1

What is Home Science

1.1 Introduction

As the very name suggests, Home Science is concerned with the home. The perception of a lay person is that it is a subject about home making and household chores. They are only partly correct because the area covered by the subject of Home Science is vast and varied. It’s scope extends far beyond the ‘home’ and is not limited to cooking, laundry, needlework and home decoration. In fact it is the only subject which prepares young learners for the two most important goals in their lives - looking after their home and family and preparing for a career or vocation in life.

Today, men and women share the responsibility of a home and family equally and need an equal amount of preparation in making the best use of the resources available to make their lives comfortable. In this lesson, you will discover the scope of Home Science and the different areas which will be open to you after doing a course in this subject.

1.2 Objectives

After reading this lesson, you will be able to:

- explain the meaning of “Home Science”;
- state the importance of Home Science in the lives of both men and women;
- describe the relevance of Home Science in your day-to-day life;
- clear some misconceptions about Home Science;
- project the various vocational opportunities that can be available to you after studying various aspects of Home Science.
1.3 Meaning of Home Science

Home Science, or the science of a home, in simple words, includes all the things that concern yourself, your home, your family members and your resources. It aims at getting maximum satisfaction for you and your family members through the efficient and scientific use of your resources.

Home Science means the art of managing your resources efficiently and the science of achieving a healthier, happier home and, if need be, a successful career.

You must have noticed the words “art” and “science” being used together in the definition given above. This is because Home Science teaches you the art of using things so that a beautiful, harmonious whole is achieved and an overall pleasant effect is created. At the same time, it gives you all the knowledge of the scientific procedures involved in making a home beautiful. Let us take an example- Home Science will teach you about the different nutrients required by the body and the different functions they perform. This is the “science”. When you are able to select various dishes having those necessary nutrients and serve them attractively to your family, it is an “art”.

This combination of science and art holds true in every sphere of your life like any of the following-

- the house that you live in;
- the food that you eat;
- the clothes that you wear;
- the family that you care for;
- the resources that you use;
- the environment around you;
- the skills that can lead to a successful career.

1.4 Importance of Home Science

Can you say why you must study Home Science irrespective of your sex? Yes, managing your resources, say, money is just one very important example.

You can learn to manage your own resources better by learning about the various areas of Home Science. While doing so, if you face any problem, it gives you the right direction to solve them. In doing so, you become a more efficient individual. You can use this knowledge for the improvement of your life and home. You and your family members can achieve more satisfaction and use the skills gained to improve your economic condition. When you are able to fulfill the needs of your family members, they will be in a better condition to take up responsibilities both at home and outside home.
Can you name some other resources of yours? Yes, you are right! Time, energy, skills, etc., are some of the other resources that you need to manage and Home Science helps you to do exactly that.

Today, more and more women are working—whether they go out or do some thing on their own from their home itself. As a result, the responsibility of the home has to be shared by the men as well. In our society, since men have traditionally not been very active in the home, they find it very difficult to adjust. They need to be oriented towards the different aspects of a home and have to learn to appreciate the effort that goes into making a beautiful home and to run it smoothly. Home Science is the only subject that gives young people such an orientation and information which helps them to become successful home makers, responsible citizens, and good parents.

Should we still say that study of Home Science should be restricted to girls only?

**ACTIVITY**

Find from your neighbourhood if any one is studying Home Science in school or college. Find out the benefits he/she has gained by studying Home Science.

**INTEXT QUESTIONS 1.1**

1. Select the correct alternative—
   (i) Home Science means
      A. the science of managing a home
      B. the art of managing your resources
      C. the art of decorating your home
      D. the science of doing work at home
   (ii) Home Science is important for
      A. managing the home
      B. taking care of the children
      C. imparting good values of life
      D. leading a healthy family

2. Read Section 1.3 and 1.4 again and list any five areas where you think Home Science can help you.
   1. 
   2. 
   3. 
   4. 
   5.
3. Complete the following statements with suitable words:
   (i) Home Science means the art of managing your ............ ............
   (ii) Home Science means the science of achieving a ............... and ............... home.
   (iii) Home Science prepares you for a .................. ..................

4. Write five lines on why you think study of Home Science is important for every young person.

1.5 Misconceptions Regarding Home Science

Although Home Science has evolved into a very vast and detailed area of study, the layperson still has many misconceptions about the subject. It is because of these misconceptions that Home Science is not able to achieve the status and respect that it correctly deserves.

