

CLASS XI HOME SCIENCE

Topic	Learning outcomds	Innovative/art integration, Experiential learning, Inter-disciplinary action.
Unit I. Introduction to Home Science	Student will be able to know about the concept of Home Science and recent trends and will get to know career options. What is the importance of Home Science for both boys and girls?	Art integration : Learns the art to promote creativity and collaboration. Experiential learning: It offers learner the opportunity to acquire skills and knowledge through first hand experiences and those experiences reflect to develop new skills, attitudes, ways of thinking and allowing them to develop a better understanding of the concept at hand. Inter-disciplinary action: It encompasses five major discipline i.e. food, nutrition and health, human growth and development, resource management, fiber and fabric, community and extension education. Science: Home science is a science based on knowledge, research education, observation, hypothesis etc. Life Science: Deals with human growth and body development. Social Science: Deals with welfare of society and himself. Biology: Related with the knowledge of nutrients of each food that provide us with. Also different stages of growth, first aid measures etc. Psychology: Knowledge of happiness and how to survive in the society. English: All the content
Unit II. Understanding oneself: Adolescence Ch.- Understanding the self	Child will be able to know the importance of knowing oneself and significance of developing a	Art integration : Learns the art of understanding oneself as a unique and separate

a) 'Who am I'? b) Development and Characteristics of the Self (Development characteristics and needs of adolescents) c) Influences on Identity	positive sense of self, the factors that influence the developments of self and identity	individual. Experiential learning: Learning self will empower to make changes and build on our areas of strength as well as identify the areas where oneself would like to make improvements. It will create self awareness. Inter-disciplinary action: Science: Development of body parts in oneself. Life Science: Deals with human growth and body development. Social Science: Deals with welfare of society and himself. Psychology: Knowledge of strength, weakness and emotions in oneself. English: All the content Activities: Understanding oneself with reference to a. Physical development in terms of age, height, weight, hip and chest circumference. b. sexual maturity (age at menarche, development of breast: girls) (growth of beard, change in voice: boys). c. Observe developmental norms: (physical, motor, language and social emotional) birth to 3 years. List and discuss 4/5 areas of agreements and disagreements with a. Mother b. Father c. Siblings/friends d. Teacher
Ch.- Food, Nutrition, Health and Fitness	Student will be able to learn about food, nutrition, nutrients, balanced diet, health and fitness and role of food pyramids.	Art integration: Learns the art to navigate food safety and hygiene. Also the knowledge of nutrients, nutrition and nutritional status and value. Experiential learning: How to maintain nutritional status as

		well the food that prevent from diseases, helps in overcoming malnutrition by including balanced diet. Inter-disciplinary: Science: How to manage good health by including all the required nutrients in diet. Maths: How many principles of food are there? English: All the content Activities: Record on diet for a day Evaluate qualitatively for adequacy Preparation of different healthy snacks for an adolescent suitable for his/her context
Ch.- Management of Resources	Student will be able to learn about various resources, their classifications, characteristics, needs for managing resources and will analyse management process	Art Integration: Learns the art of planning and controlling the time spend on specific activities, to complete more work in less time by lowering stress level and also enhancing performance and satisfaction, utilizing the resources judiciously. Experiential Learning: It helps student to make time management and apply in routine life to make proper use of his/her leisure time and also helps in overcoming distraction by using the resources judiciously. Inter-disciplinary: Physical education: Games in the order of prioritizing, organizing, delegating, strategic planning and problem solving. English: All the content Activities: Record one day's activities relating to time, use and work. Prepare a time plan for yourself
Ch.- Fabric around us	Student will be able to	Art integration: Learns the art to

	understand fiber, yarn, textile products, finishing, properties of yarn, fibers, yarn processing, fabric production and textile finishing.	differentiate different type of clothes, art of combining colours, textile finishing, fabric production, yarn processing etc. Experiential learning: How to differentiate different clothes according to feel, experience etc. Can include real world experience Inter-disciplinary: Physics: Knowledge of different technologies and equipments for making fabrics. Chemistry: Different chemical used in making different fibers. Economics: Helps in making budgets in fabric industry English: All the content Activities: Record the fabrics and apparel used in a day Categorize them according to functionality.
Ch.- Media and Communication Technology	Student will be able to understand what is media, communication, communication technologies and skills	Art integration: Learns the art of transferring information from one person, place or group to another. Art of media communication works by showing news, ideas, thoughts, facts, data etc. Experiential learning: It is a engaged learning process whereby students learn by doing practically rather than theoretically. Student will work with real client, builds experience and resume Inter-disciplinary: Physics: Knowledge of different technologies and equipments used in media. Information Technology: Delivering information through PPTs, social media, digital technologies etc. English: All the content

