

Class XII
HOME SCIENCE

There will be two sections
Section-A (Foods & Nutrition)
Section –B (Child Development & Mother Craft)

SEMESTER –I

Structure Of Question Paper(Theory)

Marks :50
Time : 3 Hours

1. There will be one theory paper comprising of seventeen Questions. All questions will be compulsory.

2. There will be Two Sections in the questions.

SECTION-A (Foods & Nutrition)

(i) First question will be objective type.

(With 10 Questions of 1/2 Marks each)

10x1/2=5 Marks

(ii) Next four (2-5) questions will be very short answer type carrying two marks each with specific answer. Answer should be approximately in 20-30 words.

4x2=8 Marks

(iii) Next four (6-9) questions will be Short answer type carrying 3 Marks each. Answer should be in approximately 60-80 words each.

4x3=12 Marks

(iv) Tenth question will be long answer type of five marks with 100% internal choice.

5 Marks.

Answer should be in 150-200 words each.

SECTION -B (CHILD DEVELOPMENT & MOTHER CRAFT)

(v) In this section first question (ii) will be objective type (With 6 questions of 1/2 Marks each)

6x1/2=3 Marks

(vi) Next three questions (12-14) will be very short answer type carrying two marks each with specific answer. Answer should be is approximately 20-30 words each.

3x2= 6 Marks

(vii) Next two questions (14-16) will be short answer type, carrying 3 Marks each. Answer should be in approximately 60-80 words each.

2x3=6 Marks

(viii) Last question (17) will be long answer type of five marks with 100 % internal choice.

1x5= 5 Marks

3. Marks for each question should be indicated against it.

4. Objective type question be one word to one line answer, yes/no, Fill in the blank, True/ False multiple choice.

5. The questions should be strictly from the prescribed syllabus subject to above mentioned guidelines.

SYLLABUS (THEORY)

SECTION-A (Food and Nutrition)

- 1 Definition: Food, Nutrients and Nutrition
- 2 Functions of Food
- 3 Nutrients: Study of composition, functions , requirements, effects of deficiency and food sources of these nutrients:
 - (a) Proteins
 - (b) Carbohydrates
 - (c) Fats
 - (d) Minerals
 - (e) Vitamins- A,B,C,D,E and K
 - (f) Water

SECTION-B (Child Development and Mother Craft)

- 1- Importance of pre-natal care
 - (a) Signs of pregnancy
 - (b) Discomforts during pregnancy
 - (c) Physical and psychological care
 - (d) Diet during pregnancy
- 2 Preparation for delivery at home and in the Hospital

Structure Of Question Of Paper(Practical)

Marks : 20

Time : 1½ Hours

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:

Section -A (Foods & Nutrition)

1. Viva Voca, Notebook & Record 5 Marks
2. Any one preparation of a dish. 5 Marks

Section-B (Child Development & Mother Craft)

3. Record & Viva Voce 5 Marks
4. Any one practical 5 Marks

SYLLABUS (PRACTICAL)

SECTION-A (Foods and Nutrition)

- 1 Market Surveys to collect following data- cost & availability of cereals, pulses, sugar, oils, fats , butter, bread, eggs, preserves, processed foods, vegetables, fruits, milk, meat, fish, poultry etc
- 2 Weighing and measuring of raw and cooked food, Weight equivalents.
- 3 Planning & preparation of dishes
 - (a) Rich in proteins e.g Whole Dal preparation & groundnut preparation
 - (b) For enhancing Nutritive value
 - (i) Cereal & Pulse combination e.g Missi Roti & Khichri
 - (ii) Cereal, Pulse, Vegetable combination e.g Nutritious Chapatti.
 - (iii) Fermented Food e.g Dosa/Bhatura /Idli
 - (iv) Germinated Pulse preparation of sprouted Whole Moong Dal

SECTION-B (Child Development and Mother Craft)

