

**1**

# HOME, FAMILY AND HOME SCIENCE

*‘Home sweet home’* - yes we all have a home a where we live with our family and enjoy the feeling of belongingness. Our family consists of father, mother, brother (s), sister (s) and at times other relatives who live under a common roof to form a household. In a household the woman - a wife or mother plays the major role of homemaking by managing the household activities. But the perception of homemaking has gradually changed. Today, the man and the woman jointly share the responsibilities of home and family. It is for this reason that both men and women should have knowledge regarding family well-being and make attempts to improve the living standard of the family. In this context the subject of Home Science caters to the needs of both boys and girls.

This lesson brings to you the meaning, aim, importance and scope of Home Science and the job avenues that it can open before you.

**OBJECTIVES**

After studying this lesson you will be able to:

- define the term home, family and Home Science;
- explain the meaning, aim, importance and misconceptions about Home Science as a subject;
- discuss the various areas of Home Science in terms of skill development;
- list various vocational opportunities for wage and self-employment.



**1.1 MEANING OF HOME SCIENCE**

Home Science consists of two words, that is, ‘Home’ and ‘Science’. The word ‘home’ refers to the place of residence where the family lives. The word *science* refers to knowledge based on facts, principles and laws. By combining these two words the meaning of Home Science can be derived as ‘application of scientific knowledge in a systematic manner towards improving the quality of home and family life’.

Since Home Science is concerned with various aspects of daily living that includes food, shelter, clothing, health, resources and services, the subject draws principles from related subjects of arts and sciences. These principles are then applied to promoting healthier and happier living. Home Science thus becomes an art and science of daily living.

Let us see how Home Science serves as the *art* and *science* of living. In Home Science you will learn about nutrients, food groups, balanced meals, etc., that will improve your scientific knowledge. When you use this knowledge for preparing nutritious food then it is *science* but when you serve the food in an attractive manner then it is *art*. Similarly, when you learn about textiles, fibre, fabric, etc, along with their properties and care, that will be called *science* but when you design and stitch garments and do embroidery to beautify the garment then it is an *art*. You will use this combination of *science* and *art* in many spheres of daily living.



**Activity 1.1:** Observe the combinations of science and art in your daily life. Give at least one example each for the following:

S.No.	The Science and art	Example
1.	The meal that you eat	
2.	The clothes that you wear	
3.	The arrangements in your kitchen	
4.	Caring for a child	

**1.2 AIM OF HOME SCIENCE**

Since education in Home Science is concerned with yourself, your home and family and the resources needed for well-being of individuals, the subject



aims at providing maximum satisfaction to you and your family for harmonious living. The subject also builds up scientific knowledge and skills for daily living. Besides this, Home Science also prepares you for many opportunities to enter into the job market for:

- *Career*: A chosen profession or occupation for self-advancement
- *Vocation*: A regular occupation for which an individual is particularly suited or qualified
- *Wage employment*: Earning salary or wages by working for someone or some organization
- *Self-employment*: Income earning activity by being owner of the activity
- *Entrepreneurship*: Small scale innovative business to earn a profit.

### 1.3 IMPORTANCE OF HOME SCIENCE

Home Science gives knowledge for facing new challenges, to cope with knowledge explosion, technological advancements, new developments and growing needs of individuals for successful living in society. Home Science is one such subject that trains you to face with confidence, the challenge of changing times for attaining satisfaction and harmonious living.

- **Importance for individuals**

Home Science will give you scientific knowledge and develop skill for efficient performance of household responsibilities. Skill is the process of applying theory based knowledge into your daily life. For example, countering social pressures to adopt unhealthy eating practices by refusal is a skill. Seeking services for help with sexual issues is another skill. Developmental of positive skill leads us towards happiness and satisfaction. It will also prepare you to take up wage or self-employment.

