

Collegedunia NCERT Notes

NCERT Notes for Class 11 Home Science (2026-27 Syllabus)

Chapter 1: Introduction: Evolution of the Discipline and its Relevance to Quality of Life

This chapter introduces Human Ecology and Family Sciences as a modern form of Home Science. It explains the meaning of human ecology, the role of families, the history of the subject in India, and its link with quality of life.

Also see for this chapter: [NCERT Solutions](#)

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1 Understanding the Title: Human Ecology and Family Sciences

The chapter begins with the title of the subject because every word in it matters. Human Ecology and Family Sciences, often written as HEFS in these notes, studies people in relation to their surroundings, their families and the resources that shape daily life.

1.1 Meaning of Human Ecology

In biology, ecology studies living organisms and their environment. In this subject, the living organism is the human being. That is why the word human is placed before ecology.

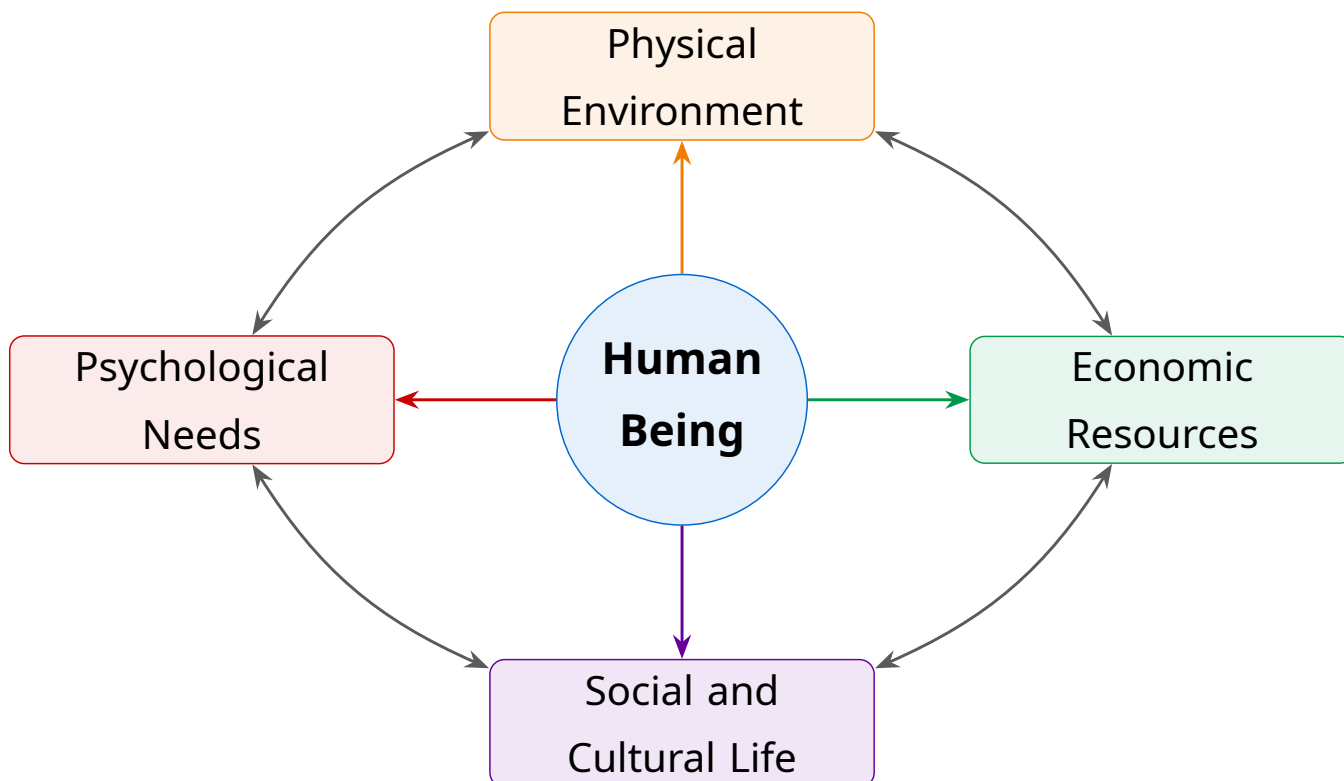
Human ecology asks a simple question: how do people live, adjust, learn and grow within their surroundings? The answer includes many kinds of surroundings.

- **Physical surroundings:** home, school, transport, housing, water and sanitation.
- **Economic surroundings:** income, work, savings, prices and access to goods.
- **Social surroundings:** family, peer groups, neighbours, community and institutions.
- **Psychological surroundings:** emotions, identity, self-confidence and stress.

Core Meaning

Human Ecology = human beings + their environment + the relationships between them.

In Class 11 Home Science, environment does not mean only nature. It also includes the family, money, culture, feelings and social support.



Human ecology studies a person inside many connected environments.

Definition answer

When a question asks for Human Ecology, do not write only "study of environment". Add "human beings in relation to physical, social, economic and psychological surroundings". That single addition makes the answer complete.

