



Ready For Boards
10th & 12th Exam Prep

CHAPTER 1

Work, Livelihood and Career

CBSE Class 12 Home Science · Unit 1

CBSE · Home Science · Class 12

WHAT THIS CHAPTER DOES



Define **WORK**, **LIVELIHOOD**, and **CAREER** with one example each.



Distinguish **PAID** vs **UNPAID** work and explain why unpaid work is undervalued.

Boards prep that builds confidence, not anxiety.

TODAY'S MISSION

Today's mission

1

Define **WORK**, **LIVELIHOOD**, and **CAREER** with one example each.

2

Distinguish **PAID** vs **UNPAID** work and explain why unpaid work is undervalued.

3

Name career options across the 5 Home Science sub-disciplines.

4

Apply the 4-step career-planning framework to your own situation.

WHY THIS MATTERS

Why this chapter matters

1

Opens Class 12 Home Science. Career planning is the chapter's most actionable section.

2

4-6 marks every board paper. Career-option questions dominate the long answers.

3

Practical life skill: every Class 12 student is making career decisions; this chapter gives them a framework.

TOPIC

A

Defining the three concepts

THEOREM · LOAD-BEARING RESULT

Work, Livelihood, Career — three distinct concepts



WORK, LIVELIHOOD, and CAREER are three RELATED but DISTINCT concepts. Work is the immediate activity; livelihood is the resource-mix supporting a life; career is the long-term trajectory across that life.

STATEMENT

WORK = any purposeful activity directed at producing goods or services. INCLUDES paid (wages, salary, profit) AND unpaid (household chores, family care, voluntary service). LIVELIHOOD = the combination of activities +

WHY THIS MATTERS

- This three-way distinction underpins every later question in the chapter
- Examiners ask 'distinguish' nearly every year as a 3-mark question
- Master this 15-minute set and the chapter framework is in place.

WATCH OUT FOR

NOTE Do NOT use 'work', 'livelihood', and 'career' interchangeably. They mean different things in the syllabus. Examiners deduct marks for sloppy usage. Particularly: 'career' is NOT 'job', and 'livelihood' is NOT just 'income'.

TOPIC

Paid vs Unpaid work — the gender dimension

PAID WORK

PAID WORK is activity exchanged for monetary compensation — wages (hourly worker), salary (regular employee), professional fees (lawyer, doctor), business profit (entrepreneur). Officially counted in national GDP statistics; protected by labour laws (minimum wage, working-hours, social security where

UNPAID WORK

UNPAID WORK is purposeful activity that produces real value WITHOUT direct monetary exchange. Includes: HOUSEHOLD work (cooking, cleaning, laundry), CARE work (child-rearing, elderly care, sick care), SUBSISTENCE production (kitchen garden, livestock for own consumption), VOLUNTARY

WHY UNPAID WORK IS UNDERVALUED

(1) GDP and most statistics exclude it. (2) It is not exchanged in markets, so prices/values are not transparent. (3) It is gendered — concentrated in women, who already face lower social status. (4) It is dispersed across millions of households, hard to mobilise as a political constituency. The feminist

WHY THE DISTINCTION MATTERS

If only paid work is counted as 'work', then a person doing entirely household work is treated as 'not working' — making their contribution INVISIBLE, devaluing their bargaining position in families and society, blocking access to social-security schemes designed for 'workers'. Recognising unpaid work as

TOPIC

B

Career options in Home Science

TOPIC

Career landscape across the 5 sub-disciplines

FOODS + NUTRITION

Clinical dietitian (hospitals), sports nutritionist (athletes), public-health nutritionist (Anganwadi, ICDS, NGO programmes), food-industry quality + R&D (Nestle, Britannia), food-safety auditor (FSSAI), nutrition content creator (Instagram, YouTube, online courses), research scientist (NIN Hyderabad, ICMR), academic lecturer. The

APPAREL + TEXTILES

Fashion designer (boutique + ready-to-wear brands), textile designer (printing, weaving, knitting), apparel merchandiser (sourcing, costing, quality control), retail buyer for fashion chains, fashion entrepreneur (own brand), textile + apparel exporter, costume designer (films, theatre, period dramas), sustainable-fashion

RESOURCE MANAGEMENT + HD + COMMUNICATION

RESOURCE MANAGEMENT: financial counsellor, family-resource consultant, interior designer for residential + commercial spaces, energy-conservation specialist. HUMAN DEVELOPMENT: early-childhood educator (Anganwadi, Montessori, ICDS), child counsellor, family counsellor, special-