- **Importance for home and family life**

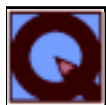
The emphasis in Home Science is to strengthen home and family life by making an optimal use of available resources. It will help you to apply knowledge of different sciences for improving home and family environment, health, growth and development of individuals and in managing your household resources. This is the only subject that deals with food, clothing, shelter, health, human relationships, household resources and concerns of individuals that exist within a home and in a family.



Family is the smallest social unit of a community. The contribution of Home Science in the overall enrichment of family helps in the development of community and nation at large.

- **Importance for economic stability**

Different areas of Home Science prepare you for a variety of jobs. The economic stability of the family can be ensured by undertaking a job or self employment. This will further lead to raising the living standard of the family and quality of life.

**INTEXT QUESTIONS 1.1**

- Fill in the appropriate word in the blank space -
  - A place where we reside \_\_\_\_\_
  - One who discharges household responsibilities \_\_\_\_\_
  - Subject that promotes healthier and happier living \_\_\_\_\_
  - Earning salary by working for someone or in some organization \_\_\_\_\_
  - Small scale innovative business for making a profit \_\_\_\_\_
- Tick (✓) mark the correct answer. Give a reason to justify your answer.
  - Home Science caters to the needs of daily living of
    - boys only
    - girls only
    - both boys and girls
    - the society
 Because .....
  - Home Science applies knowledge for well-being of individuals by drawing principles from
    - science alone
    - arts alone
    - sometimes science and sometimes arts
    - both science and arts
 Because .....



## 1.4 MISCONCEPTIONS REGARDING HOME SCIENCE

For a lay person Home Science seems to mean cooking, stitching and decorating the home. But in reality Home Science is much more than these. It is a subject that teaches you the science and art of performing homemaking tasks and attending to household chores. At the same time it also prepares you for various vocations.

Despite the significance of the subject there are many misconceptions. There is a need to eliminate these. Let us consider the facts related to misconceptions.

**Misconception :** *Home Science only teaches cooking, stitching, home decoration and child care.*

**Fact:** We can not deny the fact that food, shelter and clothing are the basic needs of daily life. Home Science includes these aspects with an emphasis on building scientific knowledge. For example, we do not eat food just to satisfy our hunger but we eat food to meet the nutritional requirements of our body that contribute to promoting growth and development, provide energy for doing various activities and for regulating various body functions. This we learn in one of the areas of Home Science. The aspect of cooking that is taught under the subject of Home Science deals with principles and methods of cooking for preventing loss of nutrients and adding variety, balance and nourishment in the diet. So the fact is that though Home Science teaches cooking, it is based on the science and art of cooking.

Similarly, there can be numerous examples to support the relationship of science and art. When you will study about clothing, grooming, personality development, personal and environmental hygiene, management of resources like time, money and energy; care of children and elderly you will find that the principles of science are deep rooted in Home Science. They help to build scientific temperament for its application in daily life. Thus Home Science caters to betterment of mankind and improves homemaking skills.

**Misconception :** *Home Science is meant for girls because they have to manage the home in later life.*

**Fact:** Today, there is a predominance of the nuclear family structure. The man and the woman share responsibilities. Moreover, the number of wage earning homemakers are gradually increasing which means that there is pressure of dual responsibility on women. In other words we can say that the woman combines her homemaking responsibilities with generating income for the family. Under such conditions, the work load of women should be shared by the men. Home Science orients and prepares both men and women to deal

Fact : 49% of learners opting to study Home Science at NIOS are males!



with various aspects of life. It is therefore wrong to say that Home Science is meant for girls alone. We must change our mindset and accept that Home Science is beneficial for boys also.

**Misconception : Why study Home Science when girls can learn homemaking skills from their mother?**

**Fact:** Yes, girls do learn many homemaking skills from their mother but by studying the subject of Home Science they can find answers to why, how and when of doing these activities. For example, why is oil used for making pickle? A layman’s answer will be to preserve the pickle. But how does oil preserve the pickle? In Home Science you will learn that oil prevents the direct contact of air with the preserved item like mango and prevents spoilage. You will find numerous such examples and scientific reasoning when you study Home Science. Therefore, the fact is that though we learn many things from our mother, supplementing these with scientific reasoning helps us to do things in a more organised manner.