Let us now see what the common man thinks about Home Science.

- **Misconception** – Home Science is limited to cooking, laundry and needlework. The common perception is that these are the only things that are taught in Home Science. Hence parents of young girls readily agree to let them study this subject. They think it helps in preparing them for the responsibilities to come in later life.

  **Fact** – Cooking, laundry, and needlework are only a very small part of what is taught in Home Science. In fact, we learn about every thing that touches our life- the basics of how our body works, what we need to eat to remain healthy, the rules of personal and environmental hygiene that we need to follow, what we should do to avoid illness and how to manage when we or our dear ones become sick. We learn about the different fibres and fabrics available in the market, the factors which influence our selection of fabrics for various uses. Children are an important part of our lives. We are all concerned about raising them safely and sensibly. It is in this course that we learn how they develop before and after birth, what we can do to see that they grow up to be good, responsible adults. We also learn to manage our resources like time, energy, and money so that we get maximum satisfaction out of their use.

- **Misconception** – Home Science is meant only for girls. Many people think that since Home Science teaches only about the home, it should be studied by girls only.

  **Fact** - Today, men and women are sharing the responsibility of a home equally. This is because of a gradual change in the structure of our society. The joint family system is giving way to nuclear families where the man and woman have to manage their lives on their own. With more and more women going out of the home to work, the men have to learn to share the responsibilities. The basic preparation and orientation is given by the subject of Home Science alone. Hence young men are also encouraged to take up study of this subject.
Misconception – You can learn about it from your mother/grandmother. People believe that the contents of Home Science are so general that they can be easily learnt from Mother or grandmother at home itself and formal study of any kind is not required.

Fact – Although girls do learn many things by observing their mother and grandmother at work, it is not sufficient. Many things are done traditionally which have a sound scientific basis, for example, pickles are covered with a layer of oil. When asked why, Mother may not be able to explain. But Home Science will explain that the layer of oil prevents contact of pickle with air. This prevents spoilage of the pickle. There are numerous such examples in everyone’s lives. It is important to note that it becomes easier to do something when we know why we are doing what we are doing.

Misconception Studying Home Science does not lead to a career. Since Home Science teaches only about the home and things within the home, it is useless in terms of career development, is what most people think. If a young girl or boy wants to study to become a wage earner, a “serious” subject is to be selected.

Fact - Home Science offers numerous job opportunities to both girls and boys. Studying this subject at the school level will expose you to the different jobs you can take up. But you have to realize that like any other subject, you have to study further and in greater detail to specialize in any particular area. Jobs in hospitals as dieticians, in boutiques as fashion designer, in hotels as a hostess/receptionist, in schools as counselors, as teachers in schools and colleges are some of the very common job opportunities open to Home Science learners. You can have a very satisfying and well paid job and career after studying Home Science.

1.6 Constituent Areas of Home Science

In the lesson that you have studied so far, you must have understood that Home Science is an important area of study. Let us now find out in detail which are the constituent areas that you have to study in this subject.

There are five major components which are as follows:

HOME SCIENCE

↓

Food and Nutrition

Resource Management

Textiles and Clothing

Human Development

Extension and Education
Today this science is so advanced that each component has its own and independent sub-divisions. These sub-divisions are as follows-

<table>
<thead>
<tr>
<th>Main Branch</th>
<th>Sub divisions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food and Nutrition</td>
<td>• Food science</td>
</tr>
<tr>
<td></td>
<td>• Nutrition - clinical nutrition and community nutrition</td>
</tr>
<tr>
<td></td>
<td>• Institutional food service</td>
</tr>
<tr>
<td>Textiles and clothing</td>
<td>• Clothing construction</td>
</tr>
<tr>
<td></td>
<td>• Textile science</td>
</tr>
<tr>
<td></td>
<td>• Textile designing</td>
</tr>
<tr>
<td></td>
<td>• Garment designing</td>
</tr>
<tr>
<td></td>
<td>• Care and maintenance of clothes</td>
</tr>
<tr>
<td>Resource Management</td>
<td>• Resource management</td>
</tr>
<tr>
<td></td>
<td>• Housing and Equipment</td>
</tr>
<tr>
<td></td>
<td>• Interior decoration</td>
</tr>
<tr>
<td></td>
<td>• Consumer education</td>
</tr>
<tr>
<td>Human Development</td>
<td>• Child welfare</td>
</tr>
<tr>
<td></td>
<td>• Adolescence, marriage and family guidance</td>
</tr>
<tr>
<td></td>
<td>• Care of the elderly</td>
</tr>
<tr>
<td>Education and Extension</td>
<td>• Preparing home science educators</td>
</tr>
<tr>
<td></td>
<td>• Community services and welfare</td>
</tr>
<tr>
<td></td>
<td>• Non-formal Education</td>
</tr>
</tbody>
</table>

**ACTIVITY**

Study the Home Science syllabus given at the end of this Book. List the topics given under the five major areas as mentioned above.

