

NIOS lesson adaptation project

By EMBRACE Volunteers

(A community initiative of Harchan Foundation Trust)

Chapter 1

What Is Home Science

(Printable Version)

- **Simplified Lesson**
- **Previous Year Questions with Answers**
- **Terminal Questions \In text Questions \Worksheets**

This project is aimed at supporting children with different needs. Information provided is adapted to the best of knowledge by the volunteers. For complete information please refer to the NIOS resources in <https://www.nios.ac.in/online-course-material/secondary-courses.aspx>.

LESSON 1

What Is Home Science

What is home science:

- ☐ Art of managing resources efficiently.
- ☐ Science of achieving a healthy and happy home.
- ☐ Steps to have successful career.
- ☐ Home science helps us to understand harmonious interpersonal relationship.

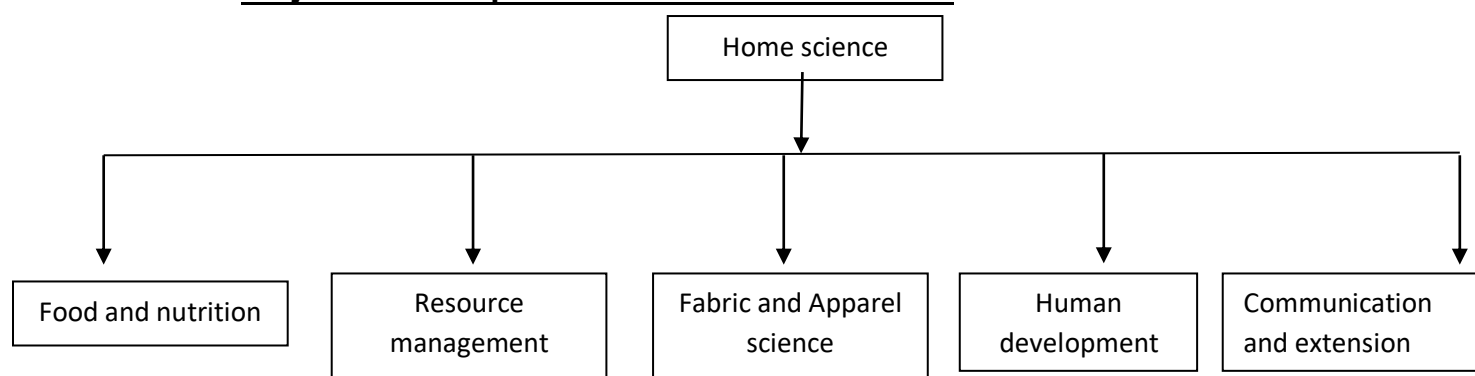
Relevance of home science:

- ☐ Managing home requires the efforts of all family members.
- ☐ Manage to learn our own resources
- ☐ Home science gives right tool to solve problems.
- ☐ Home science will make you more organized and efficient.
- ☐ Home science will help in improvement of home
- ☐ It also helps in improvement of personal life.
- ☐ It helps in improvement in professional life too.
- ☐ It will help you to learn new skill which will enable to set up home based enterprises like boutique, day care centre
- ☐ It helps in setting up own consultancies designer unit
- ☐ It improves the economic condition of the family.

Home science for both boys and girls:

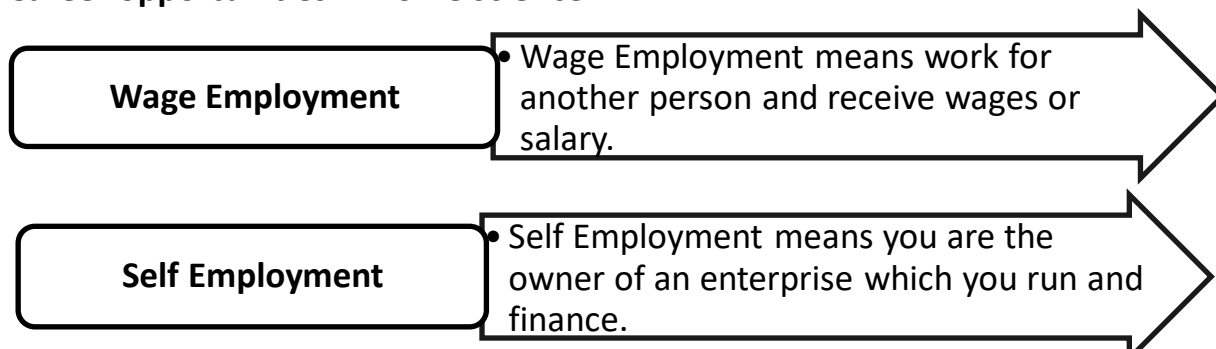
- ☐ Offers various vocational and professional avenues.
- ☐ Joint knowledge and skill to improve standard of living.
- ☐ Succeed in competitive world.
- ☐ Manage resources.
- ☐ Share household responsibilities and tasks.
- ☐ Solve problems together with family.

