

HOME SCIENCE

DETAILS OF PRACTICAL EVALUATION



GUIDELINES FOR PRACTICAL EVALUATION

1. The practical evaluation shall be for 3 hours duration out of 40 scores.
2. The experiments conducted during first year and second year will be evaluated together at the end of second year.
3. Any note book can be used as a practical log with index.
4. The students should submit the practical log at the time of practical evaluation.
5. All the experiments assigned for the first year should be conducted in the first year itself.
6. All the experiments should be conducted and it should be recorded in the practical log.
7. The same practical log can be used to record the experiments conducted during the second year.
8. The practical log should be evaluated and can be considered for CE.
9. The practical log may include the corrections of the teacher and remarks.
10. Viva voce should be conducted and questions related to the experiments only should be asked.
11. All the experiments conducted should have an aim, procedure and result.
12. For the preparation of value scale primary colours only should be used.

13. The students should bring only red, yellow, blue, black, white colours for practical evaluation.
14. Water colour / poster colour alone should be used.
15. The students should draw the value scale and it should be coloured.
16. The prang colour wheel should be in a circle and should be done with primary colours only.
17. The designs for colour schemes should be drawn by the students.
18. The colour schemes should be done only with primary colours.
19. Dish selected for preparation should be very simple, made from locally available and low cost food materials.
20. To calculate the nutritive of the prepared dish, use standard nutritive value tables.

Higher Secondary Practical syllabus

HSE(I)

1. Prepare a prang colour wheel using primary colours.
2. Prepare a value scale.
3. Illustrate monochromatic colour scheme.
4. Illustrate analogous colour scheme.
5. Illustrate complimentary colour scheme.
6. Illustrate split complimentary colour scheme
7. Illustrate double complimentary colour scheme
8. Illustrate triad colour scheme
9. Detect the adulterant present in the following food stuff
 - a) Milk
 - b) Channa dal
 - c) Tea leaves

Home Science - XII

SCHEME OF WORK

Term	Month Planned	Chapter	Practicals	No. of period
I term			Nil	
II term			Nil	
III term	January	11. Colour	1. Prepare a prang colour wheel using primary colours. 2. Prepare a value scale. 3. Illustrate monochromatic colour scheme. 4. Illustrate analogous colour scheme. 5. Illustrate complimentary colour scheme. 6. Illustrate split complimentary colour scheme 7. Illustrate double complimentary colour scheme 8. Illustrate triad colour scheme	Theory 18 Practical-4
III term	February	12.Consumer Education	Detect the adulterant present in the following food stuff a)Milk b)Channa dal c)Tea leaves	Theory 19 Practical-1

Higher Secondary Practical Syllabus

HSE (II)

- Plan and prepare a dish each for the following nutrients and calculate the nutritive value of the prepared dish
 - Carbohydrates
 - Protein
 - Iron
 - Calcium
 - Vitamin A
 - Vitamin C

2. Prepare separate dishes involving the following
 - Germination
 - Fermentation
 - Combination
3. Plan a day's menu for the following categories, prepare a dish from the planned meal and calculate the nutritive value (carbohydrate, protein and iron) of the prepared dish.
 - A pregnant woman (Sedentary)
 - Lactating mother (sedentary 0-6 months)
 - Adolescent Boy/Girl (16-18 years)
4. Plan a day's menu for the following disease conditions, prepare a dish from the planned menu and calculate the nutritive value (carbohydrate, protein and iron) of the prepared dish.
 - Diarrhoea
 - Fever
 - Anaemia
 - Obesity
5. Qualitative analysis of nutrient. (glucose/fructose/lactose/protein/iron/calcium)
6. Quantitative analysis of nutrients (Estimation of vitamin C in lime juice/lactose in milk)
7. Identification of fibres-cotton, silk, wool and nylon (visual inspection, burning test and microscopic test)
8. Collection of samples, identification and preparation (using coloured papers) of basic weaves (plain, twill and satin)
9. Collection and identification of knitted fabrics, felt fabrics and bonded fabrics
10. Preparation of samples - tie and dye, batik printing
11. Preparation of samples - block printing using vegetables
12. Prepare a poster on a given theme. (Theme should be based on Home science plus 1 and plus II syllabus)