**INTEXT QUESTIONS 1.2**

1. Out of the following, tick mark (√) for those areas which are covered under textiles and clothing and put a cross (×) for those areas covered under Human Development and write nil for the rest.

   (i) Food service
   (ii) Textile designing
   (iii) Care and maintenance of clothes
   (iv) Care of the elderly
   (v) Consumer education
   (vi) Non-formal education
   (vii) Clothing construction
(viii) Marriage and adolescence guidance
(ix) Family guidance
(x) Child welfare
(xi) Community services
(xii) Non-formal education

1.7 Career Opportunities in Home Science

Before we study the different opportunities available in the subject of Home Science, we must understand the concepts of wage employment and self employment. To understand these concepts, let us take an example - a tailor who sets up a tailoring shop is self employed whereas she is said to be in wage employment when she works in a garment factory and gets a salary.

- Wage employment means that you work for another person and receive wages or salary for your services.
- Self employment means that you are the owner of an enterprise which you run and finance.

Keeping these two categories in mind, the job opportunities in different areas can be listed as-

<table>
<thead>
<tr>
<th>Area</th>
<th>Wage employment as</th>
<th>Self employment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Catering</td>
<td>• Manager in canteen, restaurant,</td>
<td>• Owner of a canteen, restaurant, coffee/tea shop, etc.</td>
</tr>
<tr>
<td></td>
<td>• Cook in coffee/tea shop, etc.</td>
<td>• Food service from home.</td>
</tr>
<tr>
<td></td>
<td>• Service staff</td>
<td>• Conducting hobby class.</td>
</tr>
<tr>
<td>Food Preservation/ Bakery and confectionery</td>
<td>• Production</td>
<td>• Owner of a production unit;</td>
</tr>
<tr>
<td></td>
<td>• Training of service staff</td>
<td>• Home based production services</td>
</tr>
<tr>
<td></td>
<td>• In-charge of a community centre</td>
<td>• Conducting hobby classes</td>
</tr>
<tr>
<td>Interior decoration</td>
<td>• Interior designer</td>
<td>• Interior designer.</td>
</tr>
<tr>
<td></td>
<td>• Furniture designer</td>
<td>• Furniture designer.</td>
</tr>
<tr>
<td></td>
<td>• Staff at show rooms</td>
<td>• Consultancy services from home/own shop.</td>
</tr>
<tr>
<td>Arts and crafts</td>
<td>• Staff at Government emporiums/show rooms/Antique shops</td>
<td>• Running own shop/enterprise.</td>
</tr>
<tr>
<td></td>
<td>• Designer for arts and crafts items</td>
<td>• Home-based craft centre</td>
</tr>
<tr>
<td></td>
<td>• Staff at production units</td>
<td>• Conducting hobby courses/classes.</td>
</tr>
</tbody>
</table>
Besides providing you an overall development as an individual, Home Science prepares you to take up a job outside the home, if you desire or to set up an enterprise at home itself. For example, as a Home Science trained person, you can join a garment export house as a wage employee. If you are not able to leave the house, you can set up a tailoring unit at home. Similarly, in all areas of Home Science, you can engage in both wage or self employment.  

But you must remember that to be successful you need to have detailed knowledge. The school level course in Home Science gives you only basic knowledge in the subject. In order to get ready for a job, you need to do specific advanced courses offered by a number of Institutes. The National Institute of Open Schooling also offers a Number of Vocational Courses in the area of Home Science.

### INTEXT QUESTIONS 1.3

1. Tick mark (√) the most appropriate answer:

   (i) The following belongs to the category of wage employment in Home Science

   (a) Owner of a canteen.
   (b) Running a boutique.
   (c) Consultancy services.
   (d) Incharge of a community canning centre.

