

Syllabus for TGT Home Science written examination

1. Concept and Scope of Home Science Education and recent trends.

2.1) Food, Nutrition and Health

- Nutrients, Food groups and Balanced diet
- Sources of food and it's functions
- Relationship of food, health and diet
- Food preservation, storage and Food processing technology
- Meal planning, factors affecting meal planning
- Clinical nutrition and dietetics
- Nutrition, health and well being from birth to adolescence
- Public nutrition and health, personal hygiene, hygiene in kitchen and home
- Food quality, food safety and hygienic handling of food
- Methods of cooking and methods of improving nutritional quality of food
- Table setting ,serving and table manners

2.2) Home Management

- Resources : classification & characteristics.
- Financial management and planning for home
- Family income, budget, savings and investment
- Purchasing, building house, cleaning of home etc.
- Furniture: selection, type, cleaning of glass and metals
- Control of pests &Management of waste
- Consumer education and protection
- First Aid

2.3) Clothing and Textiles

- Classification and characteristics of fibres and fabrics
- Yarn and fabric construction
- Anthropometry &Basic embroidery stitches
- Care, maintenance, storage of fabric , Care labels & laundry equipment
- Functions of clothing & factors affecting choice of clothing
- Selection of clothing for different stages from birth to adolescence
- Design of fabric and apparel
- Fashion design and merchandising

2.4) Child Development

- Concept, principles and factors affecting growth and development from birth to adolescence
- Theories of Human Development & Behaviour
- Early childhood care and education
- Understanding Family, community and society
- Special Education & Support services
- Moral Education and good habits

5) Extension Education

- Media, Communication and communication technology
- Audio visual aids in extension