



**BAL BHARATI PUBLIC SCHOOL**  
**ANNUAL EXAMINATION (2024-2025)**

**SYLLABUS**

CLASS: XI

SUBJECT: HOME SCIENCE

**TEXTBOOKS:**

1. HUMAN ECOLOGY AND FAMILY SCIENCES- PART I
2. HUMAN ECOLOGY AND FAMILY SCIENCES- PART II

| S.NO. | UNIT/CHAPTER /TOPIC                         | SUBTOPICS  | WEIGHTAGE              |
|-------|---|--|------------------------|
| 1.    | Introduction to Home Science                | Introduction to Home Science   | 02                     |
| 2.    | Understanding oneself: Adolescence          | Ch.- Understanding the Self.<br>A. 'Who am I'?<br>B. Development and Characteristics of the Self(Development characteristics and needs of adolescents)<br>C. Influences on Identity<br>Ch.- Food, Nutrition, Health and Fitness<br>Ch. - Management of Resources<br>Ch.- Fabric Around us<br>Ch-Media and Communication Technology Ch-Effective Communication Skills | 20                     |
| 3.    | Understanding Family, Community and Society | Ch. - Concerns and needs in diverse contexts:<br>a. Nutrition, Health and Hygiene<br>b. Resources Availability and Management  | 15                     |
| 4.    | Childhood                                   | Ch.-Survival, Growth and Development<br>Ch.- Nutrition, Health and Wellbeing<br>Ch.- Our Apparel   | 15                     |
| 5.    | Adulthood                                   | Ch.- Health and Wellness<br>Ch.- Financial Management and planning<br>Ch.- Care and Maintenance of fabrics   | 18                     |
|       |   |  | <b>TOTAL MARKS= 70</b> |

FOR CLASS 11:

THEORY (Subject Specific as per CBSE): 70marks

INTERNAL ASSESSMENT (Subject Specific as per CBSE) (Practical/Project Work/Viva): 30 marks