

Home Science

Unit-I : (Food & Nutrition Science)

Study of foods: - Composition, nutritive value of cereals, pulses, vegetables, fruits, fleshy foods (Meat, Fish, Egg, Poultry) milk & milk products.

Food preservation and Food adulteration: - Meaning, objectives, principles of food preservation, household methods of food preservation.

Study of Nutrients: - Classification, sources, functions, daily requirements and deficiency of fat – soluble vitamin and water soluble vitamins and minerals.

Balanced diet: - Balanced diet, Definition and factors affecting formulation of balanced diet and recommended dietary intake for different age group (Pre – School, School going, adolescent (boys and girls), aged people).

Malnutrition: - Causes and Prevention. Role of National and International agencies in combating malnutrition.

Unit-II :(Human Development & Family Studies)

Human Development: - Principles and stages.

Child Development (0 – 5 Years): -

Physical development : - Principles, growth in body size. Proportion, bones, teeth, muscle and fat, head and nervous system.

Speech development (0 – 5 Years) - Meaning, pre speech forms of communication, essentials of learning to speak, Major tasks in learning to speak, speech disorders.

Adolescence :- Physical changes, change in social behavior, developmental tasks and problems.

Old age :- Physical and cognitive functioning, problems of old age, Role of family, society and Govt. in tackling the problems, Legal and welfare measures for the aged.

Early childhood care and Education :- Significance and objectives, child rearing practices, Family types prevalent in India, family life cycle, counting **ray** family problems.

Unit-III :Family Resource Management, Marriage & Consumer Studies)

Home Management : - Meaning, Definitions and **process** of Home Management (planning, controlling, organising and evaluating).

Motivating factors in Management : - Values, goals and standards with Home Management.

Family Resources : - Meaning, definition, characteristics and classification of resources (time, money and energy).

Decision Making : - Steps involved in decision making, characteristics of Decision making.

Marriage ; - Meaning, definition, importance and functions of marriage. Types of marriages in India – Love, arranged, love cum arranged marriage – their merits and demerits.

Problems of family and marital life: - Prolonged sickness/illness, accidents, widow hood, unemployment, economic distress/poverty, broken family, gender discrimination, domestic violence, family with a disabled or suicide in the family.

Marital problems: - Marital disharmony and conflict, separation and divorce, single.

Consumer studies: - Needs, objective and importance of consumer education. Rights and responsibilities of consumer, consumer protection, consumer guidance, consumer protection Act, consumer aids.

Unit-IV: (Extension Education and Communication)

Extension Education: - Concept, Philosophy and Principles.

Programme Planning: - Nature, Principles & Steps.

Communication: - Nature, Types, Importance, Elements and Models.

Communication Channels and Approaches

Extension Teaching Methods: - Individual, Group and Mass.

Unit-V : (Textiles & Research Methodology)

Textile Fibers: - Classification and Manufacturing Process of Cotton, Wool, Silk and Rayon.

Yarn Making, Types of Weaving

Finishing :- Mechanical and Chemical.

Research Methodology :- Meaning, objectives and types of social research.

Selection of Research Problem and Research Design.

Sampling design and Methods of data collection.

Tabulation and Analysis of data

Report writing and Bibliography.

MODEL QUESTIONS
HOME SCIENCE

Unit –I – (Food and Nutrition Science)

- (1) Food is preserved by heating _____
 - (a) Less than 80°C
 - (b) Less than 90°C
 - (c) Less than 100°C
 - (d) Less than 110°C
- (2) What is the daily iron requirement of a woman?
 - (a) 20gm
 - (b) 30gm
 - (c) 40gm
 - (d) 50gm
- (3) Geographical cause of malnutrition is due to which deficiency?
 - (a) Deficiency of calcium.
 - (b) Deficiency of iron.
 - (c) Deficiency of iodine.
 - (d) Deficiency of Sodium.
- (4) Which is often referred to as the “anti – infective vitamin”.
 - (a) Vitamin A
 - (b) Vitamin D
 - (c) Vitamin E
 - (d) Vitamin K
- (5) Richest source of riboflavin is?
 - (a) Meat
 - (b) Vegetable
 - (c) Ragi
 - (d) Dried yeast

