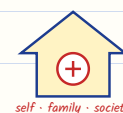


Class 11 · Home Science · Unit I · Chapter 1

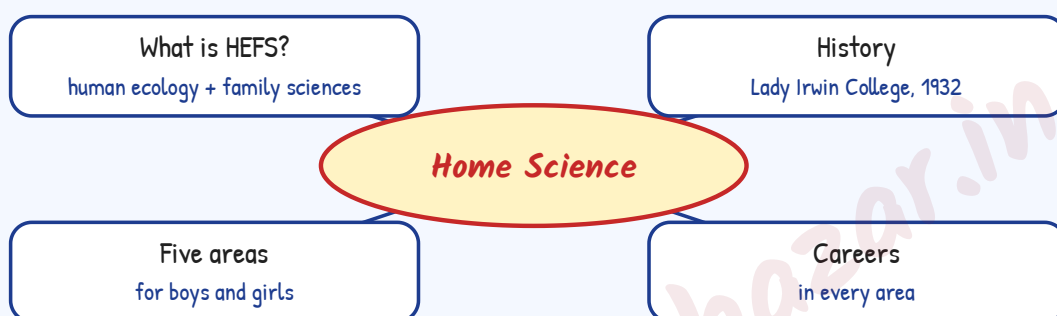
Chapter 1

Introduction to Home Science



CBSE Home Science (064) syllabus 2026-27 · NCERT Human Ecology and Family Sciences Part I,
Chapter 1 (HEFS: Evolution of the Discipline and its Relevance to Quality of Life) · Unit I = 2
marks

Chapter map



What is inside

1. Concept notes with diagrams
2. NCERT exercise and Review Questions, fully solved
3. Exam-pattern questions (CBSE 064), fully solved
4. Practice A-G with a case study, 20 MCQs, 6 A-R, answers, summary

Colour code used

red = key term green = definition

purple = sub-heading black = explanation

★ **Exam tip:** Class 11 Home Science has no CBSE board exam, so this pack gives **exam-pattern questions** in the CBSE 064 design (MCQs, case-based, 2-, 3-, 4- and 5-mark questions) that your school exam follows.

Class 11 Home Science at a glance (Theory 70 + Practical 30)

unit	marks	chapters in this pack
I Introduction to Home Science	2	1
II Understanding oneself: Adolescence	23	2-6
III Understanding family, community and society	15	7-8
IV Childhood	15	9-10
V Adulthood	15	11-12

Based on the CBSE Home Science syllabus 2026-27 and the NCERT textbook Human Ecology and Family Sciences Part I (Class XI). All answers written by us.

1.1 What is Home Science (HEFS)?

The NCERT subject is called **Human Ecology and Family Sciences (HEFS)**.

term	meaning
ecology	(1) a branch of Biology dealing with the relations between living organisms and their environment ; (2) the complex of relationships between an organism and its environment
human ecology	the "living organism" is the human being : the study of human beings in relation to their environment and the dynamic relationships of children, adolescents and adults with the physical, economic, social and psychological elements of their ecology
family sciences	the family is central in most lives; children are nurtured in it to become independent adults. The subject studies the individual in the context of the family , a critical social unit of society

HEFS follows an **integrated** approach: it deals with the interaction of human beings, as members of families and society, with the environment; a **synergistic** relationship that combines physical, psychological, socio-cultural and economic resources.

Home Science is an interdisciplinary field of study of the individual and the family in relation to their environment, aimed at improving the quality of life of individuals, families and society.

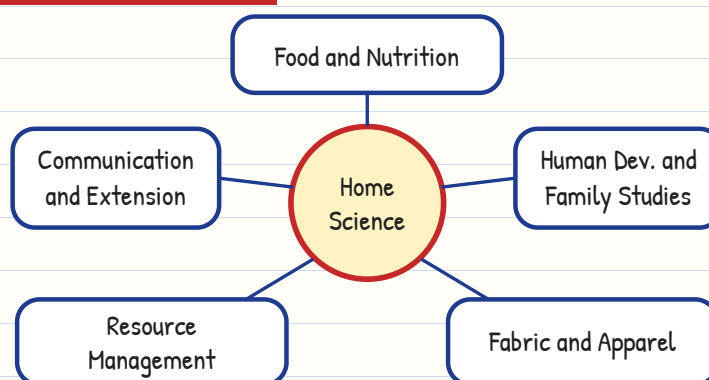
Class 11 focuses on **adolescence** (a **turning point** in life): how adolescents understand themselves and the role of food, resources, fabric and clothing, and communication. Class 11 = "self and family" and "home"; Class 12 = "work and careers".

