

Class XII
HOME SCIENCE

Time: 3 Hrs

THEORY : 70 Marks

PRACTICAL: 25 Marks

IA: 05 Marks

(Average Periodic tests' performance: 3 Marks

Book Bank : 2 Marks)

TOTAL: 100 Marks

STRUCTURE OF QUESTION PAPER (THEORY)

- 1 All questions will be compulsory.
- 2 There will be total 33 questions.
- 3 Question number 1 to 18, Section -A will be objective type questions and of 1 mark each.
- 4 Question number 19 to 23, Section - B will be of 2 mark each to be answered in minimum 20 words.
- 5 Question number 24 and 25, Section- C will be of 3 marks each to be answered in minimum 30 words.
- 6 Question number 26 to 29, Section-D will be of 4 marks each, to be answered in minimum 40 words.
- 7 Question number 30 to 33 , Section-E will be of 5 marks each, to be answered in minimum 50 to 60 words.
- 8 Internal choices will be given in sections B, C, D, E for two, one , two and two questions respectively.
- 9 Candidate should support the answer with suitable examples wherever required.

SECTIONWISE DISTRIBUTION OF QUESTIONS AND MARKS

Marks per question	No. of Questions	Distribution of questions		Total Marks
		Foods & Nutrition	Human Development	
1 Mark	18	9	9	18
2 Marks	5	3	2	10
3 Marks	2	1	1	6
4 Marks	4	2	2	16
5 Marks	4	2	2	20
Total		17	16	70

SYLLABUS (THEORY)

SECTION - A

(Food and Nutrition)

1. Food, Nutrition and Health

i. Definitions: Food, Nutrition, Health, Nutrients, Nutrient density, Malnutrition, Recommended Dietary Allowances, Nutritional Status, Functional Food, Nutraceuticals, Antioxidants, Geriatrics, Probiotics.

Functions of food

- ii. Classification of Food groups based on the recommendation of ICMR
- iii. Balanced Diet
- iv. Food Guide pyramid

2. Nutrients and nourishment

Carbohydrates, Proteins, Fats, Minerals (calcium, Phosphorus, iron, zinc, iodine, fluorine), Vitamins (A,D,E,K,B and C) and Water

- i. Functions and sources
- ii. Health effects of too little and too much of nutrients
- iii. Enhancing nutritional value of foods

3. Meal Planning

- i. Meaning, importance and principles of meal Planning
- ii. Planning meals for the family- Children (Infants, pre schoolers and school going children), adolescents (boys and girls), adults (men and women), pregnant women, lactating mothers and elderly.

4. Food selection, storage, preparation and preservation at home

- i. Food selection and storage
- ii. Preparation of food: Different methods of cooking
- iii. Food preservation at home – importance and methods

5. Food Safety

- i. Food hygiene
- ii. Food Adulteration
- iii. Removal of the pesticide residues from food by different methods.

6. Diet therapy

- i. Principles of diet therapy
- ii. Adaptation of normal diet for therapeutic purpose

SECTION -B (Human Development)

1. Beginning of Motherhood

- i. Signs, discomforts and warning signs of pregnancy
- ii. Antenatal care of expectant mother (diet, rest, exercise, medical check-ups and immunization)
- iii. Alternative reproductive methods (in vitro fertilization, gamete intrafallopian transfer, zygote intrafallopian transfer and Surrogacy)

2. Prenatal Physiological Processes

- i. Stages of prenatal development (germinal, embryonic and fetal)
- ii. Fetal monitoring techniques (ultrasound, chorionic villus sampling, amniocentesis and foetoscopy)
- iii. Environmental influences on prenatal development (teratogens, diseases, harmful drugs and x-ray)

3. Birth process

- i. Stages of birth process (dilation, expulsion and placental stage)
- ii. Types of child birth (natural, instrument, breech and caesarean)
- iii. Categories of new born babies (pre term, term and post-term)

4. Postnatal care of mother

- i. Meaning and purpose of postnatal care
- ii. Aspects of postnatal care
- iii. Effects of parenthood on mother, father and other family members

5. Care of newborn

- i. Characteristics of new born
- ii. Neonatal reflexes
- iii. Feeding, bathing and clothing of newborn
- iv. Immunization
- v. Developmental milestones and delays

6. Infant stimulation

- i. Mother-child interaction
- ii. Developmentally appropriate play material
- iii. Common childhood ailments

STRUCTURE OF QUESTION PAPER (PRACTICAL)

There should not be more than 25 candidates in a group. The Practical question paper will consist of two sections. Distribution of Marks will be as follows:

1. Viva Voce, Notebook & Record 05 Marks

Section-A

(Food and Nutrition)

2. Any one practical based on practical no. 2, 3, and 4 5 Marks
3. Any two tests based on practical no. 5 5 Marks

Section-B

(Child Development and Mother Craft)

4. Any one practical based on practical no. 4 and 5. 5 Marks
5. Any one practical based on practical no. 6 and 7. 5 Marks

SYLLABUS (PRACTICAL)
Section-A (Food and Nutrition)