Unit III. Understating family, community and society Ch.- Concerns and needs in diverse contexts: - Nutrition, Health and Hygiene - Resources availability and Management	Student will be able to understand importance of health, inter relationship of nutrition and health, result of under nutrition and over nutrition, appropriate food choices, inter relationship between nutrition and disease, importance of hygiene and sanitation for preventing food borne disease.	Art integration: Learns the art to navigate food safety and hygiene for good health Experiential learning: How to maintain hygiene and sanitation to prevent from the food borne diseases, awareness of the results of under nutrition and over nutrition by health food choices. Inter-disciplinary: Science: How to manage technology and equipments for making food safe and hygiene. English: All the content Activities: Plan a budget for a given situation/purpose
Unit IV: Childhood Ch.- Survival, Growth and Development	Student will be able to understand about the survival growth and development, characteristics of different stages of childhood, developmental mile stones	Art integration: Different milestone help child to develop academic and social skills that are foundations for future learning, behavior and health. Also helps children to focus on learning life skills, While learning through art, child uses different senses and parts of brain, which help them connect and recall important information Experiential Learning: Experiential learning is significant for child's brain development and learning. The child learn and apply their learning to pass the exams. Fun learning is highly effective method. Inter-disciplinary: Science: Helps child to understand the different parts of

Ch.- Nutrition, Health and Wellbeing	Child will be able to understand nutritional needs, balanced meals, food habits, immunization schedule and importance of health and nutrition with related problem of children.	the body. Maths: What is the age of early childhood/late childhood What is the weight and height of the child at the age of 3 years etc. English: All the content. Art integration: Learns the art to navigate food safety and hygiene. Also the knowledge of nutrients, nutrition and nutritional status and value. Art of maintaining the immunization schedule. Experiential learning: How to maintain nutritional status as well the food that prevent from diseases, helps in overcoming malnutrition by including balanced diet. Can explain about the immunization chart Inter-disciplinary: Science: How to manage good health by including all the required nutrients in diet. Maths: How many times immunization to be done? English: All the content
Ch.- Our Apparel	Student will be able to understand the function of clothing, factors influencing the selection of cloths, clothing requirements according to different age groups, clothing needs of children with special needs	Art integration: Learns the art to differentiate different type of clothes and having knowledge about clothing needs of children with special needs. Experiential learning: How to differentiate different clothes according to feel, experience etc. Can include real world experience and implement the knowledge about clothing needs of children with special needs Inter-disciplinary: Physics: Knowledge of different technologies and equipments for making fabrics. Chemistry: Different chemical used in making different fibers.

		Economics: Helps in making budgets in fabric industry English: All the content Activities: Relationship of fiber properties to their usage: Thermal property and flammability Moisture absorbency and comfort Analyze label of any one garment w.r.t: Clarity, fiber, content, size and care instructions Prepare one care label of any garment Analyze two different fabric samples for colour
Unit V: Adulthood Ch.- Health and Wellness	Student will be able to know about the importance of health and fitness, challenges faced by them, concept of wellness, steps to promote and maintain good health and wellness.	Art integration: Will learn the art of being physically and mentally healthy as a result of deliberate efforts, also will learn to cop with stress. Experiential Learning: Experiential learning is significant for leading adults a stress free and healthy life. Inter-disciplinary: Science: Will be able to access nutritional status and level of risk by body measurements. Biology: Development of hormones during development. English: All the content.
Ch.- Financial Management and planning	Student will be able to understand the concept of financial management, family budgets, types of income, savings, investments and the principles of safe investment.	Art integration: Develops the art of making budgets, savings, wise investments. Experiential Learning: Experiential learning is significant for making family budgets, proper savings for

Ch.- Care and Maintenance of fabrics	Student will be able to learn how to care and maintain fabrics, remove different stains from different fabrics, about laundry system, role of water soaps and detergents in laundering.	future and wisely investing for future use. Inter-disciplinary: Economics: Will be able to budgets for family and business. Smart investments etc. English: All the content. Activities: Art integration: Will learn the art to deal with different types of stain on different clothes, different types of laundering and care labels Experiential Learning: Experiential learning is significant for dealing with stains on different clothes, care and storage of different type of garments, cleaning process and care label etc. Inter-disciplinary: Physics: Will be able to access different equipments or machinery used for laundering. Chemistry: Use of different chemicals and reagents for removing stains and cleaning.. English: All the content.
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