Evolution of the discipline



- **Lady Irwin College** (Delhi, **1932**) was conceived and set up by **Sarojini Naidu, Rajkumari Amrit Kaur and Kamaladevi Chattopadhyay**, leaders of the **All India Women's Conference**, with the support of **Lady Dorothy Irwin**, wife of the Viceroy Lord Irwin (hence the name).
- Aim: serve the home and society, and remove social and educational **inequalities** that kept women from their potential. Few girls went to school then.
- Home Science was meant to be an **interdisciplinary** field to improve quality of life, not only about the home.
- Over time people linked it only with **cooking, laundry and child care**; it was **gender-typed** (seen as only for girls) and wrongly seen as lacking rigour, so boys shied away.
- The new title **HEFS** releases it from this image; the course is **contemporary and multi-disciplinary**.

1.2 Areas of Home Science



area	what it studies
Food and Nutrition	food, nutrients, health, diet planning, food science, processing, safety
Human Development and Family Studies	growth and development across the life span, family, children, adolescents, elderly, guidance, special needs
Fabric and Apparel	fibres, fabrics, clothing, design, care of textiles, textile heritage
Resource Management	managing time, energy, money, space; consumer education; interiors, ergonomics, hospitality
Communication and Extension	communication, media, extension education, development programmes

1.3 Home Science is important for both boys and girls

- every person, male or female, eats, wears clothes, manages money, time and space, lives in a family and communicates: the knowledge is needed by **all**
- it improves the **quality of life** in a village or a town
- it removes **gender stereotypes**: men also cook, care for children and the elderly, and manage homes; shared roles in families where both partners work
- it builds **life skills**: healthy eating, budgeting, decision making, communication
- it opens **careers** in industry, health, education, media and business for everyone
- it is **multi-disciplinary** and scientific, linking sciences and social sciences

1.4 Career options

area	careers
Food and Nutrition	dietitian, nutritionist, food technologist, quality controller, caterer, food entrepreneur, researcher
HDFS	preschool teacher, counsellor, special educator, crèche or NGO manager, child-rights worker
Fabric and Apparel	fashion or textile designer, merchandiser, laundry manager, museum textile conservator, boutique owner
Resource Management	interior designer, hospitality and housekeeping manager, event manager, consumer adviser, ergonomics consultant
Communication and Extension	development journalist, media producer, extension officer, NGO communication officer, trainer

Also: teaching, research and entrepreneurship in every area.

NCERT exercise and Review Questions, fully solved

Exercise A. Do you know about the subject Home Science? List 5 terms or concepts that you associate with Home Science.

Ans. (Model answer) Yes. Five terms: (1) **nutrition and balanced diet**; (2) **child development**; (3) **clothing and textiles**; (4) **family resource management** (budget, time); (5) **extension and communication**.

Exercise B. At the end of the year, list 5 areas of study that you would associate with HEFS.

Ans. (1) **Food and Nutrition** (food, health and fitness); (2) **Human Development and Family Studies** (self, adolescence, childhood, family); (3) **Fabric and Apparel** (fibres, fabrics, apparel, care); (4) **Resource Management** (time, space, money); (5) **Communication and Extension** (media and communication technology).

1. Explain the terms 'Human Ecology' and 'Family Sciences'.

Ans. Human Ecology: ecology is the study of the relations between living organisms and their environment. In HEFS the living organism is the human being, so human ecology is the study of human beings in relation to their environment, including the dynamic relationships that children, adolescents and adults have with the physical, economic, social and psychological elements around them.