Home Science - XII

SCHEME OF WORK

Term	Month Planned	Chapter	Practicals	No. of period
I Term	June	1. Basic Nutrition	1. Plan and prepare a dish each for the following nutrients and calculate the nutritive value of the prepared dish <ul style="list-style-type: none"> • Carbohydrates • Protein • Iron • Calcium • Vitamin A • Vitamin C 2. Qualitative analysis of nutrient. (glucose/fructose/lactose/protein/iron/calcium) 3. Quantitative analysis of nutrients (Estimation of vitamin C in lime juice/lactose in milk)	Theory:21 Practical:4
I Term	June	2. A Guide to Healthy Living	Prepare separate dishes involving the following <ul style="list-style-type: none"> • Germination • Fermentation • Combination 	Theory:6 Practical:2
I Term	July	3. Nutrition for self & family	Plan a day's menu for the following categories, prepare a dish from the planned meal and calculate the nutritive value (carbohydrate, protein and iron) of the prepared dish. <ul style="list-style-type: none"> • A pregnant woman (Sedentary) • Lactating mother (sedentary 0-6 months) • Adolescent Boy/Girl (16-18 years) 	Theory:14 Practical:2

Home Science - XII

I Term	July - August	4. Diet therapy	Plan a day's menu for the following disease conditions, prepare a dish from the planned menu and calculate the nutritive value (carbohydrate, protein and iron) of the prepared dish. <ul style="list-style-type: none"> • Diarrhoea • Fever • Anaemia • Obesity 	Theory:17 Practical:2
II Term	August-September	6.Introduction to fibre science	Identification of fibres-cotton, silk, wool and nylon (visual inspection burning test and microscopic test)	Theory:18 Practical:2
II Term	October-November	8. Fabric construction	1. Collection of samples, identification and preparation (using coloured papers) of basic weaves(plain, twill and satin) 2. Collection and identification of knitted fabrics, felt fabrics and bonded fabrics	Theory:17 Practical:6
II Term	November	10.Finishing with colour: Dyeing and Printing	1) Preparation of samples -tie and dye, batik printing 2) Preparation of samples-block printing using vegetables	Theory:19 Practical:6
III Term	December	12 Communication in HomeScience Extension.	Prepare a poster on a given theme. (Theme should be based on Home science plus I and plus II syllabus)	Theory:14 Practical:2

SCHEME FOR PRACTICAL EVALUATION

Time : 3 Hrs

Score: 40

PART-A

Answer any two questions from part-A

(8x2=16)

1. Prepare a prang colour wheel using primary colours.
2. Plan and prepare a dish and calculate the nutritive value of the prepared dish Carbohydrates/Protein/Iron/Calcium/Vitamin A/Vitamin C.
3. Plan a day's menu for a pregnant woman(Sedentary)/ Lactating mother (sedentary 0-6 months) /Adolescent Boy/ Girl(16-18 years) and prepare a dish from the planned meal and calculate the nutritive value (carbohydrate/protein / iron) of the prepared dish.
4. Plan a day's menu for diarrhoea/fever/anaemia/obesity and prepare a dish from the planned menu and calculate the nutritive value(carbohydrate /protein / iron) of the prepared dish.
5. Identify the given weave and prepare a sample of it. (using coloured papers)
6. Estimate vitamin C in lime juice/lactose in milk.

PART -B**Answer any two questions from part-B (5x2=10)**

1. Prepare a poster on a given theme.
2. Prepare a sample of tie and dye/vegetable block printing/batik printing.
3. Prepare a value scale.
4. Prepare a dish involving germination/fermentation/combination.
5. Illustrate monochromatic/analogous/complimentary/split/double/triad colour harmonies.

PART-C**Answer any two questions from part - C (3x2=6)**

1. Identify the weave of the given sample.
2. Identify the given fibre
3. Detect the adulterant present in the given sample.
4. Identify the nutrient in the given sample.

PART- D**Practical Record (8)****Total 40**

(Note:Scheme for practical evaluation should not be changed at any circumstances)