



DRAVID OPEN SECONDARY AND HIGHER SECONDARY EDUCATION COUNCIL

Head Office:-RD number 1, mohalla Badh Adilabad, Telangana 504001

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SYLLABUS HOME SCIENCE

Class 10 Home Science

Unit I – Human Growth & Development-II

Topics include:

- * Play (birth–5 years) and role of play in growth & development
- * Types of play (active, passive, natural, serious, exploratory)
- * Selection of play material for children
- * Childhood (3–11 years) — age-specific milestones: physical, motor, social, emotional, cognitive, language
- * Food adulteration — concept, common adulterants and their harmful effects
- * Food Safety Standards (FSSAI 2006)

Unit II – Management of Resources

Study of time, energy and money management in the home — priorities, planning, budgeting, and wise use of resources.

Unit III – Food and Personal Hygiene

Topics cover:

- * Personal hygiene practices
- * Principles of food hygiene
- * Safe food handling basics ☐

Unit IV – Meal Planning

- * Balanced diet — components and planning
- * Factors affecting meal planning
- * Practical meal planning for individuals or families ☐

Unit V – Food Safety and Consumer Education

- * Food safety principles and standards

- * Consumer rights and responsibilities
- * Understanding food labels and safe food purchase choices

Unit VI – Care and Maintenance of Fabrics and Apparel

Topics include:

- * Cleaning and finishing agents used for clothing
- * Stain removal methods
- * Storage of different fabric types (cotton, silk, wool, synthetics) ☐

☐ Practical Work

Practical assignments include:

- Making suitable play material for a child (birth–5 years)
- Planning a balanced meal
- Preparing a one-day time plan
- Reporting on market malpractices and consumer responsibilities
- Creating slogans/posters on consumer awareness
- Removing stains from cotton fabric (e.g., curry, grease, ink, lipstick, tea/coffee)
- Listing agreements/disagreements with family & friends and suggesting improvements
- Analytical/creative questions (evaluation, classification, etc.)