EMERGING + 21ST-CENTURY ROLES

Roles that did NOT exist 15 years ago but are now substantial: nutrition Instagram + YouTube creator earning through brand partnerships, online wellness coach, sustainable-fashion entrepreneur (slow fashion, ethical sourcing), child-tech product manager (apps for children), parent-coaching

TOPIC

C

Career planning — a 4-step framework

THEOREM · LOAD-BEARING RESULT

The 4-step career planning framework



Career planning follows a four-step iterative cycle: SELF-ASSESSMENT → OCCUPATIONAL RESEARCH → EDUCATION-EMPLOYMENT MATCH → ACTION PLAN + REVIEW. The cycle is NOT one-time — it is repeated at every major life stage.

STATEMENT

STEP 1 — SELF-ASSESSMENT: identify interests, aptitudes, values, personality through tests + introspection + feedback. **STEP 2 — RESEARCH OCCUPATIONS:** for each plausible option, document day-to-day work, qualifications,

WHY THIS MATTERS

- The 4-step framework is asked in nearly every board paper
- Memorising the steps + applying them to a hypothetical case (e.g., 'a student who loves cooking and wants to combine it with nutrition') earns 4-5 marks reliably.

WATCH OUT FOR

NOTE Don't treat career planning as one-time. Modern careers involve 2-3 reinventions over 40 years; the planning framework REPEATS. Don't skip self-assessment — students often jump to occupational research without first knowing themselves, leading to mismatched choices.

TOPIC

Work = paid only

TRAP → TRUTH

× **MISTAKE** Only work that earns money is real work.

✓ **CORRECT** WORK includes BOTH paid AND unpaid activity directed toward a productive purpose. PAID work earns wages/salary/profit (factory worker, teacher, doctor). UNPAID work produces value without monetary exchange — household work (cooking, cleaning, child-rearing), care of elderly, voluntary community service, family farming. The UN's Time-Use Surveys show women perform ~5× more unpaid work than men in India. Calling only paid work 'real work' makes invisible the labour that holds families and communities together — this is the chapter's central feminist insight.

TOPIC

Career = job

TRAP → TRUTH

× **MISTAKE** Career and job are the same thing.

✓ **CORRECT** A JOB is a specific position you hold for some period — a salaried role (teacher in X school). A CAREER is the LONG-TERM TRAJECTORY of work across your lifespan — the sequence of jobs + experiences + skills development + advancement. You may have 5-10 jobs in a 40-year career. A career has direction, progression, identity-with-field; a job is a transactional employment relationship. Confusing the two is the most common 2-mark error in this chapter.

TOPIC

Livelihood = income

TRAP → TRUTH

× **MISTAKE** Livelihood means the income earned each month.

✓ **CORRECT** LIVELIHOOD is broader than income. It is the COMBINATION of activities, resources, and skills by which a person or household secures the basic necessities of life — food, shelter, education, healthcare, social participation. A small farmer's livelihood includes farming + livestock + seasonal labour + family support + community resources — not just one income stream. A livelihood is SUSTAINABLE if it survives shocks (drought, illness, market downturn). Reducing livelihood to monthly income misses the resilience and resource-mix dimensions.

TOPIC

Home Science = household work

TRAP → TRUTH

× **MISTAKE** Home Science is just training to manage a household.

✓ **CORRECT** Home Science (officially HUMAN ECOLOGY + FAMILY SCIENCES in CBSE 12 syllabus) is an INTERDISCIPLINARY ACADEMIC FIELD spanning nutrition science, child development, apparel + textiles, resource economics, and communication-extension. Graduates work as CERTIFIED NUTRITIONISTS, DIETICIANS, CHILD COUNSELLORS, EARLY CHILDHOOD EDUCATORS, TEXTILE DESIGNERS, FASHION ENTREPRENEURS, NGO PROGRAMME OFFICERS, RESEARCH SCIENTISTS, AGRICULTURAL EXTENSION WORKERS. The 'just household work' stereotype undervalues a field producing scientists, designers, and public-health professionals.

TOPIC

Career planning is one-time

TRAP → TRUTH

✗ **MISTAKE** You plan your career once after Class 12 and follow that plan for life.

