

# **PAPER- 6 & 7**

## **HOME SCIENCE CONTENT & METHOD**

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### **Objectives :**

1. Students get knowledge of Food and Nutrition
2. Students acquire the skill of Home-Science
3. Students develop a scientific attitude towards child-care
4. Students understand the process of production and utilization of milk and vegetables
5. Students understand the information about maintaining Health and First Aid

### **Unit-I**

- A. Food & Nutrition
  1. Necessities ,works and sources of food
  2. Methods of cooking
  3. Diseases occurring due to lack of food & nutrients during various stages
  4. Importance of preserving food and its remedies
- B. Importance of Home-Science and its use in Daily life
- C. Various responsibilities of teacher of Home-Science

### **Unit-II**

- A. Home –Management
  - Choosing a house and types of kitchens
  - Various responsibilities of a home-maker / house-wife
  - Importance of cloth-choice and purchase
  - Washing of various clothes
- B. Various types of lesson planning, Micro lesson, combined lesson
- C. Inter-relationship of Home-Science and other subjects

### **Unit-III**

- A. Dairy Gopalan (Dairy Technology)
  - Milk and its importance
  - Various methods of milk preservation and milk-product
  - Animal care – First-Aid and various diseases
  - Dairy industry in Gujarat
- B.
  - Various methods useful in Home Science
  - Demonstration / Group discussion (Methods)
  - Role play / Project Method
  - Audio Visual Method

### **Unit-IV Vegetables & Agriculture**

- Various ways of cultivating vegetables
- Seasonal vegetables and various factors affecting them
- Importance of fertilizers
- Information and importance of live agriculture

### **Unit-V**

- A. First Aid
  - Meaning , Importance and necessity
  - First aid for different accidents, types of bandages

- Measures to prevent and treatment of diseases which can spread easily and other diseases
- Artificial respiration –Meaning , importance and necessity

B. Ideal question paper format

- Blue print - Importance and utility
- Blue print - Construction / preparation and implementation

## Unit-VI

A. Motherhood and childcare

- Importance of mother's milk
- Family planning-information
- Child health – care and vaccination
- Various children diseases and treatment

B. Useful fields in Home Science

- Various employment opportunities
- Role of Home-Science club

## Unit- VII      Practicum

- Various cooking methods , stages , demonstration of dishes with nutritional value
- Cards , flower , decoration ,color filling
- Visit to a dairy
- Dye clothes ,making baby frock, making soft –toys and different types of stitches
- Cultivating live vegetables in pots and drying vegetables

## Reference Books :

1. Mehta, M. : Adolescent Psychology : Pointer Publishers, Jaipur
2. Jain, Madhu : Development Psychology : Pointer Publishers, Jaipur
3. Jain, Madhu : Development Psychology : Pointer Publishers, Jaipur
4. Ksaushik, V.K. : Problems of Nutrition and Child care : Pointer Publishers, Jaipur