Major areas of specialization in home science:



Main Branch	Area of specialization
Food and nutrition	<ul style="list-style-type: none">▪ Food Science▪ Nutrition – Clinical Nutrition and community nutrition▪ Institutional food service
Fabric and Apparel Science	<ul style="list-style-type: none">▪ Clothing Construction▪ Textile Science and Designing▪ Garment Designing▪ Care and Maintenance of Clothes
Resource Management	<ul style="list-style-type: none">▪ Resource Management▪ Housing and Equipment▪ Interior Designing and Consumer Education
Human Development	<ul style="list-style-type: none">▪ Child-Welfare▪ Adolescence, Marriage and Family▪ Care of the Special Children and Elderly
Communication and Extension	<ul style="list-style-type: none">▪ Media for Communication▪ Program, Planning and Evaluation▪ Training and Capacity building▪ Management of community Service

Career opportunities in home science:



Job opportunities in home science:

Job opportunities	Wage employment	Self employment
Dress Designing, Garment Construction, Textile Designing	<ul style="list-style-type: none"> • Staff in a production unit/export house • Staff at a textile designing unit • Staff at boutique 	<ul style="list-style-type: none"> • Owner of a shop or boutique • Home based services • Conducting hobby classes
Teaching	<ul style="list-style-type: none"> • Staff at crèche, play school, day care center • Teaching in a school/college • Teaching in poly techniques 	<ul style="list-style-type: none"> • Owner of a crèche, Play school etc. • Day- care or after care in school for young children • Conducting tuitions at home and short term Courses of Home Science.
Communication and Extension	<ul style="list-style-type: none"> • Staff in Development organization • Counselors • Researchers • Social Entrepreneurs • Trainers and facilitators • Staff in Public Relations and Human relations 	<ul style="list-style-type: none"> • Counselors • Establishing development organization • Market research agencies • Media production and management. • Communication and development consultant • Offering short-term courses,content development,theatre etc
Resource Managers and Consumer Education	<ul style="list-style-type: none"> • Staff in Retail outlets • Staff in event management firms 	<ul style="list-style-type: none"> • Event managers • Small savings agent

Catering	<ul style="list-style-type: none"> • Staff in Canteen, Restaurant • Cook, coffee / tea shop, etc. • Service Staff 	<ul style="list-style-type: none"> • Owner of a Canteen, restaurant, coffee/tea shop etc. • Food Services from Home • Conducting hobby classes
Food preservation / Bakery and Confectionary	<ul style="list-style-type: none"> • Production Staff • Training of Service Staff • In- charge of a community center 	<ul style="list-style-type: none"> • Owner of a production unit • Home based production services • Conducting hobby classes • Training NGO functioning as a livelihood promotion initiative
Interior Decoration	<ul style="list-style-type: none"> • Staff at Interior Designer company • Staff of Furniture Designer company • Conducting hobby classes • Staff at show case and window display designs 	<ul style="list-style-type: none"> • Owning Interior Designer company • Owner of Furniture Designer company • Conducting hobby classes • Owns show case and window display designs company
Art and Craft	<ul style="list-style-type: none"> • Staff at government showrooms/antique shops • Designer staff for arts and crafts items • Staff at production units 	<ul style="list-style-type: none"> • Running an enterprise • Home-based craft • Center • Conducting hobby • Courses/classes
House Keeping and Laundry Services	<ul style="list-style-type: none"> • Staff at government and guest houses • Facilities manager 	<ul style="list-style-type: none"> • Running a guest house • Home based paying • Guests services • Contract services

Home science advance course:

School level courses in Home Science, will give only basic Knowledge, some practice and experience.

- In order to get ready for the job you have to do advance courses.
- National Institute of Open Schooling (NIOS) also offers number Of Vocational courses.
- For this consult your PCP or visit NIOS Website for details.

- Visit Counselors.

PREVIOUS YEARS QUESTIONS

- 1. Name any four job opportunities that are available after studying dress and textile designing?**
 - a) Owner of a boutique
 - b) Home based services
 - c) Conducting hobby classes
 - d) Staff at textile designing unit
- 2. Give two arguments to convince your brother that home science is for both boys and girls**
 - a) Both need to manage resource.
 - b) Both have to share household responsibilities and tasks.
- 3. Name four career opportunities available after getting education in the area of food preservation and catering in home science?**
 - a) Chef /Cook
 - b) Service staff at restaurants
 - c) Food service from home
 - d) Owner of a restaurant
- 4. Home Science is for both boys and girls. Support this statement with two examples?**
 - a) Both need to manage resource efficiently
 - b) Both have to share household responsibilities and tasks.
 - a) Both have to succeed in an increasingly competitive world, it could be any field like riding a vehicle or having a own business.
 - b) Joint knowledge and skills help to improve the standard of living.
Eg-Managing restaurant together will help in increase of their earnings.
- 5. Give any two self-employment opportunities in the food preservation area of Home Science.**
 - a) Owner of a production unit
 - b) In charge of a community center.
- 6. Name any four fields of home science/ List any four areas of specialization in home science.**

- a) Food and Nutrition
- b) Fabric and apparel science
- c) Resource management
- d) Human development.

