



GURU NANAK PUBLIC SCHOOL RAJOURI GARDEN

Syllabus:2026-27

Class: XI

Subject: HOME SCIENCE

1. Learning Outcomes At the end of this course, students will be able to:

- function as a productive and responsible individual in relation to self, family, community and society.
- apply the basics of human development with specific reference to self, family and community.
- utilize the skills of judicious management of various resources.
- be sensitized to fabric and apparel, their selection and care.
- inculcate healthy food habits and lifestyle to enable prevention and management of diseases.
- become alert and aware consumer.
- appreciate the potential of entrepreneurship and other varied professional opportunities to make informed career choices.

UNIT-1 A (15th April 2026 – 16th May2026) : Unit I focus on the stage of adolescence – the stage of life to which you belong at present. This unit deals with understanding your own self in terms of your personal and social identity, your nutritional and health requirements, management of basic resources of time and space, fabrics around you, and your communication skills.

Chapter 1 – Introduction to Home Science:

Chapter 2- Understanding The Self

UNIT-1 B (1st July 2026 -21st July 2026) : Definition of Food, Nutrition, Nutrients, Balanced diet, Definition- RDA, Health and Fitness Using basic food groups for planning. Balanced Diets Food guide pyramid, Vegetarian food Guide.

Chapter 3 – Food, Nutrition and Fitness

Chapter 4 – Management of Resources

UNIT-2 (22nd July 2026 -12th August 2026) : Definition of yarns, fibres, textile products, finishing. Introduction to fiber properties. Classification of textile fibres Filament/staple fibres Natural/Manufactured (manmade) fibres .Types of Natural Fibres and manufactured fibres.

Chapter 5 – Fabric around Us

Chapter 6 – Media Communication Technology

UNIT-3 (13th August 2026 -5th September 2026) : The chapters in Unit III were all addressed to you for the understanding of self and of the factors that influence your decision making. Let us now move on to understanding the family, the community and the society that you are a part of. In the first section- the focus will be on relationships and interactions with significant others, i.e. those important to you in these contexts.

Chapter 7 A – Nutrition, Health and Hygiene

Chapter 7B – Resources Availability and Management

UNIT-4 (1st October 2026 -03rd November 2026) : The theme of this unit is „Childhood“. You may wonder why the book address the adolescent years first and childhood later. Well, it is because if you as an adolescent understand issues about yourself first, it would be easier to grasp the issues that are concerned with the stage of childhood, and later with adulthood. In this unit you will be studying about children’s growth and development, critical concerns about their health and nutrition, education and clothing. As we would like children with disabilities to be an inclusive part of our society, the chapters provide us important information on their needs and ways to meet them.

Chapter 8- Survival, Growth and Development

Chapter 10 – Our Apparel

UNIT-5 (04th November 2026 -05th December 2026) : In this unit you will learn about the major factors that play a role in determining the quality of adult life, these being health and wellness, financial planning and management, maintenance of fabrics and apparel that one uses personally as well as in the home, and appreciation of different perspectives in communication.

Chapter 11- Health and Wellness:

UNIT-6 (07th December 2026 -14th January 2027) : Financial management Financial planning Management Money and its importance Family Income Money income Real income: Direct and Indirect income Psychic income and Income management.

Chapter 12- Financial Management and Planning

UNIT-7 (16th December 2026 -12th February 2027) : Mending, Laundering, Stain removal Vegetable stains, Animal stains, Oil stains, Mineral stains, Dye bleeding, Techniques of stain removal, Scraping, Dipping, Sponging ,Drop method

Chapter 13 – Care and Maintenance of fabrics