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<table>
<thead>
<tr>
<th>House keeping and laundry services</th>
<th>Dress designing and construction textile designing</th>
<th>Play school/créche Academics (Teaching)</th>
<th>Social welfare and consumer education</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Staff at hotels, guest house, etc.</td>
<td>• Production unit/Export unit staff.</td>
<td>• Supervisor/Teacher at crèche, play school, balwadi and nursery school</td>
<td>• Social workers/Counselors</td>
</tr>
<tr>
<td>• Keeping paying guests at home</td>
<td>• Staff at textile designing unit</td>
<td>• Teachers at schools, colleges, universities, polytechnics, private institutions, etc.</td>
<td>• Research assistants</td>
</tr>
<tr>
<td>• Contract services</td>
<td>• Staff at boutique</td>
<td>• Conducting tuitions at home</td>
<td>• Running a guest house</td>
</tr>
<tr>
<td>• Owner of a shop or a boutique</td>
<td>• Home based services</td>
<td>• Conducting tuitions at home</td>
<td>• Keeping paying guests at home</td>
</tr>
<tr>
<td>• Contract services</td>
<td>• Conducting hobby classes.</td>
<td>• Owner of a crèche, play school, etc.</td>
<td>• Contract services</td>
</tr>
<tr>
<td>• Owner of a crèche, play school, etc.</td>
<td>• Day-care or after school care of young children.</td>
<td>• Running NGOs.</td>
<td>• Contract services</td>
</tr>
<tr>
<td>• Conducting tuitions at home</td>
<td>• Short term courses.</td>
<td>• Consultancy services in consumer protection, savings, investment, etc.</td>
<td>• Social workers/Counselors</td>
</tr>
<tr>
<td>• Social workers/Counselors</td>
<td>• Home based services</td>
<td>• Counseling services in consumer protection, savings, investment, etc.</td>
<td>• Research assistants</td>
</tr>
<tr>
<td>• Running a guest house</td>
<td>• Contract services</td>
<td>• Counseling services in consumer protection, savings, investment, etc.</td>
<td>• Research assistants</td>
</tr>
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<td>• Keeping paying guests at home</td>
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<td>• Social workers/Counselors</td>
</tr>
</tbody>
</table>
(ii) The following is one of self-employment opportunities in Home Science.
(a) Staff at antique shops.
(b) Production unit staff.
(c) Manager in a restaurant.
(d) Interior designer.

(iii) A dress designer can engage in
(a) self employment only.
(b) wage employment only.
(c) any kind of employment.
(d) both self and wage employment.

2. Give any five examples of home-based self-employment in the area of Home Science.

3. List any three wage employment opportunities in the following areas of Home Science
(i) Catering
(ii) Interior decoration
(iii) Arts and crafts
(iv) Dress/Textile designing
(v) Social welfare

4. State whether the following statements are True or False
(i) Home Science is taught at many levels of school education.
(ii) Some courses of Home Science are offered at colleges and universities.
(iii) The vocational stream at National Institute of Open Schooling has many Home Science based courses.
(iv) Jobs in housekeeping are available in hotels only.

5. Classify the following either as wage-employment (WE) or as self-employment (SE)
(I) Pre-school teacher.
(ii) Anganwadi worker.
(iii) Owner of a nursery school.
(iv) Production unit staff.
(v) Consultancy service provider.
(vi) Research assistants.
(vii) Conducting hobby classes.
(viii) Owner of a boutique.
(ix) Guest House staff.
(x) School teachers.
1.8 What You Have Learnt

- teaches everything concerning the home
- is useful for both men and women
- needs to be studied formally
- leads to a successful career

HOME SCIENCE

has five basic component areas

- Foods and Nutrition
- Resource Management
- Textiles and Clothing
- Human Development
- Extension and Education

can lead to wage employment or self employment

1.9 Terminal Exercises

1. Explain what Home Science means to you.
2. Elaborate in five sentences the importance of Home Science.
3. Discuss the relevance of Home Science in your day-to-day life.
4. What are the various constituent areas of Home Science? What are their sub-divisions?
5. State the various opportunities for wage employment and self employment in Home Science.

1.10 Answers to Intext Questions

1.1 1. (i) B (ii) A
3. (i) resources efficiently (ii) beautiful, well managed (iii) successful career
1. Textiles and clothing  
   ii, iii, vii, iv, viii, ix, x  
   I, v, vi, xi, xii  

2. Human development  

3. Nil  

4. (i) d  (ii) d  (ii) d  

5. Wage employment  
   i, ii, iv, vi, ix, x  

   Self employment  
   iii, v, vii, viii