

HOME SCIENCE
Subject Code - 159
Class XII (2026-27)

Course Structure: Theory & Practical
Time: 3 Hours

Theory: 70 Marks
Practical: 30 Marks

S. No.	Units	Marks
1.	Work, Livelihood and Career	05
2.	Nutrition, Food Science and Technology	23
3.	Human Development and Family Studies	10
4.	Fabric and Apparel	17
5.	Resource Management	10
6.	Communication and Extension	05
	Theory	70
	Practical	30
	Grand Total	100

CLASS XII

UNIT I: Work, Livelihood and Career

Ch. Work, Livelihood and Career

UNIT II: Nutrition, Food Science and Technology

Ch. Clinical Nutrition and Dietetics
Ch. Public Nutrition and Health
Ch. Food Processing and Technology
Ch. Food Quality and Food Safety

UNIT III: Human Development and Family Studies

Ch. Early Childhood Care and Education
Ch. Management of Support Services, Institutions and Programmes for Children, Youth and Elderly

UNIT IV: Fabric and Apparel

Ch. Design for Fabric and Apparel

Ch. Fashion Design and Merchandising

Ch. Care and Maintenance of Fabrics in Institutions

UNIT V: Resource management

Ch. Hospitality Management

Ch. Consumer Education and Protection

UNIT VI: Communication and Extension

Ch. Development Communication and Journalism

CLASS XII HOME SCIENCE

UNIT I WORK, LIVELIHOOD AND CAREER

Chapter: WORK, LIVELIHOOD AND CAREER

- Introduction
 - Work and Meaningful work
 - Work, Career and Livelihood
- Traditional occupations in India
- Work, Age and Gender
 - Gender issues in relation to work
 - Issues and concerns related to women and work

KGBV

Beti Bachao, Beti Padhao Yojana

- Attitudes and approaches to work and life skills for livelihood
 - Attitudes and approaches to work
 - Quality of work life
 - Life skills for livelihood
 - Improving one's own work life
 - Essential soft skills at workplace
- Ergonomics
 - Concept, need and benefits of Ergonomics
- Entrepreneurship
 - Definition and characteristics

UNIT II NUTRITION, FOOD SCIENCE AND TECHNOLOGY

Chapter: CLINICAL NUTRITION AND DIETETICS

- Introduction
- Significance

- Basic concepts
- Diet therapy
- Types of diets: Regular Diet and Modified diets
- Prevention of chronic diseases
- Preparing for career
- Scope

Chapter: PUBLIC NUTRITION AND HEALTH

- Introduction
- Significance
- Basic concept
 - Public health nutrition
 - Nutritional Problems of India
 - ✓ Protein energy malnutrition
 - ✓ Micro nutrient deficiencies (Iron deficiency Anemia, Vitamin A deficiency, Iodine deficiency disorders)
- Strategies /Intervention to tackle Nutritional problems
- Nutrition programmes operating in India
- Health Care
- Scope

Chapter: FOOD PROCESSING AND TECHNOLOGY

- Introduction
- Significance
- Basic Concepts
 - Food Science
 - Food Processing
 - Food Technology
 - Food Manufacturing
- Development of food processing and technology
- Importance of Food processing and Preservation
- Classification of food on the basis of perishability and extent and type of processing

- Preparing for a career
- Scope

Chapter: FOOD QUALITY AND FOOD SAFETY

- Introduction
- Significance
- Basic Concepts
 - Food safety (Toxicity & Hazard)
 - Hazards (Physical, chemical and biological)
 - Food infection / Food poisoning
 - Food intoxication
 - Food quality
- Food standards regulation in India-FSSA (2006)
- International Organization and agreements in the area of Food Standards, Quality, Research and Trade
 - Codex Alimentarius Commission
 - International Organization for Standardisation
 - World Trade Organization
- Food Safety Management Systems
 - Good manufacturing practices (GMP)
 - Good handling practices (GHP)
 - Hazard Analysis Critical Control Points (HACCP)
- Scope

UNIT III HUMAN DEVELOPMENT AND FAMILY STUDIES

Chapter: EARLY CHILDHOOD CARE AND EDUCATION

- Significance
- Basic concepts
 - Objectives and Guiding principles of NCF
 - Concept of Daycare and Creche
- Preparing for a career
- Scope

Chapter: MANAGEMENT OF SUPPORT SERVICES, INSTITUTIONS AND PROGRAMMES FOR CHILDREN, YOUTH AND ELDERLY

- Significance
- Basic concepts
- Why are children vulnerable?
- Institutions, programmes and initiatives for children

- ICDS
- SOS Children's Village
- Children's Homes run by the Government
- Adoption
- Why are Youth vulnerable?
- Youth programmes in India • Why are the elderly vulnerable?
- Some programmes for the elderly
- Preparing for a career
- Scope

UNIT IV FABRIC AND APPAREL

Chapter: DESIGN FOR FABRIC AND APPAREL

- Introduction
- Basic concepts (Design: Structural & Applied)
- Elements of design
 - Color
 - Texture
 - Line
 - Shapes or form
 - Patterns
- Principles of Design
 - Proportion
 - Balance
 - Emphasis
 - Rhythm
 - Harmony
 - Composition
- Preparing for career
- Scope

