

**HOME SCIENCE**  
**CLASS XII (2019 – 20)**

## PRACTICAL

**Maximum Marks: 30**  
**Periods: 35**

## 1) Human Development: Life Span Approach (Part II)

## Activities

- Identify the problems of adjustment of adolescents with the help of a tool (group activity) and make a report.
- Spend a day with an aged person and observe the needs and problems. Write a report.
- List and discuss at least 4 areas of agreement and disagreement of self with:-

- a) Mother                      b) Father  
b) Siblings                  d) Friends

## 2) Nutrition for Self, Family and Community Activities

- Record one day diet of an individual and evaluate it against principles of balanced diet.
- Plan a meal and modify for any one physiological condition – Fever, Diarrhoea, Constipation, Jaundice, Hypertension, Diabetes, Pregnancy, Lactations, Old age and Infants. Prepare a dish.
- Identify food adulteration: using visual and chemical methods; Turmeric, Chana Dal, Bura Sugar, Milk, Tea leaves, Coriander, Black Pepper Seeds, Desi-ghee.
- Prepare ORS Solution.

### 3) Money Management and Consumer Education

- Collect and fill savings account opening form in Post Office and Bank.
- Fill up the following forms and paste in file: Withdrawal slip, Deposit slips, Draft slip and cheque (bearer of A/c payee).
- Collect labels of any three products and compare them with mandatory requirements.
- Prepare one label each of any three items bearing ISI, FPO, Agmark.

#### 4) Apparel: Designing, Selection and Care

- Illustrate principles of design or elements of art on a paper or cloth and evaluate them.
- Removal of different types of stains: tea, coffee, curry, grease, blood, lipstick, ball pen.
- Examine and evaluate readymade garments for their workmanship. [at-least two]
- Make sample of Hemming, Backstitch, Interlocking, and Press buttons, hooks and eye.

#### 5) Community Development and Extension

- Visit any two places (home/restaurant/school/business centre, etc.) and observe its measure for safe drinking water and general conditions of hygiene around it.

#### Scheme for practical examination (Class XII)- 30 marks

##### 1. Unit I-Human Development: Life Span Approach (Part II) Project Report- 5 marks

##### 2. Unit II- Nutrition for Self, Family and Community-

- a) Plan a meal and modify and prepare a dish for any one physiological condition Fever, Diarrhoea, Constipation, Jaundice, Hypertension, Diabetes, Pregnancy, Lactations, Old age and Infants- 5 marks
- b) Identify food adulteration: using visual and chemical methods; Turmeric, Chana Dal, Bura Sugar, Milk, Tea leaves, Coriander, Black Pepper Seeds, Desi-ghee- 2 marks

##### 3. Unit III-Money Management and Consumer Education

- a) Prepare one label each of any three items bearing ISI, FPO, Agmark.- 2 marks
- b) Filling up of paying slip either to deposit cash or cheque- 2 marks

##### 4. Unit IV- Apparel: Designing, Selection and Care

- a) Removal of different types of stains- Tea, coffee, grease, blood, lipstick, ball pen (Any two)

OR

Readymade garment- Quality check – 2 marks

- b) Make sample of hemming/backstitch/interlocking/fastener- 2 marks

##### 5. Unit V-Community Development and Extension- Survey Report- 4 marks

##### 6. File Work- 4 marks

##### 7. Viva Voce- 2 marks

**Reference books for teachers:**

1. Human Ecology and Family Sciences – Part I, Class- XII, NCERT Publication
2. Human Ecology and Family Sciences – Part II, Class- XII, NCERT Publication

QUESTION PAPER DESIGN 2019-20									
HOME SCIENCE			CODE NO. 064				CLASS- XI&XII		
TIME: 3 Hours			Max. Marks: 70						
S. No.	Typology of Questions	Learning outcomes and Testing Skills	Objective type Questions (1 mark)	Short Answer (SA) (2 marks)	Case study and picture based (3 marks)	Long Answer – II (LA-I) (4 marks)	Long Answer – II (LA-II) (5marks)	Total Marks	% Weightage
01	Remembering (Knowledge based Simple recall questions, to know specific facts, terms, concepts, principles, or theories; Identify, define, or recite information)	Reasoning Analytical Skills Critical Thinking	4	1	1	1	1	18	26%
02	Understanding- (Comprehension – to be familiar with meaning and to understand conceptually, interpret, compare, contrast, explain, paraphrase information)		5	1	-	-	1	12	17%
03	Application- (Use abstract information in concrete situation, to apply knowledge to new situations. Use given content to interpret a situation, provide an example, or solve a problem)		5	2	1	1	1	21	30%

04	High Order Thinking Skills – (Analysis and Synthesis – Classify, compare, contrast, or differentiate between different pieces of information: Organize and / or integrate unique piece of information from a variety of sources)		1	1	-	1	1	12	17%
05	Evaluation – (Appraise, judge, and /or justify the value or worth of a decision or outcome, or to predict outcomes)		3	-	-	1	-	07	10%
	<b>TOTAL</b>	<b>1x18= 18</b>	<b>2x5= 10</b>	<b>3x2=6</b>	<b>4x4=16</b>	<b>5x4= 20</b>	<b>70</b>	<b>100%</b>	
	<b>ESTIMATED TIME</b>	<b>35 min.</b>	<b>25 min.</b>	<b>20 min.</b>	<b>35 min.</b>	<b>50 min.</b>	<b>165 min. + 15 min. For revision</b>		

**Note:** No Chapter wise weightage, care should be taken to cover all chapters.

### Scheme of questions

- Total number of questions = 33
- Weightage to difficulty level of questions

S. No.	Estimated difficulty	Percentage
1	Easy	20
2	Average	60
3	Difficulty	20