

HOME SCIENCE (SUBSIDIARY)**Paper I**

Time-3 hours

Full Marks-75

Ten questions to be set. Five to be answered
Selecting atleast one from each group

A. Food and Nutrition :

1. Nutrient : Classification, composition, functions, deficiency symptoms, sources, daily allowances of carbohydrates, fats, Proteins, Vitamins, minerals and water.
2. Food -Classification, nutritive value of cereals, Pulses, Vegetable, fruits, milk and milk products, fats and oils, meat, fish and eggs and their uses in cookery.
3. Balanced diet-Its importance, meal planning for adolescence and pregnant women.
4. Methods of cooking-type, their merits and demerits.

B. Home management :

1. Planning of rooms, Principles of decoration, Elements of design, importance of colour in house decoration.
2. Household cleaning- daily, weekly and seasonal, cleaning appliances and agents, their uses in different materials.
3. Planning the work of the household, labour saving devices, their care and maintenance.
4. Household Economics- Budgeting, account keepings, saving and Investment of savings.

C. Extension Education :

1. Importance, meaning, scope, objectives, Philosophy and Principles of Extension Education.
2. Classification of Extension Education. Teaching methods, teaching aids.
3. Rural Sociology and its importance-Characteristics of rural life, scope of rural upliftment.
4. Leadership in Rural Area- qualities of a leader, identification of a leader, function of a leader, and role in national development.

HOME SCIENCE (SUBSIDIARY)**Practical**

Time-3 hours

Full Marks-25

1. Cooking- Vegetable cutlet, pan cake, Sandwich, Pulao, Stuffed Puri, Vegetable Curry, Custard, Sandes.
2. Home Management- Colour wheel, cleansing of metals.
3. Extension of Education-Writing of captions, making of poster and charts.