**Fig. 1.1**

**Misconception : Home Science does not offer attractive job opportunities.**

**Fact:** A variety of job opportunities in different areas of Home Science are available after studying the subject at school level. There is no other subject that opens up the avenues for such a variety of jobs. Moreover, Home Science also prepares you for self-employment or for starting small enterprises. We will discuss the job opportunities in detail a little later in the lesson.

**1.5 AREAS OF HOME SCIENCE**

Home Science is a composite subject that deals with daily life situations. Accordingly, it consists of those areas that are related to our life. Home Science has five different areas but at school level only four areas are taught. Each area of Home Science along with its sub-components that you will be studying, is listed as under:

**Table 1.1**

<b>Area</b>	<b>Sub-components</b>
Food and Nutrition	Food; nutrition; meal planning; nutritional status, health and care of sick; purchase and storage of food; food preservation.
Resource Management	Consumer education, work ethics, income management, savings and investments, work



**Notes**

	and space organization, time and energy management, conservation of energy and environment management.
Human Development	Development in early and middle childhood, adolescence, special issues in human development.
Textiles and clothing	Fabric science and its construction; textile finishes, selection, care and maintenance.

Note: At college level one more area, Extension Education, is taught as a subject.

**1.6 SCOPE OF HOME SCIENCE**

The scope of each area of Home Science along with skill building for daily living has been explained in Table 1.2.



**INTEXT QUESTIONS 1.2**

1. List any three misconceptions about Home Science
  - (i) .....
  - (ii) .....
  - (iii) .....
  
2. Write any two scope(s) for each area of Home Science
  - a. ....  
.....
  - b. ....  
.....
  - c. ....  
.....
  - d. ....  
.....

**1.7 JOB OPPORTUNITIES IN HOME SCIENCE**

In section 1.2, you have already learnt about the terms that are used in a job market. Before we study about different job opportunities, let us try to understand the terms that are related to job opportunities. You can be a *wage employee* by working in a bakery or boutiques or a day care center. But you will be called *self employed* when you manage your own bakery, boutique or

