

HOME SCIENCE
Subject Code - 033
Class X (2026-27)

Course Structure: Theory & Practical
Time: 3 Hours

Theory: 70 Marks
Practical: 30 Marks

S.No.	Units	Marks
1.	Human Growth & Development – II	12
2.	Management of Resources	12
3.	Food and Personal Hygiene	08
4.	Meal Planning	13
5.	Food Safety and Consumer Education	12
6.	Care and Maintenance of Fabrics and Apparel	13
	THEORY	70
	PRACTICAL	30
	GRAND TOTAL	100

Unit I: Human Growth & Development – II

a) Play (Birth to 5 years)

- Definition
- Role of play in growth & development of children
 - Physical development
 - Cognitive development
 - Social development
 - Emotional development
 - Language development
- Types of play
 - Active
 - Passive
 - Natural
 - Serious
 - Exploratory
- Selection of play material for children

b) Childhood (3 to 11 years)

- Early and Middle childhood
- Age specific milestones
 - Physical
 - Motor
 - Social
 - Emotional
 - Cognitive
 - Language

c) Adolescents

- Special Features
 - Physical and Biological
 - Motor
 - Social
 - Emotional
 - Cognitive
 - Language

Unit II: Management of Resources: Time and Energy

a) Time Management

- Definition
- Importance
- Time plan - Definition, Factors , Steps

b) Energy Management

- Definition
- Importance

c) Fatigue

- Types
 - Physiological
 - Psychological
- Ways to reduce fatigue

d) Work Simplification

- Definition
- Ways

Unit III: Food and Personal Hygiene

- a) Principles of Hygienic handling while
 - Selecting food
 - Cooking food
 - Serving of food
- b) Hygiene in kitchen
- c) Personal hygiene of food handler
- d) Hygiene during food storage
 - Left overs
 - Refrigerator

Unit IV: Meal Planning

- a) Concept of Meal Planning
 - Definition
 - Importance
 - b) Factors affecting meal planning
 - Age
 - Sex
 - Climate
 - Occupation
 - Cost of food items
 - Number of family members
 - Occasion
 - Availability of food
 - Family traditions
 - Likes and dislikes
 - c) Basic food groups given by ICMR
 - Cereals, grains and their products
 - Pulses and Legumes
 - Milk, egg and meat products
 - Vegetables and Fruits
 - Fats and Sugar
 - d) Use of food groups in planning balanced meal for self and family
- ### **Unit V: Food Safety and Consumer Education**
- a) Problems faced by Consumer
 - Price variation
 - Poor quality
 - Faulty weights and measures
 - Non-availability of goods
 - Misleading information
 - Lack of standardized products
 - b) Food adulteration

- Concept
 - Adulterants (Metanil yellow, Argemone, Kesari dal)
 - Harmful effects of these adulterants on human health
- c) Food Safety Standards - FSSAI (2006)
- Concept of
 - Unsafe food
 - Substandard food
 - Contaminated food
 - Food Hazards
 - Functions of FSSAI

Unit VI: Care and Maintenance of Fabrics and Apparel

- a) Cleaning and finishing agents used in routine care of clothes
- Soaps and Detergents
 - Blue, Stiffening agents, Bleaches and Stain removing reagents
- b) Stain Removal
- Definition
 - Classification
 - Identification
 - Methods of stain removal
 - Precautions to remove stains
- c) Storage of fabrics
- Cotton
 - Silk
 - Wool
 - Synthetics

CLASS X PRACTICALS

1. Make a suitable play material for children between birth to 5 years (Group activity).
2. Plan a balanced meal for yourself.
3. Make a time plan to self for one day.
4. Write a report on any five malpractices you have observed in the market and write your responsibilities as a consumer in each context.
5. Prepare a slogan / poster to create awareness on consumer education.
6. Remove stains from white cotton fabric: Curry, Grease, Ball pen, Ink, Lipstick, Tea and Coffee.

7. List five areas of agreement and disagreement each with parents, siblings and friends and give your suggestion to improve the relationships.

**SCHEME FOR PRACTICAL EXAMINATION
CLASS X HOME SCIENCE**

M.M-30

I.	Lab Activity	Marks
a)	Plan a balanced meal for yourself.	5
b)	Prepare a time plan for self for one day.	5
c)	Remove any two stains from white cotton sample- curry, grease, ball pen, ink, lipstick, tea and coffee.	5
II.	Play Material	8
III.	File Work	5
IV.	Viva	2
	TOTAL	30

QUESTION PAPER DESIGN 2026-27
HOME SCIENCE (CODE NO. 033)
CLASS- X

TIME: 3 HOURS

Max. Marks: 70

S.No.	Competencies	Total Marks	% Weightage
1.	Knowledge and Understanding based questions (terms, concepts, principles or theories, identify, define, recite, interpret, compare, contrast, explain, paraphrase, information)	28	40%
2.	Application based questions (Use abstract information in concrete situation, to apply knowledge to new situations or / and use given content to interpret a situation, provide an example, or solve a problem)	21	30%
3.	High Order (Formulation, Analysis, Evaluation and Creativity) based questions (Appraise, judge, and /or justify the value or worth of a decision or outcome, or to predict outcomes, classify, compare, contrast, or differentiate between different pieces or integrate unique piece of information from a variety of sources)	21	30%
	TOTAL	70	100

NOTE: Internal Choice of 30% will be given

Easy- 20%

Average- 60%

Difficult- 20%