

**ANSWER KEY & MARKING SCHEME · CBSE CLASS 11****Concept and Scope of Home Science**

Home Science · Chapter 1 · Use this with the Board Paper · Companion to Quick Drill

**HOW TO USE**

Attempt the Board Paper first (closed-book, full time). Then come here. For 2-mark+ questions, compare your answer to the model. For 3-4 mark questions, also consult the **Topper Templates** below — these show the exact step-by-step structure that scores full marks per CBSE marking-scheme conventions.

**MODEL ANSWERS · BOARD PAPER****Section A — Short (2 × 4 = 8 marks)****Q1. What is the current full name of Home Science as per the CBSE/NCERT syllabus? [2 marks]****Ans:** Human Ecology and Family Sciences (HEFS).**Q2. Name the five areas of Home Science. [2 marks]****Ans:** Food and Nutrition · Human Development (Child Development and Family Studies) · Fabric and Apparel (Textiles and Clothing) · Resource Management · Communication and Extension.**Q3. Define Home Science in one sentence. [2 marks]****Ans:** Home Science is an interdisciplinary applied science concerned with improving the well-being of the individual, the family and the community.**Q4. Give one career each from (a) Food and Nutrition and (b) Fabric and Apparel. [2 marks]****Ans:** (a) Food and Nutrition — dietitian / nutritionist / food technologist. (b) Fabric and Apparel — fashion designer / textile designer / apparel merchandiser.**Section B — Medium (3 × 4 = 12 marks)****Q5. Why is Home Science called an interdisciplinary applied science? Explain both terms. [3 marks]****Ans:** INTERDISCIPLINARY — it combines natural sciences (chemistry, biology, physiology), social sciences (psychology, sociology, economics) and arts (design, communication), integrating them around family and community well-being. APPLIED — it applies these principles to real problems of daily living, such as planning a diet, designing clothing, budgeting a household or running a community programme, using laboratories and the scientific method.**Q6. Trace the evolution of the name from Home Economics to Human Ecology and Family Sciences. [3 marks]****Ans:** (1) Early 20th century — HOME ECONOMICS, focused on household management and economy. (2) As the field broadened into nutrition, child psychology and textile science, it was renamed HOME SCIENCE to stress its scientific basis. (3) The latest CBSE/NCERT name is HUMAN ECOLOGY AND FAMILY SCIENCES (HEFS), reflecting the study of humans interacting with their environment and of the family as a system. Each rename marks a genuine widening of scope.**Q7. Explain the scope of the 'Communication and Extension' area of Home Science. [3 marks]****Ans:** It deals with COMMUNICATING knowledge and TAKING it OUT to families and communities, especially rural and underserved groups, on health, nutrition, hygiene and welfare schemes, using media, campaigns and field programmes. Scope includes development communication, awareness drives and NGO/government extension work. Careers: extension officer, development-communication specialist, NGO programme officer.**Q8. Justify the statement: 'Home Science is for everyone, not only for girls.' [3 marks]****Ans:** Managing nutrition, money, relationships, clothing and resources are life skills every person needs, so the subject benefits boys and girls equally. Many leading chefs, nutritionists, fashion designers, child psychologists and interior designers are men. The renamed 'Human Ecology and Family Sciences' deliberately signals a gender-neutral scientific field; treating it as 'only for girls' is an outdated stereotype the textbook rejects.

**Q9. Name and explain the five areas of Home Science, giving the scope of each. [5 marks]**

**Ans:** (1) **FOOD AND NUTRITION** — food science + human nutrition; diet planning, food safety, public-health nutrition. (2) **HUMAN DEVELOPMENT** — growth across the life-span and the family's role; child care, ECCE, family relationships, special needs. (3) **FABRIC AND APPAREL** — fibres, fabrics, dyeing, fabric care and clothing design; selection and care of textiles, fashion/textile design. (4) **RESOURCE MANAGEMENT** — wise use of time, money, energy and space; budgeting, consumer education, interior decoration. (5) **COMMUNICATION AND EXTENSION** — communicating knowledge to families and communities through media and field programmes. (One mark per area: name + scope.)