7. After doing a course in interior decoration in which four areas can you find a job?

- a) Interior designer
- b) Staff at showroom
- c) Furniture designer
- d) Show case and window display design.

8. 'Suggest two wage and two self-employment opportunities to your friend who has specialized in Clothing and Textiles.

Wage employment:

- a) Staff in production house
- b) Staff at boutique

Self employment:

- a) Home base services
- b) Owner of boutique.

9. List the four self-employment opportunities available in the field of interior decoration.

- a) Interior designer
- b) Furniture designer
- c) Conducting hobby classes
- d) Show case and window display design.

10. Your sister is a home science graduate. She has special interest in dress designing. Suggest her two self-employment opportunities in this area.

- a) Owner of boutique
- b) Conducting hobby classes

11. Give any two wage employment opportunities in the catering area of Home Science.

- a) Staff at restaurant
- b) Cook

TERMINAL QUESTIONS

1. Discuss in 10 lines the relevance of home science in your day to day life.

- Managing home requires the efforts of all family members.
- Manage to learn our own resources
- Home science gives right tool to solve problems.
- Home science will make you more organized and efficient.
- Home science will help in improvement of home
- It also helps in improvement of personal life.
- It helps in improvement in professional life too.
- It will help you to learn new skill which will enable to set up home based enterprises like boutique, day care centre
- It helps in setting up own consultancies designer unit
- It improves the economic condition of the family.

2. What are the various components or areas of home science? List the areas of further specialization in any one of these area?

Components or areas of home science:

- a) Food and nutrition
- b) Resource and management
- c) Textiles and clothing
- d) Human development
- e) Communication and education

Areas of further specialization in Food and nutrition:

- Food science.
- Nutrition-clinical nutrition and community nutrition
- Institutional food service

3. List the various opportunities for people in wage employment and self employment capacity in one area of home science.

Teaching:

Wage employment

- Staff at crèche.
crèche
- Teaching in school and college
tuition
- Teaching in poly techniques.

Self employment

Owner of

Conducting

Day care

4. State whether the following statements regarding home science are correct or incorrect. Give reasons for your answer if marked as in correct. Write T for true and F for incorrect.

- i) Study of home science does not lead to a career -----**F**
Studying home science will give options in many professions.
For example if you do food and nutrition it will open door for both wage employment as staff in restaurant and self employment as owner of restaurant.
- ii) Home science equips both girls and boys to perform their dual role as home makers and as professionals-----**T**

5. Name any four job opportunities that are available after studying dress and textile designing?

- a) Owner of a boutique
- b) Home based services
- c) Conducting hobby classes
- d) Staff at textile designing unit

6. Give two arguments to convince your brother that home science is for both boys and girls

Both need to manage resource.

Both have to share household responsibilities and tasks.

7. Name four career opportunities available after getting education in the area of food preservation and catering in home science?

- a) Cook / chef
- b) Service staff at restaurants
- c) Food service from home
- d) Owner of a restaurant

8. Home Science is for both boys and girls. Support this statement with two examples?

- a) Both have to succeed in an increasingly competitive world, it could be any field like riding a vehicle or having a own business.
- b) Joint knowledge and skills help to improve the standard of living.
Eg-Managing restaurant together will help in increase of their earnings.

9. Give any two self-employment opportunities in the food preservation area of Home Science.

- a) Owner of a production unit
- b) In charge of a community center.

10. Name any four fields of home science/ List any four areas of specialization in home science.

- a) Food and Nutrition
- b) Fabric and apparel science
- c) Resource management
- d) Human development.

11. After doing a course in interior decoration in which four areas can you find a job?

- a) Interior designer
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- c) Furniture designer
- d) Show case and window display design.

12. 'Suggest two wage and two self-employment opportunities to your friend who has specialized in Clothing and Textiles.

Wage employment:

- a) Staff in production house
- b) Staff at boutique

Self employment:

- a) Home based services
- b) Owner of boutique.

13. List the four self-employment opportunities available in the field of interior decoration.

- a) Interior designer
- b) Furniture designer
- c) Conducting hobby classes
- d) Show case and window display design.

14. Your sister is a home science graduate. She has special interest in dress designing. Suggest her two self-employment opportunities in this area.

- a) Owner of boutique
- b) Conducting hobby classes

15. Give any two wage employment opportunities in the catering area of Home Science.

- a) Staff at restaurant
- b) Cook