Unit – II Human Development and Family studies

- (6) Identify the characteristics of development
 - (a) Development is static
 - (b) Development proceeds from specific to general.
 - (c) Development is not uniform.
 - (d) Development involves change.
- (7) Who are the Preschoolers?
 - (a) 3 to 6 years
 - (b) 2 months to 2 years
 - (c) 5years to 8years
 - (d) Birth to 1year
- (8) Growth cycles are
 - (a) Irregular
 - (b) Orderly and Predictable
 - (c) At frequent paces during life span
 - (d) Slow development pattern
- (9) Emotional behavior in children is guided by
 - (a) Endocrine glands
 - (b) Muscle and nerves
 - (c) Food and drink
 - (d) Sleep and rest

- (10) Parenting style constituting controlling, demanding and irresponsible in nature is childrearing practices of
- a) Authoritative
 - b) Authoritarian
 - c) Permissive
 - d) Uninvolved

Unit – III

- (11) Who said that “The Hardest work of All is to Think and Decision – making is Thinking”?
- a) Green
 - b) Hazel kyrk
 - c) Jacque Barzun
 - d) Dr. C. V. Raman.
- (12) All the resources have similarity, such that-
- a) They are limited
 - b) All resources are useful
 - c) Arrangements of resources is applicable to all.
 - d) Use of resources depends on the individual.
- (13) When was the “Right To Information Act” passed-
- (a) In January 2002.
 - (b) In March 2004.
 - (c) In October 2005.
 - (d) In July 2007.
- (14) What is a Matrilocal family ?
- (a) A family in which the wife is choosen from the local caste.
 - (b) A family in which the wife is choosen from the local village.
 - (c) A family in which the husband lives at his wife’s parents house.
 - (d) A family belonging to one locality.
- (15) Marriage gets social approval with the help of
- a) Wealth
 - b) Education
 - c) Private property
 - d) Social ceremonies

Unit - IV

- (16) Extension education is formal and informal education who said?
- a) L.D. Kalsey
 - b) O.P. Dahama
 - c) D. Ensoninger
 - d) M.C. Burret.
- (17) Receiver receives communication by –
- a) Reading
 - b) Listening
 - c) Observing
 - d) All of these
- (18) Folk media is often packed with –
- a) Spontaneity
 - b) Boisterousness
 - c) Humour
 - d) All of these
- (19) When using colour in a poster?
- a) Bright attractive
 - b) Highlight centre core

- c) Not more than 3 colour
 - d) Highlight prominent word.
- (20) In classrooms, teaching aids are used to make learning –
- a) Easy
 - b) Simple
 - c) Interesting
 - d) Take less time
- (21) The word 'Textile' comes from a Latin word which means –
- a) Weave
 - b) Textile
 - c) Fabric
 - d) Stitches
- (22) Yarn making is made possible by a process called –
- a) Weaving
 - b) Finishing
 - c) Spinning
 - d) Stretching
- (23) For a light weight and fine fabric require –
- a) Single stand yarn
 - b) Ply yarn
 - c) Cord yarn
 - d) Any yarn
- (24) Satin, twill and plain are
- a) Types of weave
 - b) Types of fabric
 - c) Types of fibers
 - d) Types of knits
- (25) One undertakes research
- a) To verify what has already been established.
 - b) To refuse what has already been accepted as a fact.
 - c) To describe and explain a new phenomenon
 - d) None of these.
- (26) Mean, median and mode are –
- a) Measures of deviation.
 - b) Ways of sampling.
 - c) Measures of central tendency.
 - d) None of these.

Answer Sheet

2. B
3. C
4. D
5. A
6. D
7. A
8. B
9. A
10. B
11. C
12. B
13. C
14. C
15. D
16. B
17. D
18. D
19. D
20. C
21. A
22. C
23. B
24. A
25. A
26. D