**Table 1.2 : Area-wise scope and skill building for daily living**

Scope	Skill building for daily living
<p><b>Area: Resource Management</b></p> <ul style="list-style-type: none"> <li>● Becoming a consumer conscious individual</li> <li>● Wisely managing family income and expenditure</li> <li>● Recognizing the need for saving money and making investments</li> <li>● Adopting work simplification measures for overcoming fatigue and managing time and energy</li> <li>● Recognizing the mutual relationship between space organization and aesthetics</li> <li>● Optimally utilizing and conserving energy sources around you</li> <li>● Developing eco-friendly consciousness</li> <li>● Developing aptitude for work ethics and ethical standards in daily living</li> </ul>	<ul style="list-style-type: none"> <li>● Ability to recognize the rights and responsibilities of a wise consumer</li> <li>● Ability to use consumer aids while purchasing goods or using services</li> <li>● Consciousness building regarding consumer protection laws</li> <li>● Aptitude to manage expenditure within the available income</li> <li>● Proficiency in saving money</li> <li>● Ability to take maximum benefit of saving and investment schemes</li> <li>● Dexterity in making a time plan and using work simplification methods for saving energy</li> <li>● Expertise in space organization for performing various household activities</li> <li>● Discernment in using renewable and non-renewable sources of energy at home</li> <li>● Ability to prevent environment degradation and use eco friendly products and practices</li> <li>● Appreciating the value of code of ethics</li> </ul>
<p><b>Human Development</b></p> <ul style="list-style-type: none"> <li>● Recognizing different aspects of development from early to late childhood</li> <li>● Understanding the physical changes, developmental tasks, characteristics and problems of adolescents</li> <li>● Being sensitized towards special issues in human development</li> </ul>	<ul style="list-style-type: none"> <li>● Competence in caring for the child as per physical, motor, social, emotional, language and cognitive development</li> <li>● Aptitude for facilitating the sound development of adolescents</li> <li>● Proficiency in managing and caring for people with special needs</li> </ul>
<p><b>Fabric Science</b></p> <ul style="list-style-type: none"> <li>● Wisely selecting fabric for different end uses</li> <li>● Getting acquainted with different textile finishes and using simple techniques for fabric enrichment</li> <li>● Wisely selecting and maintaining clothing and textiles</li> </ul>	<ul style="list-style-type: none"> <li>● Expertise in identification and selection of fabric appropriate to end use</li> <li>● Deftness in using textile finishes for fabric enrichment</li> <li>● Ability to buy clothing and textiles by judging quality and labels</li> <li>● Competence in laundering and storage of clothes.</li> <li>● Capability to protect the health of the family by providing nutritionally rich food</li> </ul>
<p><b>Food and Nutrition</b></p> <ul style="list-style-type: none"> <li>● Recognizing the interrelationship of food, nutrition and health</li> <li>● Planning and preparing balanced meal as per nutritional requirement</li> <li>● Planning and preparing therapeutic meals for the sick</li> </ul>	<ul style="list-style-type: none"> <li>● Competency in preparing balanced meals to suit the nutritional requirement of individuals</li> <li>● Proficiency in meal planning as per signs and symptoms of nutritional status and deficiency diseases</li> <li>● Aptitude for modifying diet for sick persons and nutrition related health problems</li> <li>● Expertise in assessing nutritional status and recognizing signs and symptoms of common nutritional deficiency diseases</li> <li>● Ability to use appropriate storage and food preservation methods.</li> </ul>



day care center. You will be called an *entrepreneur* when you undertake income earning project as a small scale business. After studying Home Science at school level you will find many opportunities to be a wage earner or self-employed or an entrepreneur.

The possible job opportunities for wage employment, self employment and entrepreneurship at the entry level or after successfully completing senior secondary education may be:

### A. Opportunities for wage employment

- Staff of consumer organization/forum
- Advisor of consumer rights
- Sales representative of consumer goods and services
- Representative of saving and investment schemes
- Employee of saving and investment schemes
- Staff in show rooms of furniture, equipment and other household goods, government emporium, craft centers, production units of household commodities
- Employee in nursery school, day care center, creche, *balwadi*
- Caretaker in guest house, hotel rooms, office
- Laboratory attendants in Home Science colleges and schools offering Home Science
- Employee in a dry cleaning shop
- Staff of catering center, dietetics department in hospitals, cafeteria, canteen, food commodity store, etc.
- Employee in a garment manufacturing firm, textile industry, designing unit, etc.

### B. Opportunities for self-employment/entrepreneurship

- Producer of household craft items, decorative articles and creative items
- Owner of a nursery school, day care center, creche, *balwadi*
- Owner of a guest house or paying guest accomodation
- Tailor and/or finisher for stitched garments, eg., sewing buttons, doing hemming or attaching a fall on sari etc.
- Owner of boutique, knitted garment unit, weaving unit and fabric enrichment unit
- Owner of dry cleaning shop
- Owner of a canteen
- Supplier of packed meals and food service from home
- Owner of bakery, processed and preserved foods
- Manager of outdoor catering service for parties
- Conducting classes in cooking, garment construction, fabric enrichment, soft toy making, knitting, weaving, etc

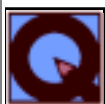




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- Packaging gift articles, selling fresh and dry flower arrangements, contractual services for decoration for parties
- Writer of articles for children's/ women's magazines

For your knowledge, different types of jobs that are available to Home Scientist after senior secondary have been clearly indicated in Table 1.3. The kind of jobs that are available if you do advanced courses are also clearly mentioned.



