

Class – XI
DELETED SYLLABUS
(For the Session of 2020-21 Only)
HOME SCIENCE
(THEORY)

Unit II: Know myself : Issues related to adolescents

Important developmental tasks: Preparing for career; reproductive health and prevention of anemia.

Population Education : Desire for male child; small family norms.

Unit III : Nutrition for Self and Family

Maximum nutritive value from food by proper selection, preparation, cooking and storage:

- Preparation of food; loss of nutrients during preparation of food and their minimization
- Method of enhancing nutritive value-germination, fermentation, fortification and proper food combination.

Unit IV: My Resources

Resources: need to manage the resources; methods of conservation of shared resources.

Management: decision making and its role in management.

Time and energy management: work simplification: meaning and methods; role of different members of the family in efficient running of a home.

Unit V: My Apparel

Fabric Construction: effect of weaves on appearance, durability and maintenance of garment.

Finishing: special: mercerisation, shrinkage control, water proofing