

**HOME SCIENCE HOLIDAY HOMEWORK**  
**(2023-24)**  
**CLASS XI**

1. List and discuss 4-5 areas of agreement and disagreement with:

- Mother
- Father
- Siblings/ Friends

(Refer to table given below)

Number of Family ...

Put a (✓) mark on issues which you agree and (x) mark on issues you disagree

1. Issues with Parents On

- Going late to sleep. ....
- Waking up late in the morning. ....
- To be ready on time. ....
- Participating in religious rituals. ....
- Selection of subjects for further studies. ....
- Selection of career. ....
- Selection of clothes. ....
- Different food habits. ....
- Selection of watching television programmes and movies. ....

2. Issues with Siblings On

- Sharing of personal items. ....
- Selection of travel destination. ....
- Selection of food. ....
- Helping elders in household chores. ....

3. Issues with Friends On

- Selection of favourite sport or team. ....
- Selection of clothes. ....
- Friendship with opposite gender. ....
- Competition in studies. ....
- On imitating wrong habits of other friends. ....
- Selection of movie to be watched. ....
- Selection of place to visit together. ....

2. Prepare four healthy snacks for an adolescent suitable in her/his context.

3. a) Record your one day's activities relating to time use and work

b) Prepare a time plan for yourself

(Refer to NCERT page no. 56)

4. Prepare a PowerPoint Presentation on different types of Fibres and their properties and uses.

- Cotton
- Linen
- Wool
- Silk
- Rayon
- Nylon
- Polyester
- Acrylic
- Elastomeric fibres