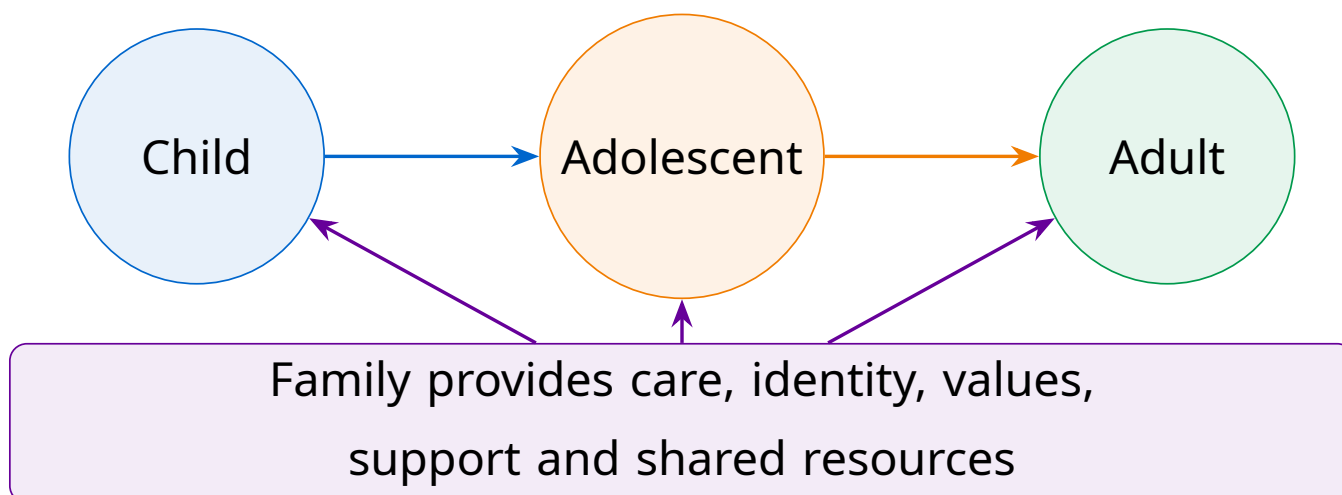
1.2 Meaning of Family Sciences

The family is the first setting in which a child is cared for, protected and socialised. It is also the place where a person learns language, habits, roles, values and ways of handling resources.

Family Sciences studies the individual in the context of the family. It also studies the family as an important social unit of society.

Family as a social unit

Family Sciences does not treat the family as a private space only. It sees the family as a unit that affects health, nutrition, education, emotional support, money use, clothing choices and community participation.



The family supports growth from childhood to adult life.

1.3 Why the Two Parts are Studied Together

Human Ecology and Family Sciences uses an integrated approach. It does not separate food, clothing, communication, money, care and development into isolated boxes. These areas meet inside real homes and communities.

For example, a family that wants better nutrition may also need better income use, kitchen hygiene, food knowledge, media messages, time planning and child care. The same issue crosses many areas.

- **A food choice** connects nutrition, income, culture and health.
- **A clothing choice** connects fabric, climate, work and self-image.
- **A child-care choice** connects development, safety, time and emotions.
- **A community programme** connects communication, education and resources.

One household decision, many links

Think of a family choosing meals for a school-going adolescent. The choice depends on money, time, taste, health needs, peer influence, media messages and what is available locally. HEFS trains students to see all these links together.

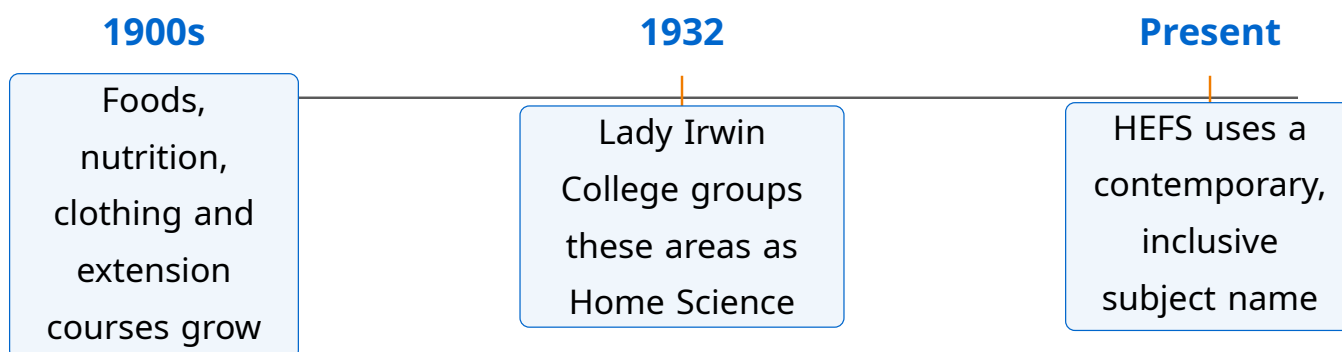
2 Evolution of Home Science in India

The chapter gives a short history to show that Home Science was never meant to be a narrow domestic subject. It grew as an educational field that connected women, families, social change and community welfare.

2.1 Early Twentieth-Century Background

In the early twentieth century, India had very few institutions for women's higher education. At the same time, several institutions began courses in foods and nutrition, clothing and textiles, and extension education.

These areas were later placed under the title Home Science. The aim was not to train girls only in household tasks. The larger aim was to serve homes and society with knowledge.



Home Science developed from several practical and social disciplines.

2.2 Lady Irwin College and the 1932 Milestone

Lady Irwin College was set up in Delhi in 1932 to promote women's education. The college brought Foods and Nutrition, Clothing and Textiles, and Extension Education under the title Home Science.

The institution was supported by leaders linked with the All India Women's Conference. The chapter names Sarojini Naidu, Rajkumari Amrit Kaur and Kamaladevi Chattopadhyay among the eminent women connected with this movement.

Names to remember

The chapter asks students to remember the women who helped conceive the first Home Science college in India:

- Sarojini Naidu
- Rajkumari Amrit Kaur
- Kamaladevi Chattopadhyay

It also mentions Lady Dorothy Irwin, wife of Lord Irwin, because the college was named after her.