- 1 Four visits to children ward, health centre, baby welfare club and hospital or sick room to observe healthy and sick children and note the difference.
- 2 Immunization of infants and children
 - B.C.G.
 - Polio
 - D.P.T
 - Typhoid and Measles
 - Hepatitis
- 3 Preparation and folding of two types of Diapers.
- 4 Preparation of two toys play/ material

Class XII

SEMESTER –II

Structure Of Question Paper (Theory)

Time :3 Hours

Marks : 50

Structure of question paper will be same as given for the first Semester -I

Note : Objective type Question in both the Sections i.e Q no. 1 & Q no 11 will be from the 100 % syllabus.

SYLLABUS (THEORY)

SECTION -A (Foods & Nutrition)

- 4 Digestion and absorption of food.
- 5 Balanced Diet- Definition and Planning of balanced diet for the family
- 6 Meal Planning for the Family
 - (a) Factors effecting meal planning
 - (b) Size and composition of the family
 - (c) Food cost- availability, season etc.
 - (d) Recommended dietary allowance for the various age groups, occupation and physiological states (pregnancy , lactation & fever)
- 7 Reasons for cooking food
 - (e) Methods of cooking
 - (f) Moist heat: boiling, steaming & stewing
 - (g) Dry heat : roasting, grilling & baking
 - (h) Frying : Shallow and Deep
 - (i) Effect of cooking on food
- 8 Food Preservation
 - a. Causes of food spoilage
 - b. Principles of food preservation
 - c. Methods of food preservation in home- heating, cooling (use of refrigerator and ice boxes), drying, preserving by pickling and preparing Squash & Jams

SECTION-B (Child Development & Mother Craft)

- 3 Feeding
 - (a) Breast feeding
 - (b) Artificial feeding
 - (c) Weaning
- 4 Care of Child
 - (a) Clothing
 - (b) Bathing
 - (c) Value of regular habits, rest and exercise
- 5 Common ailments of children
 - (d) Common cold
 - (e) Digestive trouble (Vomiting,(Diarrhoea and colic)
 - (f) Skin trouble (prickly heat and eczema)
 - (g) Teething problems

- 6 Recreation for young children
 - (h) Toys
 - (i) Different play material
 - (j) Nursery rhymes
 - (k) Selection of books for children

Structure Of Question Of Paper (Practical)

Time : 3 Marks

Marks : 50

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.

SECTION -A

- | | |
|--|----------|
| 1. Viva Voce & Note book & Record | 5 Marks |
| 2. Any one preparation from Practical
Practical 4 & 5 | 20 Marks |
| 3. Any one preparation from
Practical 6 & 7 | 10 Marks |

SECTION - B

- | | |
|--|---------|
| 4. Any one Practical from
Practical 5 & 6 | 7 Marks |
| 5. Any one preparation form
Practical 7 & 8 | 8 Marks |

SYLLABUS (PRACTICAL)

SECTION-A (Food & Nutrition)

4 Breakfast, Lunch and Dinner Dishes by preparation of cereals, legumes, vegetables, eggs, Chapati or Puri, Plain Rice or Vegetable Pulao, Rajmah, Meat Curry or Egg Curry and seasonal vegetables.

- 5 Desserts-
 - (a) Indian Kheer (of any type) and Halwa
 - (b) Western- Custard (Plain or Fruit)
 - (c) Steamed Custard
- 6 Snacks- Pakora, Cutlets and simple cake.
- 7 Chutneys-Tomato or mango chutney and any one squash and one Jam
- 8 Planning for packed lunch (School children) by using above Preparations only.

SECTION-B(Child Development & Mother Craft)

- 5 Disinfection of children's clothes
- 6 Sterilization of feeding bottles
- 7 Weaning foods e.g. orange juice, tomato soup, suji Kheer and custard
- 8 Preparation of Diets during Diarrhea and Dysentery e.g preparation Of whey, Soup, Apple stew and Khichri

