

SYLLABUS (2025-2026)

CLASS: XI

SUBJECT: Human Ecology and Family Sciences

TEXTBOOKS:

NCERT Human Ecology and Family Sciences (For class XI): Part I and Part II

EXAMINATION	UNIT/ CHAPTER / TOPIC	SUBTOPICS	WEIGHTAGE (MARKS)
HALF YEARLY	Unit I: Introduction to Home Science	Introduction to Home Science	5
	Unit II: Understanding oneself: Adolescence	Ch.- Understanding the Self Ch.- Food, Nutrition, Health and Fitness Ch. - Management of Resources Ch.- Fabric Around us Ch-Media and Communication Technology	45
	Unit III: Understanding family, community and society	Ch. - Concerns and needs in diverse contexts: a. Nutrition, Health and Hygiene b. Resources Availability and Management	20
TOTAL MARKS			70

EXAMINATION	UNIT/ CHAPTER / TOPIC	SUBTOPICS	WEIGHTAGE (MARKS)
ANNUAL	Unit I Introduction to Home Science	Introduction to Home Science	2
	Unit II: Understanding oneself: Adolescence	Ch.- Understanding the Self Ch.- Food, Nutrition, Health and Fitness Ch. - Management of Resources Ch.- Fabric Around us Ch-Media and Communication Technology	20
	Unit III: Understanding family, community and society	Ch. - Concerns and needs in diverse contexts: a. Nutrition, Health and Hygiene b. Resources Availability and Management	15
	Unit IV: Childhood	Ch.-Survival, Growth and Development Ch.- Nutrition, Health and Wellbeing Ch.- Our Apparel	15
	Unit V: Adulthood	Ch.- Health and Wellness Ch.- Financial Management and planning Ch.- Care and Maintenance of fabrics	18
TOTAL MARKS			70

NOTE: The above syllabus is for assessment purpose and remaining chapters/topics may be taught as subject-learning enrichment.