Family Sciences: the family is central in most people's lives; children are nurtured in it and develop independent identities as adults. Family sciences study the individual in the context of the family, which is a critical social unit of society. Together, HEFS studies human beings as members of families and society interacting with their environment.

2. Do you agree that adolescence is a 'turning point' in one's life?

Ans. Yes. (1) Adolescence brings rapid **physical and biological changes** (puberty) that change how one looks and feels. (2) It is the period of **identity formation**: adolescents ask "Who am I?" and, by its end, form a lasting sense of self (Erikson). (3) **Thinking** becomes abstract; they can imagine their future and choose subjects and careers. (4) **Social roles** change: they are expected to behave like adults and take on responsibilities. (5) **Habits** formed now (food, fitness, money management, relationships) shape adult life. Hence decisions and experiences of adolescence decide the direction of life, making it a turning point.

3. Name the eminent women who conceived of starting the first Home Science college in India.

Ans. (A) **Sarojini Naidu** (B) **Rajkumari Amrit Kaur** (C) **Kamaladevi Chattopadhyay** (all stalwarts of the All India Women's Conference), (D) supported by **Lady Dorothy Irwin**, after whom Lady Irwin College, Delhi (1932) is named.

Key Terms (NCERT): ecology, family, adolescence, Home Science, gender-typing, contemporary, multi-disciplinary, quality of life.

Gender-typing: labelling an activity or subject as suitable for only one sex (e.g. "Home Science is for girls").

Exam-pattern questions, fully solved

Questions in the CBSE Home Science (064) design. Class 11 has no board exam; these match the school examination pattern.

Exam-style · 1 mark The first Home Science college in India, Lady Irwin College, was set up in: (A) 1923 (B) 1932 (C) 1947 (D) 1950 [1]

Ans. (B) 1932, in Delhi.

Exam-style · 1 mark Which is NOT one of the five areas of Home Science? (A) Fabric and Apparel (B) Resource Management (C) Civil Engineering (D) Communication and Extension [1]

Ans. (C) Civil Engineering

Exam-style · 2 marks Why was the name Home Science changed to Human Ecology and Family Sciences at school level? [2]

Ans. (1) The label "Home Science" had come to be associated only with **cooking, laundry and child care** and was **gender-typed** as a subject for girls, so boys stayed away and it was wrongly seen as lacking rigour. (2) The new name reflects the **contemporary, multi-disciplinary** content (human development, nutrition, fabric, resource management, communication) that studies human beings, families and their environment, for both boys and girls.

Exam-style · 3 marks Explain three reasons why Home Science is important for boys as well as girls. [3]

Ans. (1) **Life skills for all:** everyone needs knowledge of nutrition, clothing, money, time and space management and communication to live well. (2) **Gender equality:** it breaks stereotypes; men and women share home and care responsibilities, especially when both work. (3) **Careers:** it opens careers for both, e.g. dietitian, food technologist, fashion designer, interior designer, counsellor, journalist.

Exam-style · 4 marks Name the five areas of Home Science and give one career option in each. [4]

Ans. (1) **Food and Nutrition:** dietitian or food technologist. (2) **Human Development and Family Studies:** preschool teacher or counsellor. (3) **Fabric and Apparel:** fashion designer or merchandiser. (4) **Resource Management:** interior designer or hospitality manager. (5) **Communication and Extension:** development journalist or extension officer. [$\frac{1}{2}$ for each area, $\frac{1}{2}$ for each career; any four areas with careers for 4 marks]

Exam-style · 5 marks Trace the evolution of Home Science in India. What was the aim of the women who founded the first college? [5]

Ans. (1) In the early 20th century many institutions taught separate courses in foods and nutrition, clothing and textiles, and extension education. (2) In **1932** these were brought together under **Home Science** when **Lady Irwin College** was set up in Delhi. (3) It was conceived by **Sarojini Naidu, Rajkumari Amrit Kaur and Kamaladevi Chattopadhyay** of the All India Women's Conference and supported by Lady Dorothy Irwin. (4) **Aim:** to promote women's education when few girls went to school, and to serve the home and society, removing social and educational inequalities that prevented women from reaching their potential. (5) Later the UGC upgraded the university curricula; at school level the subject is now called HEFS to remove gender-typing and reflect its modern, multi-disciplinary nature.