Do not reduce the history

Many students write that Home Science began as "cooking". That is inaccurate. The NCERT history links it with nutrition, textiles, extension education, women's education and social equality.

2.3 The Larger Goal of the Discipline

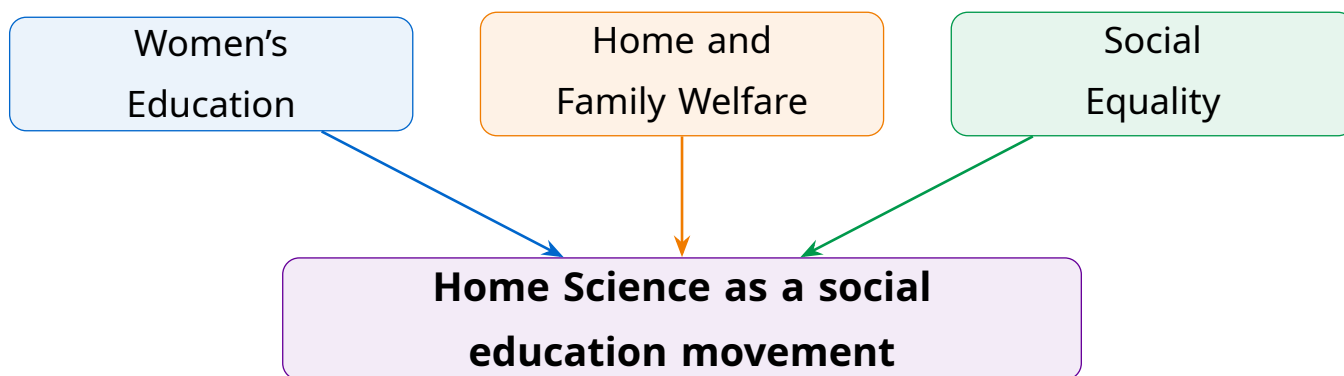
The chapter states that the goal was to serve the home and society with equal resolve. This goal also challenged social and educational inequalities that stopped women from reaching their potential.

So Home Science was not planned as a small domestic training subject. It was an interdisciplinary field that could improve personal life, family life and community life.

Historical Aim

Home Science in India = knowledge for the home + knowledge for society + education for equality.

This line is useful for a three-mark answer on the original purpose of the discipline.



Why the old aim still matters

When a rural health worker teaches safe food storage, or when a school counsellor supports adolescent well-being, the old aim appears in modern form. The subject still links home, education and society.

3 From Stereotype to Contemporary HEFS

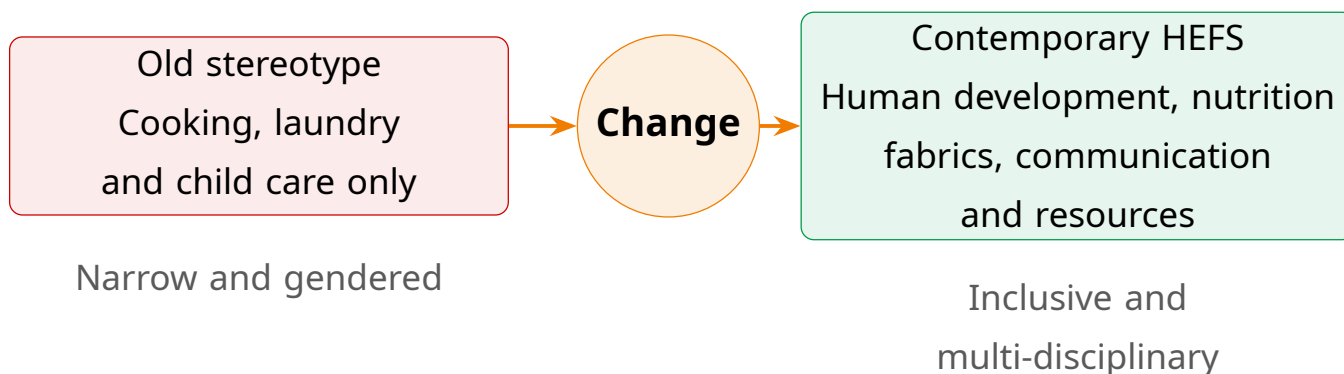
The NCERT chapter spends time correcting a common misunderstanding. Over time, many people began to see Home Science as only cooking, laundry and child care. The present curriculum changes that limited image.

3.1 How Gender-Typing Affected the Subject

Gender-typing means treating an activity or subject as suitable for one gender only. Home Science suffered from this label. Some schools did not admit boys, and many boys avoided the subject because it was seen as “only for girls”.

This was a wrong view. The knowledge areas of HEFS matter to every person, every family and every community.

- Everyone needs food and health knowledge.
- Everyone uses clothing, fabrics and household resources.
- Everyone communicates with family and community.
- Everyone passes through childhood, adolescence and adulthood.
- Everyone takes decisions that affect quality of life.



The current curriculum moves away from a narrow gendered image.

Use gender-typing correctly

Do not write that gender-typing means "male and female roles are equal". It means a subject or task is wrongly linked with one gender. In this chapter, the example is Home Science being treated as a girls-only subject.

3.2 Why the Name Changed

The title Human Ecology and Family Sciences was chosen to reflect the spirit of the course. It makes the subject sound closer to what it really studies: people, families, resources and environments.

The name also removes the idea that the subject is restricted to the physical home. HEFS connects home life with society, work, health, communication and community action.

Modern subject identity

The new name does not reject Home Science history. It updates the subject so students can see its full scope. It also helps boys and girls read it as a common life-oriented discipline.