**INTEXT QUESTIONS 1.3**

1. Following are some examples of wage employment in Home Science. In the column given on the right hand side write how you can change each of the wage employment situations to self employment:

Wage employment	Self-employment
a. Employee of nursery school	_____
b. Staff in a government emporium	_____
c. Manager of catering services	_____
d. Cook at a canteen	_____
e. Employee of savings and investment schemes	_____
f. Conducting cookery classes at an institute	_____
g. Working with a supplier of home based food services	_____
h. Caretaker in a guest house	_____
i. Sales person	_____

Table 1.3 Job opportunities in the Area of Home Science

Vocational Areas	Job opportunities after senior secondary	Opportunities of further education	Job opportunities after advanced course
<b>Food and Nutrition</b>	Food Laboratory Aide, Dietary Aide, Food Product Tester, Kitchen Food Assembler, Quality Control Technician, Short Order Cook, Baker helper, Waiter/Waitress, Dining Room Attendant, Cake Decorator	Diploma in Hotel Management and Catering, BSc Home Science, Diploma from Polytechnics/Vocational Institutions, Diploma in related subjects through Distance Education	Food Technician, Dietary Assistant, Dietetic Technician, Home Economist, Dietitian, Food Technologist, Nutritionist, Caterer, Baker, Food Service Manager, Speciality Cook, Chef
<b>House Keeping</b>	Guest Service Clerk, Housekeeping Maid, Host/Hostess, Establishment Guide, Lodging Facilities Attendant	Diploma in Hotel Management and Catering, BSc Home Science, Diploma from Polytechnics/Vocational Institutions, Diploma in related subjects through Distance Education	Guest House Manager, Housekeeping Manager, Hospitality Supervisor, Hotel/Motel Manager, Convention Coordinator
<b>Interior Designing, Furnishings and Maintenance</b>	Showroom Assistant, Interior Design Aide, Furnishings Sales Associate	Diploma in Hotel Management and Catering, BSc Home Science, Diploma from Polytechnics/Vocational Institutions, Diploma in related subjects through Distance Education	Window Display Designer, Interior Design Assistant, Photo Stylist, Furnishings Buyer, Housekeeping Instructor
<b>Consumer Services</b>	Advisor consumer rights, Product Demonstrator, Sales representative, Consumer Reporter, Personal Shopper, Staff of consumer Forum	BA/BSc Home Science, Diploma in Communication and Journalism, Diploma in Public Relations, Diploma in Consumer Protection Law.	Food/Consumer Products Tester, Product Representative, Public Relations Representative, Consumer Newswriter

Which career should I choose?



Which profession should I choose?



Home, Family and Home Science			
<b>Family and Human Services</b>	Adult Day Care Worker, Residential Care Aide, Elder Care Worker, Family Aide, Personal/Home Care Aide, Homemaker's Aide	BA/BSc Home Science Diploma of Special Educators/ Child Development Counselors	Social Services Technician/ Aide, Community Worker, Special Needs Case Worker
<b>Child Development and Education</b>	Pre-school Aide, Family Child Care Provider, Recreation Aide, Teacher Aide	Diploma of Special Educators/ Child Development Counselors, Child guidance and counseling certificate course, BSc Elementary Education	Child Day Care Supervisor, Pre-school Teacher, Special Education Aide, After-School Program Supervisor
<b>Fashion Design, Manufacturing and Merchandising</b>	Fashion Design Aide, Fabrics/Accessories Estimator, Sales Associate, Costumer Assistant, Employee in a drycleaning shop, Employee in a garment manufacturing firm, Employee in a Textile Industry, Employee in an Embroidery unit	BSc Home Science, Fashion Designing from Institution of Fashion Technology, Polytechnics/ Design Schools	Assistant Designer, Fashion Illustrator, Textile Technician, Computer Imaging Consultant, Merchandise Displayer, Fashion Buyer