✓ **CORRECT** CAREER PLANNING is ITERATIVE, not one-time. Self-assessment, occupational research, education-job matching, action planning — these steps repeat at every life stage. A mid-career professional reassesses every 3-5 years (or after a major shift — marriage, child, health change, technology disruption). The MODERN workplace expects 2-3 career REINVENTIONS in a 40-year span. Treating career planning as a one-time decision at age 18 leads to mid-career stagnation. Plan iteratively.

TOPPER TEMPLATE · MARK-BY-MARK

3 marks: Differentiate between **WORK, LIVELIHOOD, and CAREER** with examples.

1 **WORK**
1 m

WORK is any purposeful activity directed at producing goods or services — INCLUDING both paid work (salaried employment, business, professional services) and unpaid work (household chores, family care, voluntary service). Examples: a factory worker assembling components, a homemaker cooking meals, a volunteer teaching at a community library. ALL three are work; ALL three create value, though only the first is paid in cash.

2 **LIVELIHOOD**
1 m

LIVELIHOOD is the COMBINATION of activities, resources, and skills through which a person or household secures the basic necessities of life — food, shelter, education, healthcare. Livelihood is broader than income — it includes the resource-base (land, savings, community support) and the resilience strategies (multiple income streams) that protect against shocks. Example: a small farmer's livelihood may combine farming + livestock + seasonal migration + family contributions.

3 **CAREER**
1 m

CAREER is the LONG-TERM TRAJECTORY of work-experiences across an individual's lifespan — the sequence of jobs, training, skill-development, and advancement that gives a person their professional identity. Example: a person who starts as a teacher's assistant, becomes a teacher, then headmistress, then department head, and finally an education-policy consultant — that 35-year arc IS a career, even though it spans 4-5 distinct jobs. Career has direction; a job is a single position within a career.

TOPPER TEMPLATE · MARK-BY-MARK

5 marks: Discuss career opportunities in Foods + Nutrition for Home Science graduates.

1 FIELD OVERVIEW

1 m

FOODS + NUTRITION is one of the five sub-disciplines of Home Science. It studies food science (composition, processing, preservation, safety) AND human nutrition (nutrients, requirements, metabolism, deficiency disorders, dietary planning). The field combines biochemistry, physiology, public health, and food technology. Career demand is rising because of growing chronic-disease prevalence (diabetes, obesity, cardiovascular disease) and increasing public awareness of nutrition's role in health.

2 CLINICAL / HEALTHCARE CAREERS

1 m

CLINICAL DIETICIAN — works in hospitals planning therapeutic diets for patients (diabetic, renal, cardiac, paediatric). Requires registration with the Indian Dietetic Association. SPORTS NUTRITIONIST — works with athletes on performance + recovery nutrition. NUTRITION COUNSELLOR — one-on-one consultation with clients (private practice / online platforms). Hospital + clinical demand has grown 4x in India in the last decade as private-hospital nutrition departments expanded.

3 PUBLIC HEALTH / NGO CAREERS

1 m

PUBLIC-HEALTH NUTRITIONIST — works with state/central government and NGOs on Anganwadi services, mid-day-meal programmes, anaemia prevention, ICDS interventions. NGO PROGRAMME OFFICER — Akshaya Patra (mid-day-meal), Bal Raksha Bharat (Save the Children), CARE India all hire Home Science graduates for nutrition-programme management. WHO + UNICEF country offices also recruit.

4 INDUSTRY / RESEARCH / ACADEMIA

1 m

FOOD-INDUSTRY careers: Quality-control officer in food companies (Nestle, Britannia, Dabur), R&D scientist developing new food products, food-safety auditor for FSSAI-licensed facilities. RESEARCH careers: ICMR-National Institute of Nutrition (NIN, Hyderabad), CSIR-Central Food Technological Research Institute (Mysuru), NIN-Public Health Foundation. ACADEMIC careers: home-science college lecturer, university researcher, PhD-track research scientist.

5 ENTREPRENEURIAL + MODERN CAREERS

ENTREPRENEURIAL: nutrition consulting practice, organic food brand, healthy meal-delivery business, wellness app, nutrition content channel (YouTube, Instagram). EMERGING TECH careers: nutrition data scientist (analysing

TOPPER TEMPLATE · MARK-BY-MARK

4 marks: Explain the steps of career planning.

1 SELF-ASSESSMENT

1 m

STEP 1 — SELF-ASSESSMENT. Identify your INTERESTS (what activities energise you?), APTITUDES (what skills do you naturally excel at? — Maths? Communication? Hands-on craft? Helping others?), VALUES (what motivates you — service, money, security, creativity?), and PERSONALITY (introvert/extrovert, structured/flexible). Tools: career-aptitude tests (free at NCS portal), psychometric assessments, frank conversations with mentors. Without honest self-assessment, the rest of the planning misfires.