3.3 Contemporary Content and Approach

The present curriculum is designed so students can identify with the issues discussed. It brings together real-life questions about adolescence, food, resources, fabric, communication and care.

The subject is not only a way to clear an examination. NCERT presents it as knowledge

that helps young people understand their lives and improve daily decisions.

Three phrases for modern HEFS

For short answers, remember these three phrases:

- interdisciplinary subject
- contemporary content
- quality of life for all

Together, they cover most questions on why the name and curriculum changed.

4 Five Major Fields Within HEFS

The chapter lists the major fields that sit inside Human Ecology and Family Sciences. These fields are not separate islands. Each one supports personal well-being, family decisions and community development.

4.1 Human Development

Human Development studies growth and change across life. In this book, adolescence gets special attention because Class 11 students are living through that stage.

The field helps students understand identity, relationships, emotions, independence and responsibility. It also explains why support from family and school is important during change.

- **Physical growth:** body changes, health needs and activity.
- **Cognitive growth:** thinking, decision-making and problem solving.
- **Emotional growth:** feelings, self-esteem and stress management.
- **Social growth:** friendships, family roles and community values.

4.2 Food and Nutrition

Food and Nutrition connects diet with health, energy, growth and disease prevention. The field teaches students how food choices are shaped by age, income, culture, health conditions and local availability.

It is one of the oldest areas associated with Home Science. In HEFS, it is studied with fitness, family meals and community health.

Nutrition Decision Chain

Food choice → nutrient intake → health status → quality of life

This chain is not a mathematical formula. It is a revision line that shows how the field works.

4.3 Fabric and Apparel

Fabric and Apparel studies fibres, textiles, clothing selection, care and the relation between clothing and daily life. Clothes are not only about fashion. They also connect to comfort, climate, work and identity.

For example, school uniforms, protective clothing, sportswear and festival dress all communicate different needs and meanings.

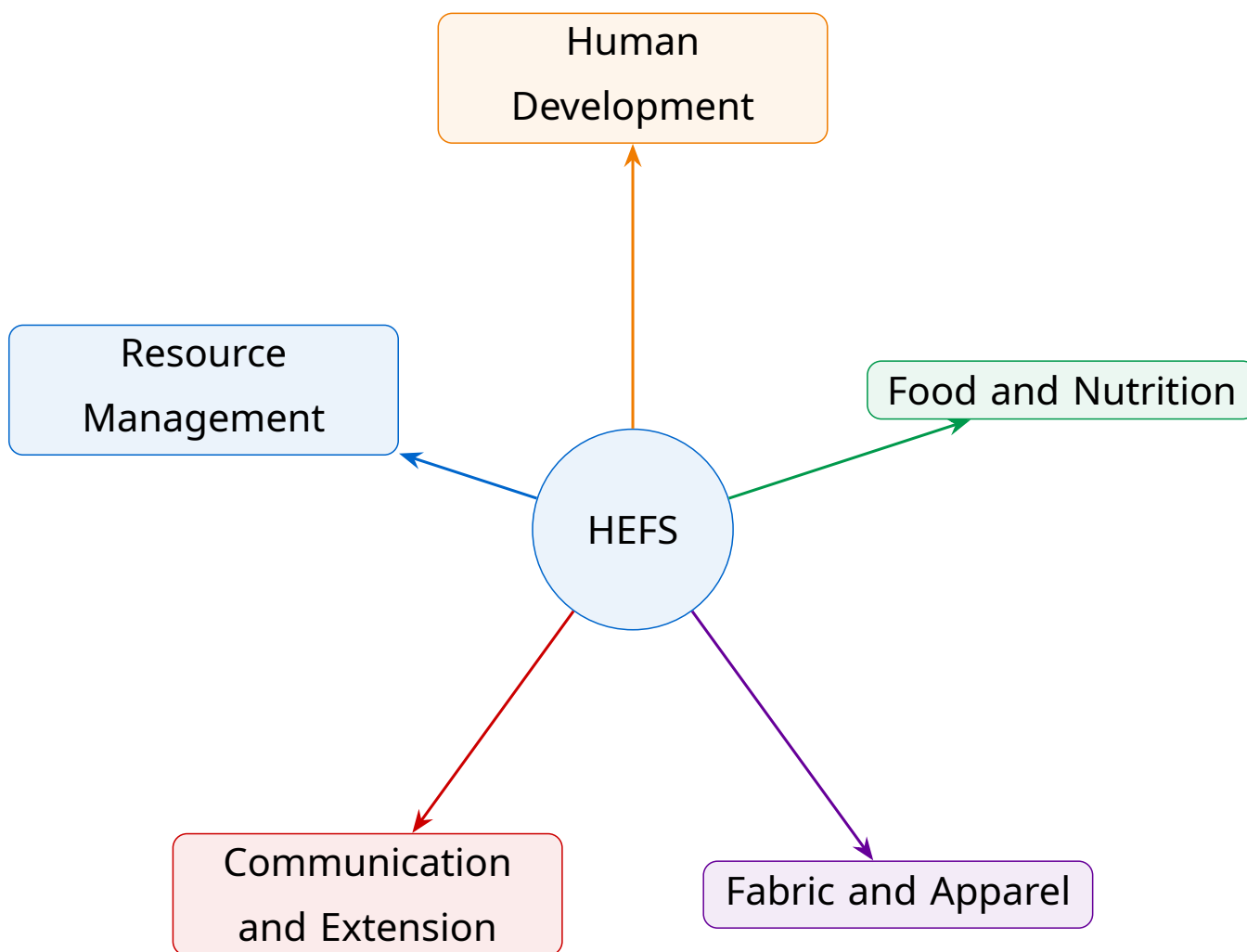
Everyday fabric choices

A family choosing school clothes must think about cost, durability, washing, climate, comfort and social acceptability. Fabric and Apparel turns these everyday choices into informed decisions.