Exam-style · case Rohan wants to take Home Science in Class 11 but his friends say it is "only cooking". (i)

Name the misconception. (ii) Give two arguments Rohan can use.

[1 + 2]

Ans. (i) **Gender-typing** (and the narrow view of Home Science as cooking and laundry). (ii) It is a multi-disciplinary science covering nutrition, human development, textiles, resource management and communication; it gives life skills and careers to boys and girls alike.

Practice set: test yourself *Exam-style*

A. Fill in the blanks (1 mark each)

1. HEFS stands for Human Ecology and _____.
2. Lady Irwin College is in _____.
3. Ecology is a branch of _____.
4. Class 11 HEFS focuses on the stage of _____.
5. Labelling a subject as only for girls is called _____.
6. Lady Irwin was the wife of the _____ of India.

B. True or false? (1 mark each)

1. Home Science is only about cooking and laundry.
2. HEFS is multi-disciplinary.
3. Lady Irwin College was set up after independence.
4. Class 12 HEFS focuses on work and careers.
5. Kamaladevi Chattopadhyay helped found Lady Irwin College.
6. Boys cannot study Home Science.

C. Very short answer (1 mark each)

1. Define human ecology.
2. Name the five areas of Home Science.
3. Name the organisation of the women who founded Lady Irwin College.
4. Why is adolescence called a turning point?

D. Short answer I (2 marks each)

1. Explain the term "family sciences".
2. Why did boys shy away from Home Science earlier?
3. Give two careers each in Food and Nutrition and in Fabric and Apparel.
4. What does "quality of life" mean in Home Science?

E. Short answer II (3 marks each)

1. Explain the meaning of HEFS.
2. Explain three reasons for setting up Lady Irwin College.

F. Long answer (5 marks)

1. Describe the five areas of Home Science and their careers.

G. HOTS

1. How can Home Science knowledge help a young man living alone in a city? Give three ways.

Case study: Meera's school has started HEFS for boys and girls. In the first class the teacher asks students to list words linked with Home Science; most write "cooking", "sewing". By the end of the year they write "nutrition", "identity", "fibres", "budget", "media".

(i) What change in understanding does this show? (ii) Name the areas the second list covers. (iii) Who started the first Home Science college, and when? [1 + 2 + 1]

20 MCQs

- Ecology deals with relations between organisms and their: (A) food (B) cells (C) environment (D) money
- In "Human Ecology", the living organism is the: (A) human being (B) plant (C) animal (D) microbe
- The central unit studied in Family Sciences is the: (A) school (B) state (C) market (D) family
- Lady Irwin College was set up in: (A) Mumbai (B) Delhi (C) Chennai (D) Kolkata
- Lady Irwin College was set up in the year: (A) 1947 (B) 1932 (C) 1920 (D) 1960
- Which woman was NOT among its founders? (A) Sarojini Naidu (B) Rajkumari Amrit Kaur (C) Kamaladevi Chattopadhyay (D) Indira Gandhi
- The founders belonged to the: (A) All India Women's Conference (B) Indian National Army (C) UGC (D) NCERT
- The college aimed to promote: (A) sports (B) trade (C) women's education (D) farming
- Gender-typing of Home Science means seeing it as: (A) a science (B) only for boys (C) for everyone (D) only for girls
- Class 11 HEFS focuses on: (A) old age (B) adolescence (C) work and careers (D) infancy only
- Class 12 HEFS focuses on: (A) adolescence (B) infancy (C) work and careers (D) marriage
- The study of growth across the life span is: (A) HDFS (B) Fabric and Apparel (C) Resource Management (D) Food Science
- Managing time, money and space belongs to: (A) Food and Nutrition (B) Resource Management (C) HDFS (D) Extension
- Media and extension education belong to: (A) Fabric and Apparel (B) HDFS (C) Communication and Extension (D) Nutrition
- A dietitian works in the area of: (A) HDFS (B) Fabric and Apparel (C) Extension (D) Food and Nutrition
- A merchandiser works in the area of: (A) Fabric and Apparel (B) Nutrition (C) HDFS (D) Extension
- A preschool teacher works in the area of: (A) HDFS (B) Resource Management (C) Nutrition (D) Fabric
- HEFS is: (A) single-discipline (B) only practical (C) only theory (D) multi-disciplinary
- The body that upgraded Home Science curricula at university level is: (A) CBSE (B) UGC (C) NCERT (D) BIS
- HEFS aims to improve the: (A) military power (B) stock market (C) quality of life (D) traffic

