factors affecting it). Types of budgets, items, Finance records of the household, their nature, examples of account -keeping.

- **Saving:** Purpose and kinds of savings.
- **Methods of data collection and analysis-** Interview, Questionnaire, Case study, Percentage, frequency, Mean, median and mode.
- **Human development and family Studies:** (Development from Birth to 5 Years): Physical Development, speech development, social development.
- **Perceptual Process:** Perception, illusion and hallucination, remembering and forgetting, recalling.
- **Types of Marriage:** Arranged and free choice: Advantages and disadvantages, Role of women in the family and society.
- **Problems of Women:** Causes and types of problems in the family and work place.
- **Dowry System:** Its advantages and disadvantages.
- **Family:** Definition of family, types of family, changing family pattern in India, stages of family life cycle (beginning, expanding and contracting).