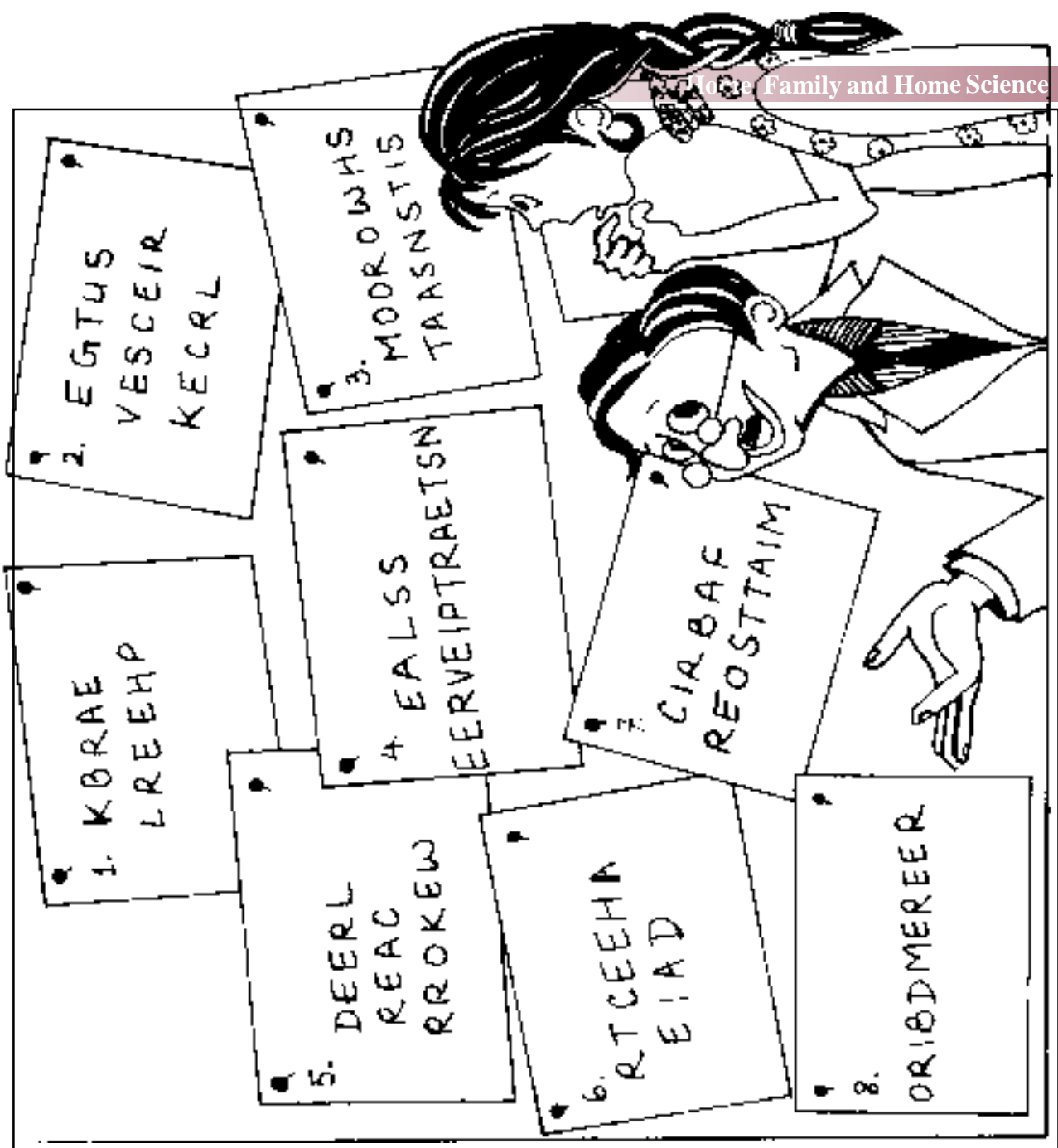
\*Aide - assistant/helper



**INTEXT QUESTIONS 1.4**

**1. JOB JUMBLE**

Rachna went to the employment agency to look for a new job. But when she got there all the titles had been jumbled up. Mr. Jain the manager, will give Rachna a job if she can unscramble all the job titles. Can you help her?