**Q10. Discuss the career and employment opportunities offered by Home Science, with at least one career from each of its five areas. [5 marks]**

**Ans:** (1) **Food and Nutrition** — dietitian/nutritionist, food technologist, FSSAI food-safety auditor (hospitals, food industry, ICDS). (2) **Human Development** — early-childhood educator, child/family counsellor (Anganwadi, schools, clinics). (3) **Fabric and Apparel** — fashion/textile designer, apparel merchandiser (garment industry, NIFT/NID pathways). (4) **Resource Management** — interior designer, resource/finance consultant. (5) **Communication and Extension** — extension officer, NGO/development-communication specialist. Modern options include nutrition content creators and food/fashion entrepreneurs. Employment thus spans hospitals, schools, industry, government programmes, NGOs, research institutes (NIN) and self-employment. (One mark per area with a named career.)

**★ TOPPER ANSWER TEMPLATES**

**3 TEMPLATES · MEMORISE THE FORMAT**

**★ TOPPER TEMPLATE — 3 marks: What is Home Science? Why is it called an interdisciplinary applied science?**

Annual

<b>Step 1</b> [1 mark]	<b>Meaning</b>	HOME SCIENCE is an applied science concerned with the WELL-BEING of the individual, the family and the community. It studies how to improve the quality of everyday life — through better nutrition, child development, clothing, management of resources, and communication. Its current CBSE/NCERT name is HUMAN ECOLOGY AND FAMILY SCIENCES (HEFS), reflecting its focus on human beings interacting with their environment and on the family as a unit.
<b>Step 2</b> [1 mark]	<b>Interdisciplinary</b>	It is INTERDISCIPLINARY because it draws on and combines MANY subjects: the natural sciences (chemistry, biology, physiology — used in nutrition and textiles), the social sciences (psychology, sociology, economics — used in human development and resource management), and the arts (design and communication — used in apparel and extension). No single traditional discipline covers all five areas; Home Science integrates them around one shared goal — family and community welfare.
<b>Step 3</b> [1 mark]	<b>Applied science</b>	It is an APPLIED science because it does not stop at theory — it APPLIES scientific principles to solve REAL problems of daily living: planning a balanced diet for a diabetic patient, designing comfortable clothing, budgeting a household's income, or running a community nutrition programme. It uses laboratories, scientific method and research, which is why Home Science is correctly described as an interdisciplinary applied science.

**COMMON LOSS OF MARKS:**

- Defining Home Science as 'cooking and housekeeping' — too narrow.
- Forgetting to explain BOTH 'interdisciplinary' AND 'applied' (each carries a mark).
- Not mentioning the current name HEFS where the question expects it.

★ **TOPPER TEMPLATE — 5 marks: Name and explain the five areas of Home Science.**