4.4 Communication and Extension

Communication helps people exchange information. Extension means taking useful knowledge to people outside the classroom, often through community programmes.

This field matters because good knowledge does not help if it never reaches families. Messages on nutrition, sanitation, child care, income use and health need clear communication.



The five fields work together inside the HEFS course.

4.5 Resource Management

Resource Management studies how people use time, money, energy, skills, materials and community support. It helps families make better choices even when resources are limited.

In the chapter, resources are not only economic. Psychological and social resources are also part of a person's ecology.

Resource Management in one line

Resource Management is the study of wise use of available resources to meet individual and family goals.

Five-field memory aid

Use **H-F-F-C-R**: Human Development, Food and Nutrition, Fabric and Apparel, Communication and Extension, Resource Management. Read it as "Healthy Families Find Clear Resources".

5 Adolescence as a Turning Point

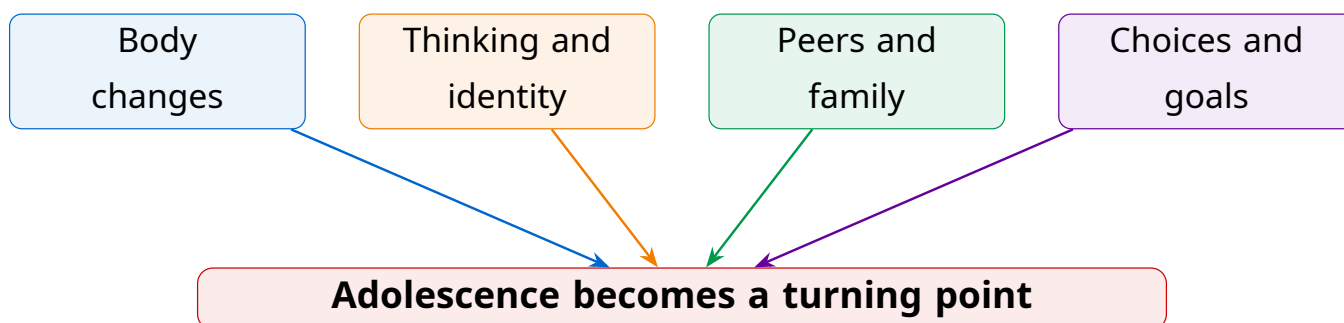
The Class 11 curriculum pays special attention to adolescence. NCERT calls it a turning point because this stage brings strong physical, emotional, social and mental changes.

5.1 Why Class 11 Students Study Adolescence

Adolescents are no longer children, but they are not fully independent adults either. They want identity, freedom and peer acceptance, while still needing support from family and school.

This stage is useful for HEFS because many real decisions begin here: food habits, body image, friendships, clothing choices, media use, study pressure and career thinking.

- **Self-understanding:** Who am I, and what do I value?
- **Health choices:** What habits support my body and mind?
- **Family roles:** How do I balance freedom and responsibility?
- **Resource use:** How do I use time, money and technology wisely?



Adolescence links growth, identity, relationships and future goals.

Answer opener

For the review question on adolescence, begin with: "Yes, adolescence is a turning point because it marks rapid physical, emotional, social and psychological change." Then add examples from food, peer group, self-image and family roles.

5.2 Adolescence and the HEFS Fields

Each field of HEFS helps explain an adolescent's life. Food affects growth and fitness. Clothing affects comfort and self-expression. Communication shapes peer and family relations. Resource management supports study time and money choices.

This is why the book does not treat adolescence as a biology topic only. It is a life-stage topic.

HEFS field	Adolescent concern	Class 11 relevance
Human Development	Identity, emotions, self-understanding	Helps students understand their own stage of growth
Food and Nutrition	Growth needs, fitness, eating habits	Supports health and daily energy
Fabric and Apparel	Comfort, body image, occasion and climate	Helps in practical clothing choices
Communication	Peer pressure, media messages, family dialogue	Builds clear and respectful expression
Resource Management	Time, money, energy and study balance	Teaches planning and responsible use

Do not answer like a science chapter

The review question does not ask for only physical puberty changes. Link adolescence with self-understanding, family, food, resources, communication and decision-making.

6 HEFS and Quality of Life

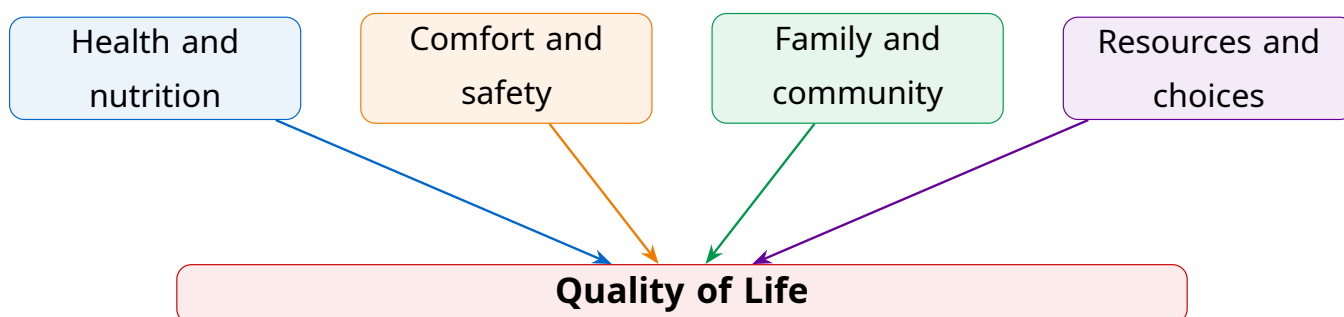
Quality of life means the overall standard of living and well-being of a person or family. It includes health, comfort, safety, relationships, self-respect, access to resources and the

ability to make informed choices.

