



# Work, Livelihood and Career

A 1-page guide for parents · 90-second read.

EXPECTED MARKS

**6 marks**

TIME TO MASTER

**2-3 hrs**

HELPLINE

**70330 05444****WHAT THIS CHAPTER IS, IN PLAIN ENGLISH**

This is the opening chapter of Class 12 Home Science. It teaches your child the conceptual difference between WORK (any productive activity, paid or unpaid), LIVELIHOOD (the combination of activities and resources that sustain a family's basic needs), and CAREER (the long-term trajectory of an individual's working life). The chapter then maps the career landscape for Home Science graduates — clinical nutrition, fashion design, child development, NGO programme work, food industry, research — and teaches a structured 4-step career-planning method. Practical, life-shaping content.

**5 QUESTIONS TO ASK YOUR CHILD**

- What's the difference between work, livelihood, and career — give one example of each?
- Why is unpaid work (housework, child care) considered real work?
- Name three modern career options for a Home Science graduate.
- What are the four steps of career planning?
- Why must career planning be done iteratively, not once?

**WEAK-SPOT INDICATORS**

- If your child confuses 'career' with 'job', they will lose marks on every related question.
- If they cannot name 3 specific career roles (not just 'nutritionist'), they have not engaged with the modern career landscape.
- If they treat career planning as a one-time decision, they will not score on the iterative-review dimension.

**WHEN TO WORRY — AND WHAT TO DO**

If your child's career thinking is limited to 'engineer, doctor, government job', they have not engaged with Home Science's broad opportunity landscape. Spend 30 minutes discussing 5 modern Home Science career paths (Instagram nutrition content creator, child psychologist, FSSAI auditor, fashion entrepreneur, NGO programme officer) — this transforms abstract knowledge into practical aspiration.

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