



The Savvy Humanities

SIMPLIFYING MINDS, SHAPING THINKERS

CLASS 11 · CBSE 2026-27 SYLLABUS

Complete subject

Home Science

Human Ecology and Family Sciences (064) — all five units

174

pages of notes

11

chapters, five units

134

exam questions solved

70 / 70

theory marks covered

What's inside

- All 11 chapters of CBSE's five units
- Eleven mind maps, one for every chapter
- Definition boxes in the words to write
- A table for every classification and list
- Facts at a Glance and one-line answers
- MCQs, assertion-reason and situation questions
- One combined glossary — 231 key terms
- One question bank — 134 model answers

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Handwritten-style, for revision

Every page inside is handwritten-style with highlighting, boxes and a mind map — built to be read the night before, not skimmed.



Contents

The whole CBSE Class 11 Home Science course (subject code 064) for the **70-mark** theory paper of 2026-27; all five units and all eleven chapters, in CBSE's order, built from NCERT's textbook *Human Ecology and Family Sciences*, Parts I and II.

Ch.	Title	Solved questions	Page
Unit I — Introduction to Home Science (2 marks)			
1	Introduction to Home Science	5	4
Unit II — Understanding Oneself: Adolescence (23 marks)			
2	Understanding the Self	13	8
3	Food, Nutrition, Health and Fitness	13	20
4	Management of Resources	10	33
5	Fabrics Around Us	13	41
6	Media and Communication Technology	13	53
Unit III — Understanding Family, Community and Society (15 marks)			
7	Concerns and Needs in Diverse Contexts	15	64
Unit IV — Childhood (15 marks)			
8	Nutrition, Health and Well-being	13	82
9	Our Apparel	13	96
Unit V — Adulthood (15 marks)			
10	Financial Management and Planning	13	106
11	Care and Maintenance of Fabrics	13	117
My Class 11 Home Science tracker — all eleven chapters on one page			2
Combined glossary — 231 key terms, tagged by chapter			130
Question bank — 134 solved questions, grouped by chapter			138

How the paper is set

Subject code **064**: the theory paper is **70 marks** in 3 hours and the practical, done in school, is **30** more. CBSE's 2026-27 curriculum gives the marks unit by unit: **Unit I 2, Unit II 23, Unit III 15, Unit IV 15, Unit V 15**. The Class 11 paper is set by your school. CBSE prints one question paper design for Classes XI and XII — 40 per cent knowledge and understanding, 30 per cent application, 30 per cent higher-order questions — and on it the board's 2026-27 sample paper for Class XII has **32 questions**: Section A, 14 multiple-choice questions of 1 mark (a match-the-list and two assertion-reason questions among them); Section B, 7 questions of 2 marks and 4 of 3 marks; Section C, 5 questions of 4 marks and 2 of 5 marks, with internal choices. Many of its questions describe a small situation and ask for "any two" or "any four" points. The solved questions in this book are set that way.



UNIT 1 · INTRODUCTION TO HOME SCIENCE — 2 MARKS OF 70

Chapter 1

Introduction to Home Science

What the paper wants from this chapter

Unit 1, which is this chapter alone, carries 2 of the 70 marks of the theory paper, which runs for 3 hours; the practical examination, held in school, carries 30 marks more. With 2 marks for the whole unit, expect one or two MCQs or a single question of 2 marks. Questions come from the meaning of Home Science, its five areas, Lady Irwin College (1932) and its founders, why the subject is for boys as much as girls, and the career fields. Prepare the table of areas, the facts of the college and two points against gender-typing. Five questions chosen for the paper's pattern are solved in the question bank at the back of this book.

Not in this chapter. NCERT's two exercises, which ask the student to list terms and areas linked with the subject, are activities and are not reproduced. The chapter has no drawings and these notes carry none. NCERT's chapter lists no career options, so they are given in one labelled box in the words of CBSE's curriculum, with nothing added. One slip is pointed out: the review question on the founders of Lady Irwin College leaves four blanks, though the chapter names three women.

Chapter at a Glance — Mind Map

What is Home Science

- Interdisciplinary field
- Enhances quality of life
- Lady Irwin College, 1932
- Textbook's title: HEFS

Two more areas

- Resource Management
- Communication and Extension
- Five areas in all

Career options

- Health and service institutions
- Educational organizations
- Textiles, garments, food industry

Areas of Home Science

- Foods and Nutrition
- Human Development and Family Studies
- Fabric and Apparel

For boys and girls

- Not only about home
- Gender-typing kept boys away
- Needed by female and male

Where This Chapter Sits

What **Home Science** is, how it began in India, its areas, why boys need it as much as girls, and its careers. The NCERT textbook calls the subject **Human Ecology and Family Sciences (HEFS)**; these notes use CBSE's name.