6.1 What Quality of Life Includes

The chapter states that knowledge in HEFS sustains and improves quality of life. This applies in villages and towns, and to females and males.

Quality of life is broader than income. A family may have money but poor health habits, weak communication or unsafe housing. HEFS helps students read all these dimensions together.



Quality of life is built from several everyday conditions.

Revision Line

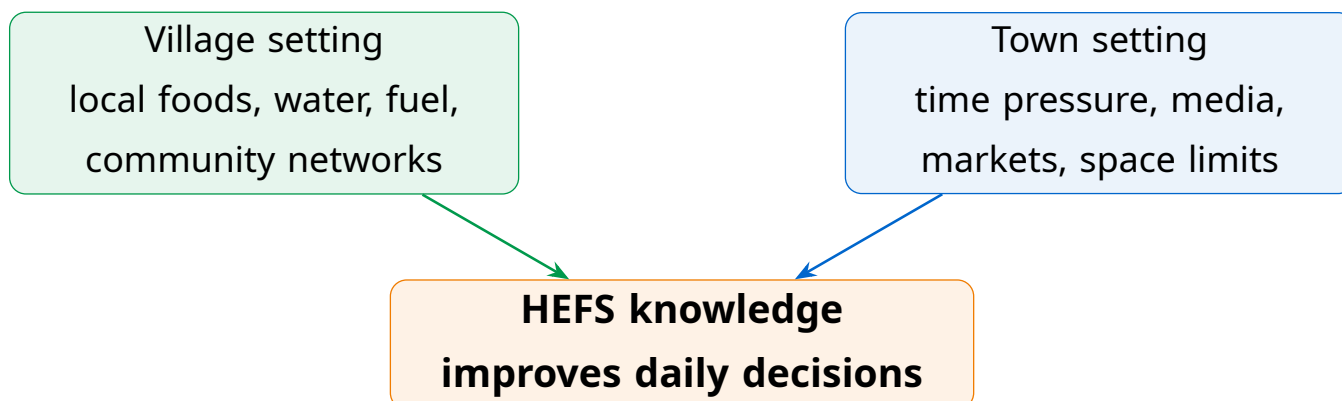
Quality of life = health + resources + relationships + comfort + informed choices.

Use this line as a memory tool, not as a fixed textbook formula.

6.2 Relevance in Villages and Towns

NCERT clearly says the subject is useful whether a person lives in a village or a town. The needs may look different, but the core questions stay similar.

A village family may focus on safe water, local food, seasonal work and community messages. A town family may focus on packaged food, time pressure, media influence and space management. Both need HEFS.

**Same principle, different setting**

Safe food storage may mean covering grains in a village home and checking packaged food labels in a town home. The setting changes. The principle of informed household practice remains the same.

6.3 Relevance for Females and Males

The curriculum is for both females and males because family life and social life need shared responsibility. Health, care, clothing, communication and money decisions are not gender-specific.

This point directly counters the old stereotype. HEFS prepares students to participate responsibly in their homes, workplaces and communities.

Inclusive relevance

HEFS is relevant to all students because every person eats, grows, communicates, wears clothes, uses resources and belongs to a family or community network.

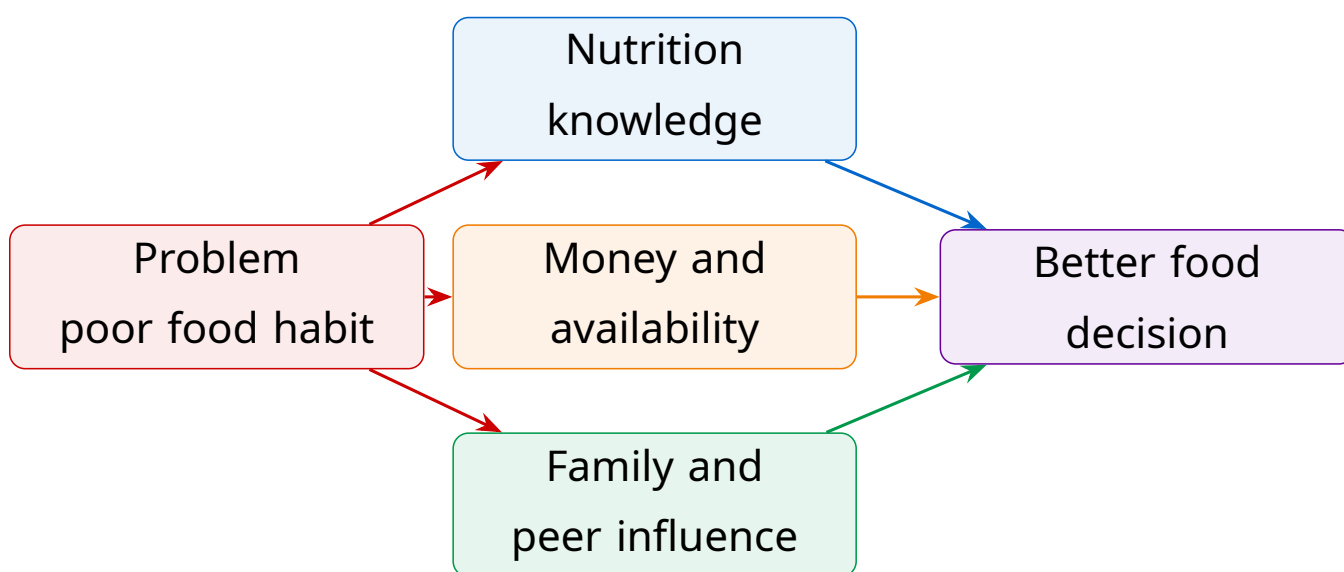
7 Learning to Think in an Integrated Way

The chapter's most important learning is not a list of terms. It teaches an integrated way of thinking. A real-life problem usually has more than one cause and more than one solution.

