

THE BSS SCHOOL

Class XI

Home Science

[2025- 2026]

Text Book: ISC Text book of Home Science- Class XI

By: Premlata Mullick, Kalyani Publishers

Home Science Text Book and Practical Book –Class XI

By: Asha Das, Puja Gupta, Arya Book Depot

UNIT TEST: - UNIT I: CONCEPT AND SCOPE OF HOME SCIENCE

- Introduction to the streams in home science
- Importance and relevance of the study of Home Science
- Career Options in Home Science

UNIT II: FOOD AND NUTRITION

- Review relationship between food and health
- Health and its Dimensions
- Balanced Diet and RDA
- Macro and Micro Nutrients
- BMR

FIRST TERM:- UNIT IV: RESOURCE MANAGEMENT

- Concept, types, utility and conservation of Resources
- Management of Resources
- Decision Making in management
- Time and Energy management

UNIT VII: COMMUNICATION AND EXTENSION

- Concept and methods of communication
- Category of communication
- Social media concept, usage, benefits and limitations

UNIT III: STORAGE AND PRESERVATION OF FOOD

- Causes of food spoilage
- Storage of foods and Convenience foods
- Food Preservation methods

[CHAPTER FROM UNIT TEST TO BE INCLUDED]

INTERNAL ASSESSMENT- Project

FINAL TERM: -UNIT V: HUMAN DEVELOPMENT

- Growth and Development from birth to late childhood
- Growth and Development during Childhood
- Perspectives of Human Development
- Personality Development and Image Building

UNIT VI: CARE AND MAINTENANCE OF TEXTILES

- Laundering methods
- Removal of Stains

[FINAL EXAMINATION INCLUDES ENTIRE SYLLABUS AS PER ICSE SCOPE OF SYLLABUS]

INTERNAL ASSESSMENT- Project

**** *Subject to change***