

HOME SCIENCEAnnexure - I

- Home Science - Education meaning, definition, scope, objectives and history.
- Changing concept of different areas of Home Science.
- Definition, functions and classification of foods.
- Nutrients and their composition, sources and functions.
- Balanced Diet.
- Methods of cooking.
- Home Management definition.
- Motivating Factors- value, goals and standard.
- Resources- classification and characteristics.
- Income- definition, meaning and types.
- Budget- steps.
- Saving and Investment
- Fibre- types and properties- Natural and Man-Made
- Yarn construction
- Weaving- types.
- General principles of clothing construction
- Definition of Child Development, Human Development
- Scope of Human Development.
- Principles of growth and Development.
- Role of Heredity and environment.
- Life span stages.
- Types of Development

- Definition of Developmental tasks and different tasks, different stages of human development.
- Characteristics of different age groups and their physiological and behavioral problems.
- Meaning, concepts and scope of special education and classification of children with special needs.

**(2) Knowledge of Subject concerned:**

- Changing concepts of Home Science.
- Areas of Home Science- objectives and scope of each area.
- Professional organizations and Research Institutes, contributing to different areas of Home Science.
- Formal, Non-formal and Informal education.
- Programme planning, Implementation and Evaluation.
- Government and NGO's Development Programmes.
- Meaning, definition, principles and basic elements of extension education.
- Extension teaching methods.
- Communication concepts and meanings.
- Different types of communication Aids.
- Nutrients- their composition and sources.
- Recommended dietary allowances and deficiencies.
- Nutritive value of important cereals, pulses, vegetables, fruits, milk and milk products, eggs, meat and fish.
- Methods of cooking- their effects on nutrients and methods of enhancing the nutrients value of foods.
- Selection, purchase and storage of foods.
- Food spoilage.
- Food preservation- importance, principles and methods.



- Food adulteration- causes, identification, preventive and control measures, food laws and standards, labels, etc.
  - Changing trends in food consumption- fast foods, junk foods etc.
  - Nutritional status- concept, assessment methods.
  - Principles of meal planning.
  - Diets of normal individual of different ages, sex, profession and physiological condition.  
(Pregnant and lactation)
  - Dietary management during different diseases.
  - Concept and type of community health and community nutrition.
  - Nutrition problems of community and implication for public health.
  - Current situation in India.
  - Nutritional Assessment and Surveillance.
  - Nutrition and health communication.
  - Management Process- Planning, controlling and evaluation.
  - Decision Making.
  - Management of Resources- Time, money and energy.
  - Work simplification- meaning, importance and its application in various household activities.
  - Introduction of foundation of art- design, elements and principle of design.
  - House planning/space designing.
  - Selection and types of furniture and furnishing.
  - Financial and legal consideration- availability of funds for having housing.
  - Interior designing and Principles of arrangements.
- (3) **Definition, meaning and need of consumer.**
- Market, consumer education methods, contents and sources.



- Consumer Aids and consumer protection.
  - Taxation- need, types, effect of tax on work and saving.
  - Wills and trusts.
  - Early identification, treatment, prevention and rehabilitation of each category of children with special needs.
  - Meaning, importance and objectives of Early Childhood care and Education.
  - Different types of Early Childhood Care and Education Centers.
  - Meaning and concept of developmentally appropriate programme/practice (DAP). Planning, Implementation and Evaluation of Early Childhood Programme.
  - Concept of adolescent and adolescence stage and problems of adolescence stage. • Meaning and definition of marriage, types and functions of marriage, factors of mate selection. • Meaning and definition of family, types of family • Population education and dynamics. • Yarn making, weaving and other methods of fabric construction and their effect on appearance, durability and maintenance of garments. • Different types of finishes. • Selection, care and storage of different types of clothes including readymade garments. • Importance of clothing, social and psychological aspects of clothing. • Functions of clothing construction drafting and making of paper patterns. • Body measurement- importance of taking body measurements and its relation to sizes and different types of garments. • Preparation of fabric cutting- layout, pinning, marking and cutting. • Wardrobe planning. • Selection of fabrics and garments for adolescent, men and women. • Selection and buying fabrics for various users. • Elements, principles of design in clothing. • Traditional Textile of India. • Fashion Terminology and fashion cycle. 3. Knowledge of Subject Concerned: PG Level • Extension Management and Administration. • Extension Programme Management. • Participating Extension Approaches – RRA, PRA and PLA.
  - Participating Communication.
  - Extension Planning methods. • Communication Strategy. • Print and Oral Communication.
- (4) • Women Empowerment. • Entrepreneurship. • Different methods of enhancing the nutritive value of foods – fortification. • Food adulteration – causes, identification preventive and control measures. • Inter-relationship of agriculture, food, nutrition, health and population. • Energy needs, basal metabolism and total energy requirement. • Digestion, absorption and utilization of major nutrients.



- Nutritional Status.
  - Nutritional problems in the country .
  - Dietary management during different diseases.
  - Nutrition Policy in India.
  - Nutrition Problems of community and implication for public health. • Different organizations / Programmes working for children with special needs. • Administration and Supervision of Early Childhood Care and Education Centres / institutes. • Need of Guidance and Counseling at each life span stage of development. • Marital adjustment, legal aspects of marriage. Role of mother and father in the family. Functions (Traditional and Modern) of the family and factors affecting family functions.
  - Meaning and stages of family life-cycle. • Family welfare organizations (Government and Non Government) in India. • Parenting Styles and impact of these styles on the children. • Family planning measures, Reproductive Health. • Family disorganization. • Factors influencing residential planning. • Space designing according to various activities and family needs. • Kitchen – Types and Storage ergonomics. • Illumination – purpose, Types, Lightening – types – unit of measurement, glare, Fixtures – types & selection. • Furniture – types & selection. • Furnishing & accessories - types & selection. • Work ergonomics – Meaning & Concept. • Work Physiology – Introduction, definition & types of work static and dynamic. • Physiological factors influencing. • Working environment. • Fashion terminology, sources, fashion cycle and season.
  - Factors favouring of fashion cycle and season, Consumer demand and fashion marketing and fashion change.
  - Paper pattern – basic designing
  - Draping
  - Readymade Garment need and Criteria.
  - Future trends in fashion technology.
- (5) • Dyes and their effects. (Educational Psychology, Pedagogy, Teaching Learning Material, Use of computers and Information Technology in Teaching Learning) 1. Importance of Psychology in Teaching-Learning : • Learner, • Teacher, • Teaching-learning process, • School effectiveness. 2. Development of Learner • Cognitive, Physical, Social, Emotional and Moral development patterns

and characteristics among adolescent learner. 3. Teaching – Learning :• Concept, Behavioural, Cognitive and constructivist principles of learning and its implication for senior secondary students.

- Learning characteristics of adolescent and its implication for teaching.

4. Managing Adolescent Learner :

- Concept of mental health and adjustment problems.

- Emotional Intelligence and its implication for mental health of adolescent.

- Use of guidance techniques for nurturing mental health of adolescent. 5. Instructional Strategies for Adolescent Learner :

- Communication skills and its use.

- Preparation and use of teaching-learning material during teaching.

- Different teaching approaches: Teaching models- Advance organizer, Scientific enquiry, Information, processing, cooperative learning.