7.1 Integrated Approach in Daily Decisions

An integrated approach joins knowledge from different fields before making a decision. A single household problem may need science, economics, psychology, culture and communication.

For instance, poor adolescent diet cannot be solved by saying "eat better". We must ask what food is available, what the family can afford, what the adolescent likes, what time is available and what health information the family has received.



An integrated approach studies a problem from several linked angles.

Case-based answers

If an exam question gives a household situation, identify at least three angles: health, resources and family communication. This shows the examiner that you understand the integrated nature of the subject.

7.2 Physical, Psychological, Social and Economic Resources

The chapter names physical, psychological, socio-cultural and economic resources. These words are important because they show how wide the subject is.

Students often remember only economic resources. That makes the answer incomplete. A supportive family, self-confidence and safe housing are also resources.

Resource type	Meaning	Example
Physical	Material and environmental support	house space, water, fuel, clothes, tools
Economic	Money and income-linked support	wages, savings, budget, credit, market access
Socio-cultural	Relationships, customs and social networks	family support, community help, traditions
Psychological	Inner strengths and emotional support	confidence, motivation, coping skills

Resource does not mean money only

In HEFS, resources include time, energy, skills, support, information and emotional strength. A money-only answer misses the ecological view of the chapter.

7.3 How HEFS Supports Better Choices

Better choices come from seeing links. HEFS trains students to ask what a decision will do to health, comfort, family relationships, money and the community.

This makes the subject practical. It teaches judgement, not only definitions.

The LINK check

Before explaining a decision, use **LINK**: Life stage, Income, Needs and Knowledge. This gives four quick points for any HEFS application answer.

8 Key Terms and Exam-Ready Notes

The NCERT chapter ends with key terms and review questions. This section turns those terms into crisp exam notes, so you can revise quickly before a test.

8.1 Key Terms

These terms appear directly in the chapter. Learn them with short meanings and one example.

Term	Meaning in this chapter	Example
Ecology	Relationship between a living organism and its environment	Human being and the home, school, society and resources around them
Family	Central social unit where children are nurtured and individuals gain identity	Parents, siblings, grandparents or other caregivers sharing care and resources
Adolescence	Life stage between childhood and adulthood, marked by rapid change	Class 11 students dealing with identity, body changes and peer influence
Home Science	Earlier title used for the interdisciplinary field now widened as HEFS	Nutrition, textiles, child development and extension education
Gender-typing	Linking an activity or subject wrongly with one gender	Treating Home Science as only for girls
Contemporary	Modern and relevant to current life	Curriculum linked with real adolescent and family issues
Multi-disciplinary	Combining knowledge from several areas	Human development, nutrition, fabrics, communication and resources
Quality of life	Overall well-being in daily living	Health, safety, comfort, relationships and informed choices

8.2 Review Question One: Explain Human Ecology and Family Sciences

A strong answer has three parts. Define Human Ecology. Define Family Sciences. Then join them through the integrated approach.

1. Human Ecology studies human beings in relation to physical, economic, social and psychological environments.
2. Family Sciences studies the individual in the family context and the family as a social unit.
3. Together, HEFS studies interaction between people, families, society and resources to improve quality of life.

Model answer skeleton

Human Ecology and Family Sciences is an integrated subject. It studies human beings in relation to their environment and studies individuals in the context of family. It connects development, food, clothing, communication and resources to improve quality of life.

8.3 Review Question Two: Adolescence as a Turning Point

The answer should clearly say yes, then explain why. Adolescence is a turning point because it changes how a person understands the body, self, family, friends and future goals.

Use the following point order in the exam.

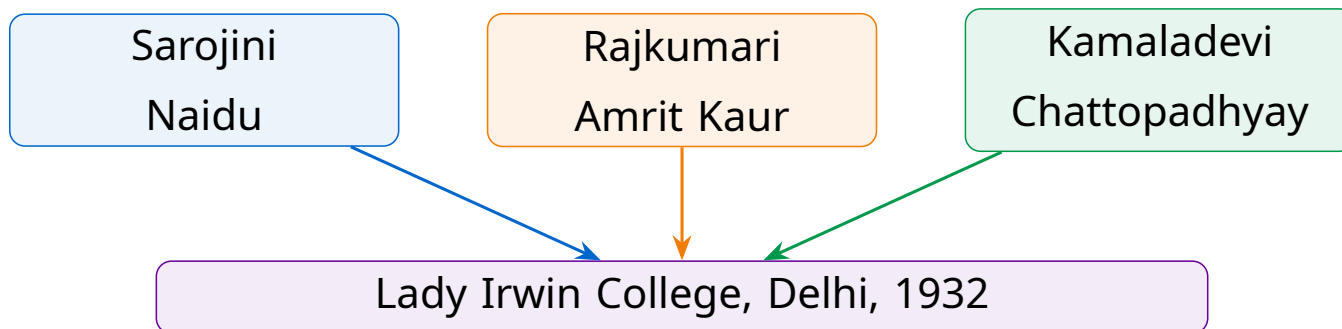
- **Physical change:** rapid growth and health needs.
- **Emotional change:** new feelings and self-image concerns.
- **Social change:** stronger peer influence and changing family roles.
- **Decision change:** choices about food, clothes, time, media and study.