Annual

<b>Step 1</b> [1 mark]	<b>Food and Nutrition</b>	FOOD AND NUTRITION studies food science (composition, cooking, preservation, safety) and human nutrition (nutrients, requirements, deficiency disorders, diet planning across the life-cycle). Scope: planning balanced diets, therapeutic diets for patients, food safety and public-health nutrition. Careers: dietitian, clinical/sports/public-health nutritionist, food technologist, FSSAI food-safety auditor, nutrition educator.
<b>Step 2</b> [1 mark]	<b>Human Development / Child Development and Family Studies</b>	HUMAN DEVELOPMENT studies how human beings grow and change across the life-span — physically, cognitively, emotionally and socially — and the role of the family in this growth. Scope: child care, early-childhood education, adolescence, ageing, family relationships, special needs. Careers: early-childhood educator (Anganwadi/Montessori/ICDS), child counsellor, family counsellor, special educator, researcher in child development.
<b>Step 3</b> [1 mark]	<b>Fabric and Apparel / Textiles and Clothing</b>	FABRIC AND APPAREL studies fibres, yarns, fabrics, dyeing, printing, fabric care, and the design and construction of clothing. Scope: selection and care of textiles, fashion and textile design, suitability of clothing for age/climate/occasion. Careers: fashion designer, textile designer, apparel merchandiser, costume designer, fashion entrepreneur, quality-control officer in the garment industry.
<b>Step 4</b> [1 mark]	<b>Resource Management / Family Resource Management</b>	RESOURCE MANAGEMENT studies the wise use of family resources — TIME, MONEY (income/budgeting/savings), ENERGY, SPACE and human skills — to meet goals and improve quality of life. Scope: household budgeting, consumer education, interior decoration, energy and time management. Careers: financial/resource-management consultant, interior designer, consumer-affairs specialist, household management trainer.
<b>Step 5</b> [1 mark]	<b>Communication and Extension</b>	COMMUNICATION AND EXTENSION studies how to COMMUNICATE knowledge and TAKE it OUT to people — especially families and communities, including rural and underserved groups — through media, campaigns and field programmes on health, nutrition, hygiene and welfare schemes. Scope: development communication, awareness programmes, NGO and government extension work. Careers: extension officer, development-communication specialist, NGO programme officer, social-media-for-change strategist.

**COMMON LOSS OF MARKS:**

- Naming only 3-4 areas — all FIVE must be named for full marks.
- Naming the areas without explaining the scope/work of each.
- Confusing Resource Management with Food and Nutrition — keep them distinct.

★ **TOPPER TEMPLATE — 4 marks: Discuss the career and employment opportunities offered by Home Science.**

Annual

<b>Step 1</b> [1 mark]	<b>Health + Nutrition careers</b>	From the FOOD AND NUTRITION area: dietitian and nutritionist (hospitals, clinics, sports teams), public-health nutritionist (ICDS/Anganwadi, mid-day-meal programmes), food technologist and food-safety auditor (food companies, FSSAI). Demand is rising with growing awareness of nutrition's role in preventing lifestyle diseases.
<b>Step 2</b> [1 mark]	<b>Design + Industry careers</b>	From FABRIC AND APPAREL: fashion designer, textile designer, apparel merchandiser, costume designer and fashion entrepreneur. India's huge textile and garment industry, plus institutes like NIFT and NID, offer strong design and entrepreneurship pathways. From RESOURCE MANAGEMENT: interior designer and resource-management consultant.
<b>Step 3</b> [1 mark]	<b>Education, Childcare + Counselling careers</b>	From HUMAN DEVELOPMENT: early-childhood educator (pre-schools, Anganwadi, Montessori), child and family counsellor, special educator. Schools and colleges also need Home Science TEACHERS, and universities and institutes (like NIN, Hyderabad) need RESEARCHERS in nutrition and child development.
<b>Step 4</b> [1 mark]	<b>Development, Media + Entrepreneurial careers</b>	From COMMUNICATION AND EXTENSION: extension officer, NGO programme officer, development-communication specialist. Modern, self-employed options include nutrition/wellness content creators on social media, fashion and food entrepreneurs, and freelance consultants. Home Science therefore offers employment in hospitals, schools, industry, government programmes, NGOs and self-employment.

**COMMON LOSS OF MARKS:**

- Listing only 'cook' or 'teacher' — examiners reward a SPREAD across the five areas.
- Not naming specific employers (hospitals, FSSAI, ICDS, NGOs, NIN/NID).
- Ignoring modern + entrepreneurial roles (content creator, food/fashion entrepreneur).

#### **MARKING SCHEME — GENERAL NOTES**

- All FIVE areas must be named correctly for full marks on the five-area question — frequently tested.
- For career questions, reward a SPREAD of careers across the five areas, not several from one area.
- Definitions must include the well-being focus AND the terms 'interdisciplinary' and 'applied'.
- Award the current name 'Human Ecology and Family Sciences (HEFS)' where the question expects it.
- For the all-genders question, reward at least one example of a male professional or a clear life-skill argument.