1 (C) · 2 (A) · 3 (D) · 4 (B) · 5 (B) · 6 (D) · 7 (A) · 8 (C) · 9 (D) · 10 (B) · 11 (C) · 12 (A) · 13 (B) · 14 (C) · 15 (D) · 16 (A) · 17 (A) · 18 (D) · 19 (B) · 20 (C)

Assertion-Reason (6)

(A) Both true, R explains A. (B) Both true, R does not explain A. (C) A true, R false. (D) A false, R true.

1. A: Lady Irwin College is named after Lady Dorothy Irwin. R: She supported setting up the college and was the Viceroy's wife.
2. A: Home Science is important for boys too. R: Every person needs knowledge of food, clothing, resources and relationships.
3. A: Home Science is only about cooking and laundry. R: HEFS includes human development, nutrition, textiles, resource management and communication.
4. A: Lady Irwin College was set up after independence. R: In the 1930s very few girls attended school.
5. A: Adolescence is a turning point. R: It brings rapid physical change and identity formation.
6. A: HEFS studies humans in relation to their environment. R: Lady Irwin College is in Delhi.

Key: 1 (A) · 2 (A) · 3 (D) · 4 (D) · 5 (A) · 6 (B)

Answers to the practice set

A. 1. Family Sciences 2. Delhi 3. Biology 4. adolescence 5. gender-typing 6. Viceroy

B. 1. F 2. T 3. F (1932, before independence) 4. T 5. T 6. F

C. 1. the study of human beings in relation to their environment 2. Food and Nutrition; HDFS; Fabric and Apparel; Resource Management; Communication and Extension 3. All India Women's Conference 4. it brings rapid physical change, identity formation and choices that shape adult life

D. 1. study of the individual in the context of the family, the critical social unit where children are nurtured 2. it was gender-typed as a girls' subject about cooking and laundry and seen as lacking rigour 3. Food and Nutrition: dietitian, food technologist; Fabric and Apparel: fashion designer, merchandiser 4. well-being and satisfaction from health, relationships, resources and environment

E. 1. see 1.1 2. promote women's education when few girls went to school; serve home and society; remove social and educational inequalities

F. see 1.2 and 1.4

G. plan balanced, low-cost meals; budget his salary and save; care for his clothes and manage time and space in a small flat

Case. (i) from a narrow, gender-typed view to a multi-disciplinary view (ii) Food and Nutrition (nutrition); HDFS (identity); Fabric and Apparel (fibres); Resource Management (budget); Communication and Extension (media) (iii) Sarojini Naidu, Rajkumari Amrit Kaur and Kamaladevi Chattopadhyay; Lady Irwin College, 1932

Last-night summary

- HEFS = Human Ecology (humans and their environment: physical, economic, social, psychological) + Family Sciences (individual in the family). Integrated, multi-disciplinary; aim: quality of life.
- Class 11: adolescence, self, family, home. Class 12: work and careers.
- Lady Irwin College, Delhi, 1932: Sarojini Naidu, Rajkumari Amrit Kaur, Kamaladevi Chattopadhyay (All India Women's Conference); Lady Dorothy Irwin; women's education, remove inequalities.
- Later gender-typed as cooking, laundry, child care; renamed HEFS to be contemporary and for all.

- Five areas: Food and Nutrition, HDFS, Fabric and Apparel, Resource Management, Communication and Extension, each with careers; teaching, research, entrepreneurship.

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