Four-point structure

For a four-mark answer on adolescence, write one point each on physical, emotional, social and decision-related change. Add one Home Science example at the end.

8.4 Review Question Three: Names Behind Lady Irwin College

The NCERT review question asks for the eminent women who conceived of starting the first Home Science college in India. Write the names neatly.



NCERT links these women with the founding vision of Home Science education.

Name memory aid

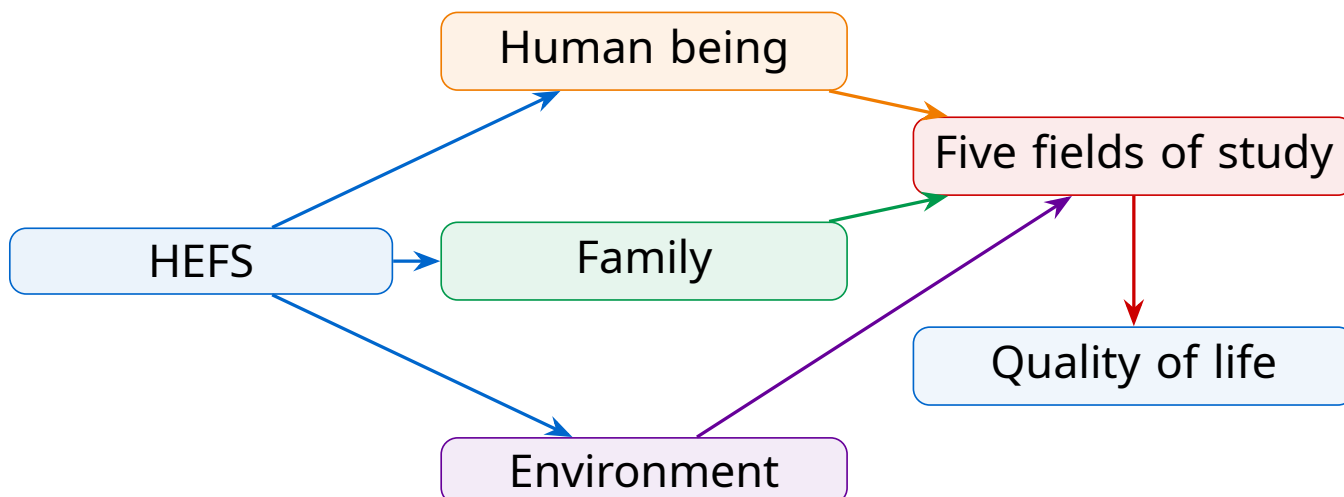
Remember **S-R-K**: Sarojini, Rajkumari, Kamaladevi. Add Lady Dorothy Irwin only when the question asks why the college had that name.

9 Quick Reference Summary

This final section brings the chapter together for last-minute revision. Read it once after studying the full notes, then use it to test yourself.

9.1 One-Page Concept Map

Human Ecology and Family Sciences starts with the human being, places that person inside family and society, and studies the resources needed for better living.



The chapter moves from meaning to history, fields and life relevance.

9.2 Must-Know Points

Use this list for quick oral revision. Cover each point without looking at the answer.

- Human Ecology studies people in relation to their environments.
- Family Sciences studies individuals in the family context.
- HEFS uses an integrated approach.
- Home Science was grouped as a field in India in 1932 through Lady Irwin College.
- Sarojini Naidu, Rajkumari Amrit Kaur and Kamaladevi Chattopadhyay are key names.
- The subject was wrongly gender-typed as cooking, laundry and child care.
- The contemporary curriculum is broader and more inclusive.
- Major fields include Human Development, Food and Nutrition, Fabric and Apparel, Communication and Extension, and Resource Management.
- Adolescence is a turning point and gets special focus in Class 11.
- HEFS improves quality of life in villages and towns, for females and males.

Why the chapter matters

This first chapter is a lens chapter. It tells you how to look at later chapters on self, food, resources, fabrics and communication. If you understand the lens, the rest of the book feels connected.

9.3 Common Mistakes to Avoid

These mistakes are common because the chapter looks easy. Avoid them and your answer will stand out.

- Do not write "ecology means environment" without adding human relationships.
- Do not treat Family Sciences as only child care.
- Do not reduce Home Science history to cooking.
- Do not forget the 1932 Lady Irwin College reference.
- Do not miss the gender-typing point when asked why the title changed.
- Do not list fields without linking them to quality of life.

Most costly error

The biggest error is writing Home Science as a girls-only subject. NCERT clearly corrects that view. The present curriculum is for all students because the knowledge applies to all people and families.

9.4 Rapid Revision Table

Prompt	Answer cue
Human Ecology	Human beings in relation to physical, economic, social and psychological environments
Family Sciences	Study of individuals in family context and family as a social unit
Integrated approach	Connects people, family, society and resources instead of studying topics alone
1932 milestone	Lady Irwin College, Delhi, brought major fields under Home Science
Gender-typing	Wrongly treating Home Science as only for girls
Major fields	Human Development, Food and Nutrition, Fabric and Apparel, Communication and Extension, Resource Management
Quality of life	Health, comfort, safety, relationships, resources and informed choices

Final memory line

Use **E-F-A-Q**: Ecology, Family, Adolescence, Quality of life. These four words carry the chapter's main movement.

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