

**HOME MANAGEMENT & FAMILY RESOURCE MANAGEMENT
(HMFR)**

Class - XI

Full Marks 100

Theory - 70 Marks

Unit I: An introduction to Home Management

- ❖ The Home – its role and function
- ❖ Concept of Home Management, its meaning and definition
- ❖ Relevance of the study of this discipline to other fields of Home science
- ❖ Family – its type, stages, functions
- ❖ Family life in a changing world
- ❖ Role of a woman in this changing world
- ❖ The nature and role of home management in a changing world

Unit II: Values, Goals and Standards

- ❖ Characteristics of values and how family value pattern develops
- ❖ Types of goals and why goals change
- ❖ Concept of standards and classification of standards
- ❖ Interrelatedness of values, goals and standards

Unit: III: Family Resources

- ❖ Resources – meaning, types:
 - i) Human – knowledge, skills, time, energy, attitudes;
 - ii) Materials, money, goods, property
 - iii) Community facilities, schools, parks, hospitals, roads, transport, water, electricity, fuel, fodder etc.
- ❖ Characteristics of resources
- ❖ Guides to increasing satisfaction

Unit IV: Child Development and Immunization

- ❖ Concept of growth & development; factors affecting growth development. Milestones of development from ages 0 to 12 years.

SYLLABUS

- ❖ Periods of growth & development during childhood; from conception to about 12 years of age (infancy, early, childhood, middle childhood and late childhood) – physical, motor, cognitive, emotional social and language development.
- ❖ Factors influencing development – development is multi dimensional and inter disciplinary development is continuous and cumulative; it is variable, reflecting individual variation; cultural difference are reflected in development; both heredity and environment influence development.
- ❖ Substitute care at home and outside: siblings, grand parents, neighbours creche, day care centres etc. Integrated Child Development Scheme (ICDS) – objectives and functions.
- ❖ Protection from preventable diseases: immunization – concept and types (natural and acquired), breast feeding (one of the ways to develop natural immunity); immunization chart; symptoms and incubation period of childhood diseases – TB, DPT, polio, measles, cholera, diarrhoea.

Unit –V Food and Nutrition

- ❖ Relationship of food, nutrition and health.
- ❖ Classification of food on the basis of nutrients and functions. Functions of food: physiological, psychological and social.
- ❖ Elementary study of macro and micro nutrients. Functions and sources of nutrients: carbohydrates, proteins fats, minerals (iron, calcium, iodine and phosphorous) and vitamins (A, D, E, K, B1, B2, Niacin, Folic Acid & C); role of water and fibre in the diet.
- ❖ Recommended Dietary allowances (RDA) for all nutrients mentioned above.

Unit- VI- Textiles (Fibre to Fabric)

- ❖ Textile fibres. Types of fibre:
 - I. Natural- cotton, silk and wool
 - II. Man-made –nylon, polyester and blended fibres (terrycot, terrysilk, terrywool, cotton silk)
- ❖ Identification of fibres – physical and chemical tests
- ❖ Fabric construction: Basic procedure of any yarn making (spinning, mechanical spinning, chemical spinning, weaving: plain, twill & stain, other methods – knitting

SYLLABUS

and nonwoven, effect of weaves on appearance, durability and maintenance of garment.

- ❖ Finishing: meaning and importance; types
 - I. Basic: cleaning, bleaching, stiffening, tendering
 - II. Special: mercerisation, shrinkage control, water proofing, dyeing and printing.

Unit – VII Interior Decoration

- ❖ Elements of Design and art
- ❖ Principles of Design
- ❖ Use of colour in interiors – prang's colour wheel, characteristics of colour, colour schemes

Unit- VIII First Aid at Home

- ❖ Meaning, aims & scope of first aid
- ❖ Bandages and dressings
- ❖ Rendering first aid in case of an accident, sprain, fractures, cuts, burns, foreign body, bites, fainting.

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Practical Marks - 30

1. Prepare materials for stimulating the sensory development of infants.
2. Observe and record the motor development of infants and prepare a chart based on your findings.
3. Identification of fibres – physical and chemical methods
4. Identify different weaves and finishes.
5. Basic stitches, running, hemming, back stitch, blanket stitch
6. Buttonhole and attaching buttons.
7. Preparing prang's colour chart and colour harmony
8. Application of elements and principles of design in flower arrangement and floor decoration (Alpana and Rangoli)
9. Application of bandages (roller and triangular)
10. Use of 24 hours dietary recall method to analyze and compare nutritional sufficiency of RDA.

Seminar or group discussion on:

1. Role of women in changing world
2. A comparative study between the rural and an urban homemaker
3. Interrelatedness of goals, values and standards and its implication on individual or family decisions.
4. Impact of working parents on the development of a child.

Marks Allotment:

Practical –	15
Viva -	5
Record Book -	10