

SYLLABUS
II PRE UNIVERSITY COURSE
HOME SCIENCE

Theory: 4 hrs / week

Practicals: 2 hrs / week

Total Number of Theory Hours: 120

Number of Practical: 20

Maximum Marks: 100

Theory: 70

Practical: 20

Internal Assessment: 10

UNIT - 1 SAVINGS

- 1.1 Introduction
- 1.2 Need for Savings
- 1.3 Saving Institutions

UNIT - 2 FUNDAMENTALS OF INTERIOR DECORATION

- 2.1 Introduction
- 2.2 Elements of Art
- 2.3 Principles of Design
- 2.4 Colour

UNIT - 3 CONSUMER EDUCATION

- 3.1 Introduction
- 3.2 Consumer Education
- 3.3 Problems faced by Consumers
- 3.4 Rights of Consumers
- 3.5 Responsibilities of the Consumer
- 3.6 Consumer Protection

UNIT - 4 MEAL PLANNING

- 4.1 Introduction
- 4.2 Classification of food groups
- 4.3 Food pyramid
- 4.4 RDA and Dietary Guidelines
- 4.5 Balanced diet for different age groups

- 4.6 Factors to be considered in meal planning
- 4.7 Modification of Normal Diet

UNIT - 5 FOOD STORAGE

- 5.1 Introduction
- 5.2 Food production chain
- 5.3 Post harvest food loss
- 5.4 Food spoilage
- 5.5 Methods of food storage

UNIT - 6 COMMUNITY NUTRITION

- 6.1 Introduction
- 6.2 Common Community Nutritional Problems
- 6.3 Nutrition Related Programmes
- 6.4 Role of Organizations in Community Nutrition

UNIT - 7 CHILDHOOD YEARS

EARLY CHILDHOOD

- 7.1 Introduction
- 7.2 Early Childhood
- 7.3 Development in Different Domains
- 7.4 Late Childhood Years (6-12 Years)

UNIT - 8 ADOLESCENCE

- 8.1 Introduction
- 8.2 Development in different domains
- 8.3 Problems of adolescence:
- 8.4 Sexuality Education

UNIT - 9 ADULTHOOD

- 9.1 Introduction
- 9.2 Dimensions of Adulthood
- 9.3 Young Adulthood
- 9.4 Middle Age
- 9.5 Late Adulthood

UNIT - 10 WET PROCESSING FOR TEXTILES

- 10.1 Introduction

- 10.2 Finishes
- 10.3 Classification of Finishes
- 10.4 Dyeing
- 10.5 Printing

UNIT - 11 TRADITIONAL TEXTILES AND EMBROIDERY OF INDIA

- 11.1 Introduction
- 11.2 Traditional Textiles of India
- 11.3 Traditional Embroideries of India

UNIT - 12 SELECTION OF CLOTHING

- 12.1 Introduction
- 12.2 Clothing the infant (8 to 9 months)
- 12.3 Clothing for the preschool child (2 years)
- 12.4 Clothing for Adolescents (15 to 20 years)
- 12.5 Clothing for Adults
- 12.6 Clothing for Elderly

UNIT - 13 EXTENSION EDUCATION FOR COMMUNITY DEVELOPMENT

- 13.1 Introduction
- 13.2 Community
- 13.3 Development
- 13.4 Community Development

UNIT - 14 ROLE OF THE COMMUNITY DEVELOPMENT FACILITATOR

- 14.1 Introduction
- 14.2 Roles of the Community Development Facilitator

UNIT - 15 LEADERSHIP IN EXTENSION

- 15.1 Introduction
- 15.2 Definitions of a Leader
- 15.3 Qualities of a Leader
- 15.4 Leadership Functions of Extension Workers
- 15.5 Types of Leaders
- 15.6 Identification of Leaders
- 15.7 Development of Leadership in Extension

PRACTICALS

Number of Classes: 22

Duration: One Class - 2 Hours

1. Illustrate with suitable pictures the elements of art 2 classes
2. Illustrate with suitable pictures principle of design 2 classes
3. Illustrate the following
 - a. Primary Colours
 - b. Secondary Colours
 - c. Tertiary Colours
 - d. Colour Wheel
 - e. Qualities of Colour 4 classes
4. Plan a day's balanced meal for an adolescent girl 2 classes
5. Illustrate the food pyramid 1 class
6. Plan and prepare creative activities for pre-school children 2 classes
7. Conduct a group discussion on the problem of adolescence and suggest remedial measures 1 class
8. Using suitable sample size sew the following fasteners
 - a. Hooks and eyes
 - b. Press buttons
 - c. Shirt buttons
 - d. Fancy buttons
 - e. Trousers / Skirt hook 4 classes
9. Analyse a group activity on need identification, participation measures used in solving problems 2 classes
10. Exercise to identify leadership qualities in your group and analyse the qualities 2 classes