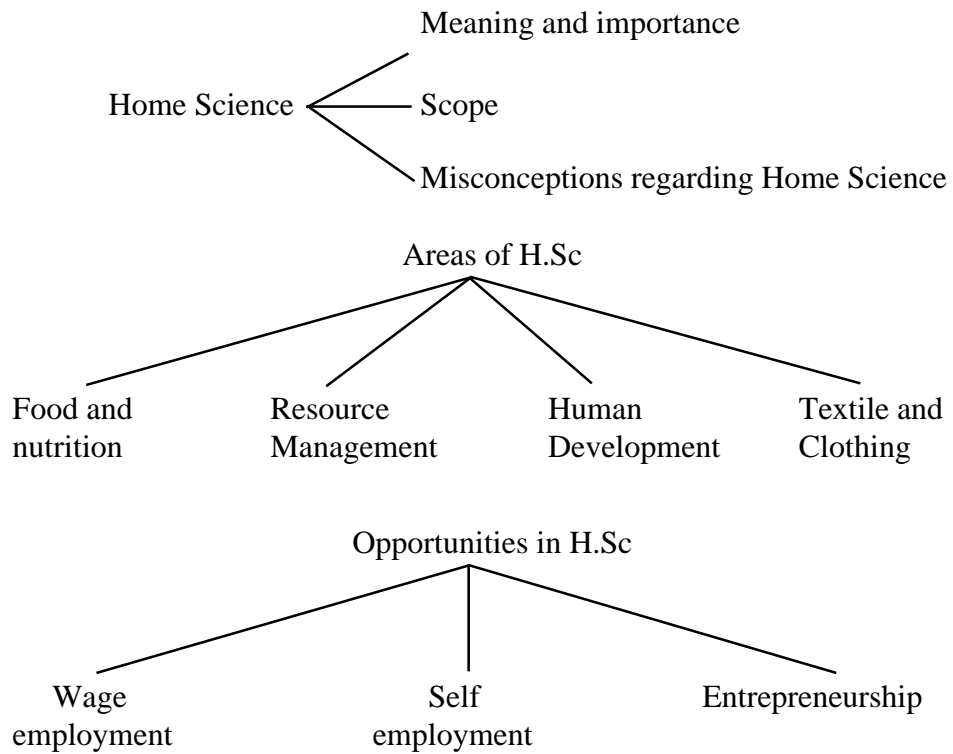




**Notes**



**WHAT YOU HAVE LEARNT**



**TERMINAL EXERCISE**

1. Giving suitable examples, differentiate between the following:
  - a) Wage employment and self employment
  - b) Home and household
  - c) Vocation and entrepreneurship
2. “Home Science is meant for girls only.” Comment.
3. Explain the importance of Home Science being studied as a subject by both girls and boys.
4. How will you explain to your neighbour that Home Science is more than studying about cooking, sewing, cleaning and raising children?
5. Discuss four skills in each area of Home Science that you use in your daily life.
6. Suggest two opportunities each for wage and self employment in each area of Home Science.



**ANSWERS TO INTEXT QUESTIONS**



- 1.1** 1. a. home, b. homemaker, c. Home Science  
d.wage employment, e. entrepreneurship
2. (i) c, (ii) d
- 1.2** 1,2 Refer to text
- 1.3** 1. a) Opening your own nursery school  
b) Owner of a gift shop  
c) Starting your own catering service  
d) Running your own canteen  
e) Agent of saving and investment schemes  
f) Starting your own cooking classes  
g) Supplying home based food items  
h) Running your own guest house  
i) Opening your own boutique
- 1.4** 1. Baker Helper  
2. Guest Service Clerk  
3. Showroom Assistant  
4. Sales Representative  
5. Elder care worker  
6. Teacher Aide  
7. Fabric Estimator  
8. Emeroi Derer

**Notes**

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