1. Preparation of list of foods available in your home according to food groups.
2. Preparation of
 - a) Healthy salads
 - b) Dishes enhancing nutrition value of food (by Combination of cereals, pulses and vegetables, fermentation and sprouting)
 - c) Protein rich snacks and desserts.
3. Freezing and sun drying of blanched vegetables.
4. Preparation of ORS solution.
5. Simple tests for checking adulteration in :
 - a) Cereals : rice, semolina (suji).
 - b) Pulses : Bengal Gram (channa dal)
 - c) Milk
 - d) Tea leaves
 - e) Coriander powder
 - f) Turmeric powder
 - g) Powdered sugar
 - h) Black pepper

Section-B
(Child Development and Mother Craft)

1. Showing a documentary on neo-natal reflexes and care and management of pre-term babies (<http://www.vhai.org/ceo/filmsforchange.php>)
2. Recording of immunization schedule of infants and children
3. Demonstration on feeding, bathing and clothing of newborn
4. Preparing developmentally appropriate play material
5. Demonstration on sterilization of feeding bottles and disinfecting clothing of infants
6. Preparation of weaning foods- liquid and semi-solids
7. Preparation of visual aids related to developmental milestones of infancy
8. Showing a documentary on family planning methods (<http://www.vhai.org/ceo/filmsforchange.php>)

Films:

- Aparajita
- Anant

Oriented videos:

- Neo-Natal
- Aaj Ki Na Samajhi Kal Ki Pareshani

ਪੰਜਾਬ ਸਕੂਲ ਸਿੱਖਿਆ ਬੋਰਡ

ਵਿਸ਼ਾ: ਅਕਾਦਮਿਕ ਸਾਲ 2020-21 ਲਈ ਨੌਵੀਂ ਤੋਂ ਬਾਰ੍ਹਵੀਂ ਸ਼੍ਰੇਣੀ ਲਈ Revised ਸਿਲੇਬਸ।

ਵਿਸ਼ਵ ਭਰ ਵਿੱਚ Covid-19 ਮਹਾਂਮਾਰੀ ਦੇ ਮੱਦੇ ਨਜ਼ਰ ਸਕੂਲ ਬੰਦ ਹੋਣ ਕਾਰਨ ਵੱਖ-ਵੱਖ ਸ਼੍ਰੇਣੀਆਂ ਦੀ ਪੜ੍ਹਾਈ ਦਾ ਬਹੁਤ ਨੁਕਸਾਨ ਹੋਇਆ ਹੈ। ਇਸ ਕਰਕੇ ਪੰਜਾਬ ਸਕੂਲ ਸਿੱਖਿਆ ਬੋਰਡ ਵੱਲੋਂ ਅਕਾਦਮਿਕ ਸਾਲ 2020-21 ਲਈ ਨੌਵੀਂ ਤੋਂ ਬਾਰ੍ਹਵੀਂ ਸ਼੍ਰੇਣੀਆਂ ਦੇ ਪਾਠਕ੍ਰਮ ਨੂੰ ਘਟਾਉਣ ਦਾ ਫੈਸਲਾ ਲਿਆ ਗਿਆ ਹੈ। ਸਿੱਖਣ ਪੱਧਰ ਦੀ ਮਹੱਤਤਾ ਨੂੰ ਮੁੱਖ ਰੱਖਦੇ ਹੋਏ ਸਿਲੇਬਸ ਇਸ ਢੰਗ ਨਾਲ ਘਟਾਉਣ ਦੀ ਕੋਸ਼ਿਸ਼ ਕੀਤੀ ਗਈ ਹੈ ਕਿ ਵਿਸ਼ੇ ਦੇ ਮੂਲ ਸੰਕਲਪ ਨੂੰ ਹਾਨੀ ਨਾ ਪਹੁੰਚੇ।

ਸਕੂਲ ਮੁਖੀਆਂ ਅਤੇ ਅਧਿਆਪਕਾਂ ਵੱਲੋਂ ਇਸ ਗੱਲ ਦਾ ਖਾਸ ਧਿਆਨ ਰੱਖਿਆ ਜਾਵੇ ਕਿ ਦੂਜੇ Topics ਨਾਲ ਰਾਬਤਾ ਰੱਖਣ ਲਈ ਲੋੜ ਅਨੁਸਾਰ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਘਟਾਏ ਗਏ Topics ਨੂੰ ਵੀ ਪੜ੍ਹਾਇਆ ਜਾਣਾ ਉਚਿਤ ਹੋਵੇਗਾ ਬੇਸ਼ਕ ਇਹ Topics ਆੰਤਰਿਕ ਮੁਲਾਂਕਣ ਅਤੇ ਸਾਲਾਨਾ ਇਮਤਿਹਾਨਾਂ ਦਾ ਹਿੱਸਾ ਨਹੀਂ ਹੋਣਗੇ।

ਘਟਾਏ ਗਏ ਸਲੇਬਸ ਦਾ ਵੇਰਵਾ ਹੇਠ ਦਿੱਤਾ ਗਿਆ ਹੈ।

Class 10+2

Section	Topic Deleted/Reduced
A	Food Safety
A	Diet Therapy
B	Prenatal Physiological Processes
B	Birth Process