**Marks**

Unit 1, this chapter alone, carries **2 of the 70 theory marks**; the practical, held in school, carries 30 more.

Exam tip

Learn exactly: the **five areas**; **1932**, **Lady Irwin College**, **three founders**; two reasons why the subject is not "only for girls".

1. What is Home Science

Home Science

An **interdisciplinary field** that empowers its students to enhance their own **quality of life** and that of other individuals and families. It was **not intended to be a subject only about the 'home'**.

Word in NCERT's title	Meaning
Ecology	The complex of relationships between a living organism and its environment; also the branch of Biology that deals with them
Human	The organism studied here is the human being
Family Sciences	The individual is studied in the context of the family , a critical social unit of society, where children are nurtured into independent adults

HEFS studies people's relationships with the **physical, economic, social and psychological** elements of their ecology, in an **integrated approach**. Class XI stresses **adolescence**, a **turning point** in life.

How Home Science began in India

Point	NCERT's fact
Early 20th century	Separate courses in Foods and Nutrition, Clothing and Textiles, and Extension Education
1932	Brought under the name Home Science when Lady Irwin College was set up in Delhi to promote women's education
Founders	Sarojini Naidu, Rajkumari Amrit Kaur and Kamaladevi Chattopadhyay, of the All India Women's Conference
Name	After Lady Dorothy Irwin, the Viceroy's wife, who supported it
Goal	To serve home and society with equal resolve, removing inequalities that kept women from their potential

A slip in the textbook

NCERT's review question leaves **four** blanks for the founders; the chapter names **three**.



2. Areas of Home Science

The subject is **multi-disciplinary**, with five areas. NCERT prints the first two as "Food and Nutrition" and "Human Development".

Area (CBSE's name)	What Class XI studies (NCERT)
Foods and Nutrition	Food in adolescents' lives
Human Development and Family Studies	How adolescents develop an understanding of themselves
Fabric and Apparel	Fabric and clothing in their lives
Resource Management	Other resources in their lives
Communication and Extension	Communications in their lives

3. Home Science is Important for Both Boys and Girls

Lay people came to link Home Science with **culinary skills, laundry and child-care**. At high school this **gender-typing** remained.

What went wrong	What NCERT says
Boys kept out: schools did not admit them, or they shied away from a "girls' subject"	Its knowledge sustains quality of life whether the person is female or male , in village or town
Thought easy: perceived as lacking in rigour	Wrongly; the curriculum is contemporary
Tied to the home and to women's traditional tasks	The title HEFS releases it; the University Grants Commission did so for universities

Exam tip

Never write that Home Science "is for girls" or "teaches housework".

4. Career Options of Home Science

NCERT's chapter lists no careers.

Not in the textbook — from CBSE's curriculum

CBSE says the five areas give scope for higher education and for careers in professions catering to **health and service institutions and agencies, educational organizations, and industry and business houses** of textiles, garments, the food industry, teaching-learning materials, and ergonomically appropriate equipment and work situations.

Facts at a Glance

Fact or term	What to write
HEFS	Human Ecology and Family Sciences
1932	Lady Irwin College, Delhi



Fact or term	What to write
Multi-disciplinary	Containing five areas of study
Gender-typing	Seeing Home Science as a subject only for girls
Aim	Better quality of life for individuals and families

One-line Answers

1. Who conceived Lady Irwin College? **Sarojini Naidu, Rajkumari Amrit Kaur and Kamaladevi Chattopadhyay.**
2. After whom was it named? **Lady Dorothy Irwin.**
3. Which courses existed before 1932? **Foods and Nutrition, Clothing and Textiles, Extension Education.**
4. Which stage does Class XI stress? **Adolescence.**
5. Who modernised Home Science for universities? **The University Grants Commission.**
6. Name two career fields. **The food industry; educational organizations.**

What This Chapter Adds Up To

- **Home Science** is an interdisciplinary field for a better quality of life.
- The name dates from **1932**, at Lady Irwin College, Delhi.
- Its **five areas** run from Foods and Nutrition to Communication and Extension.
- **Gender-typing** kept boys away; female and male alike need it.
- **Careers** lie in health, education and industry.

Your own notes on this chapter

What your teacher stressed, the mistakes you made in tests, the points you keep forgetting.