Chapter: FASHION DESIGN AND MERCHANDISING

- Introduction
- Significance
- Basic Concepts
 - Fashion terminology –Fashion, fads, style, classic
- Fashion Development
- Fashion Evolution
- Fashion Merchandising

- Fashion Retail Organizations
- Preparing for a career
- Scope

Chapter: CARE AND MAINTENANCE OF FABRICS IN INSTITUTION

- Introduction
- Basic concepts
 - Washing equipment
 - Drying equipment
 - Ironing/pressing equipment
- Institutions
- Preparing for a career
- Scope

UNIT V RESOURCE MANAGEMENT

Chapter: HOSPITALITY MANAGEMENT

- Introduction
- Significance
- Basic concepts
- Departments involved in hospitality management of an organization
 - Front office
 - Housekeeping
 - Food and Beverages Department
 - Support Service Departments
- Scope

Chapter: CONSUMER EDUCATION AND PROTECTION

- Introduction
- Significance of consumer education and protection
- Basic concepts
 - Consumer product
 - Consumer behaviour
 - Consumer forum
 - Consumer footfalls
 - Consumer problems
 - Consumer Protection Act
 - Consumer rights
 - Standardized marks (ISI, Wool Mark, Hall Mark, Silk Mark, Eco mark)
 - Protection Councils
 - Consumer Responsibilities

- Scope

UNIT VI COMMUNICATION AND EXTENSION

Chapter: DEVELOPMENT COMMUNICATION AND JOURNALISM

- Introduction
- Significance
- Basic concepts
 - Development
 - Development journalism
 - Development Communication
- Methods of communication
 - Campaign
 - Radio and Television
 - Print Media
 - Information and Communication Technologies
- Knowledge and skills required for a career in this field
- Scope and career avenues in development communication

CLASS XII PRACTICALS

UNIT II NUTRITION, FOOD SCIENCE AND TECHNOLOGY

- 1.Modification of normal diet to soft diet for elderly person.
- 2.Development and preparation of supplementary foods for nutrition programmes.
- 3.Planning a menu for a school canteen or mid-day meal in school for a week.
- 4.Design, prepare and evaluate a processed food product.
- 5.Qualitative test for food adulteration in: pure ghee, tea leaves, whole black pepper, turmeric powder, milk, asafoetida.

UNIT III HUMAN DEVELOPMENT AND FAMILY STUDIES

- 6.Preparation and use of any one teaching aid to communicate socially relevant messages for children/ adolescents /adults in the community.

OR

Preparation of any one toy for children (age appropriate) using locally available and indigenous material.

UNIT IV FABRIC AND APPAREL

- 7.Preparation of any one article using applied textile design techniques; tie and dye/ batik/block printing.
- 8.Remove different types of stains from white cotton cloth –Ball pen, curry, grease, ink, lipstick, tea and coffee.

UNIT V RESOURCE MANAGEMENT

- 9.Evaluate any one advertisement for any job position.
- 10.Develop a leaflet/pamphlet for Consumer Education and Protection on anyone of the following-
 - a) Consumer Protection Act (CPA)
 - b) Consumer responsibilities
 - c) Consumer organization
 - d) Consumer Problem

PROJECT

ANY ONE OF THE FOLLOWING PROJECTS MAY BE UNDERTAKEN AND EVALUATED-

1. Study of an integrated community based, nutrition/health programme being implemented in own area, with reference to-
 - a. Programme objectives
 - b. Focal Group/Beneficiaries
 - c. Modalities of implementation
2. Visit to the neighbouring areas and interview two adolescents and two adults regarding their perception of persons with special needs.
3. Profile any two persons (child/adult) with special needs to find out their diet, clothing, activities, physical and psychological needs.
4. Planning any five messages for nutrition, health and life skills using different modes of communication for different focal groups.
5. Market survey any five processed foods with their packaging and label information.

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

M.M-30

S.No.	QUESTIONS	MARKS
1.	Project	5
2.	Modification of any one family meal for elderly person. Preparing any one of the modified dish. OR Development and preparation of any one supplementary food for preschooler (2- 6 years) nutrition programme. OR Planning a menu for school canteen and preparing any one nutritious dish.	5
3.	Identify adulterant using chemical test in any one of the following- pure ghee, tea leaves, whole black pepper, turmeric powder, milk, asafoetida.	2
4.	Prepare a sample using applied textile design techniques tie and dye/batik/block printing.	4
5.	Remove any one of the stains from white cotton cloth –Ball pen, curry, grease, ink, lipstick, tea, coffee.	2
6.	Develop a leaflet/pamphlet for Consumer Education and Protection on anyone of the following- a) Consumer Protection Act (CPA) b) Consumer responsibilities c)Consumer organization d)Consumer Problems	5
7.	File Work	5
8.	Viva	2
	TOTAL	30

Prescribed textbook: Human Ecology and Family Sciences (For class XII): Part I and Part II

**QUESTION PAPER DESIGN 2026-27
HOME SCIENCE (CODE NO. 159)
CLASS-XII**

TIME: 3 HOURS

Max. Marks: 70

S. No.	Typology of Questions	Total Marks	% Weightage
1.	Knowledge and Understanding based questions (terms, concepts, principles or theories; Identify, define, or 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%