2 OCCUPATIONAL RESEARCH

1 m

STEP 2 — RESEARCH OCCUPATIONS that match your self-assessment. For each option investigate: typical day-to-day work, required qualifications, salary range (entry + mid + senior), career advancement path, work-life balance, future demand. Sources: NCS (National Career Service) portal, www.ncs.gov.in; LinkedIn for real job descriptions; informational interviews with practitioners; industry reports from FICCI / NASSCOM / FSSAI.

3 EDUCATION-EMPLOYMENT MATCH

1 m

STEP 3 — MATCH education to chosen occupation. Identify the qualifications needed (B.Sc. Home Science? M.Sc.? PhD? specific certifications like the Registered Dietitian exam?). Map college options, entrance exams, internship + apprenticeship opportunities. Plan financial requirements (course fees, living expenses, scholarship eligibility). Build a realistic 4-6 year roadmap from current point to first employment.

4 ACTION PLAN + ITERATION

1 m

STEP 4 — IMPLEMENT + ITERATE. Create a concrete action plan with milestones (this year: clear Class 12 with 80%+; next year: enrol in B.Sc. Home Science; year 3: secure 2-month internship; year 4: write competitive exam for M.Sc.). REVIEW progress every 6 months and ADJUST. Career planning is NOT one-time — life events (marriage, family health, technology disruption) require re-assessment. The modern workplace expects 2-3 career reinventions over a 40-year span.

PYQ PATTERNS

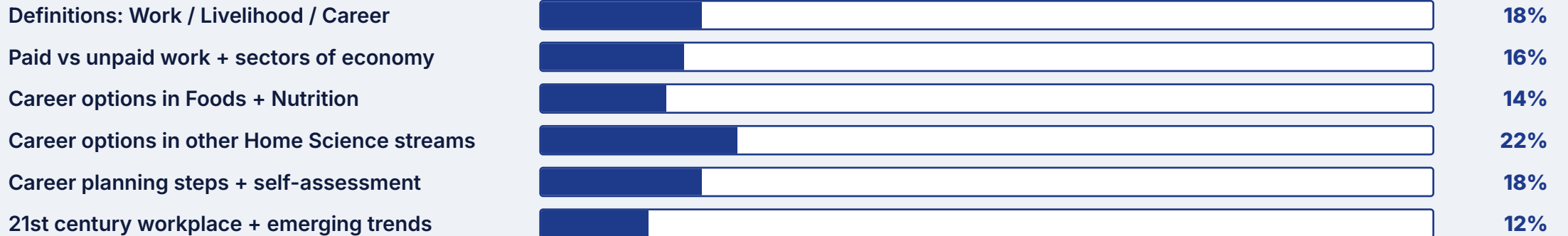
Top PYQ patterns to drill

#1	Differentiate between WORK, LIVELIHOOD, and CAREER with examples. (3 marks)	Annual
#2	Discuss career opportunities in Foods + Nutrition for Home Science graduates. (5 marks)	Annual
#3	Explain the difference between paid and unpaid work with examples. Why is unpaid work undervalued? (4 marks)	Most years
#4	List the steps of career planning. (3-4 marks)	2021, 2023
#5	Name the five sub-disciplines of Home Science and an emerging career for each. (5 marks)	2020, 2022, 2024

MARKS DISTRIBUTION

10-year marks distribution

10-YEAR PYQ MARKS DISTRIBUTION



RECAP · MEMORISE THESE

Recap — what you must know cold

1 Work / Livelihood / Career — Work = purposeful activity (paid OR unpaid). Livelihood = activities + resources + skills for life necessities. Career = long-term trajectory across lifespan.

2 Paid vs Unpaid work — Paid = exchange for money (visible in GDP). Unpaid = household + care + voluntary (invisible in GDP). Women do ~5× more unpaid work; recognition matters for gender equality + policy.

3 5 Home Science sub-disciplines — Foods + Nutrition · Apparel + Textiles · Resource Management · Human Development · Communication + Extension.

WHAT'S NEXT

What's next



- Chapter 2 — Nutrition for Self, Family and Community.
- Sit the 15-MCQ Quick Drill.
- Then the 30-mark Board-Pattern Paper.



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