

CUET · HOME SCIENCE · CLASS XI · CODE 315

# Concerns and Needs in Diverse Contexts

CUET unit: Understanding Family, Community and Society —  
Nutrition, Health & Hygiene; Resource Availability &  
Management; Textile Traditions in India

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## Snapshot

- A three-part chapter (7A Nutrition, Health and Hygiene; 7B Resource Availability and Management; 7C Textile Traditions in India) covering concerns that affect adolescents in diverse social contexts.
- Establishes the WHO definition of health, its three dimensions (social, mental, physical) and the three levels of health care (primary, secondary, tertiary).
- Builds the link between nutrition, malnutrition, infection, and the "double burden of malnutrition" India faces.
- Introduces time and space as critical resources, with tools like work curve, peak load period, work simplification, and ten principles of space planning.
- Surveys India's textile heritage — cotton, silk and wool — with regional brocade/weaving centres (Varanasi, Bengal, Gujarat, Kanchipuram, Paithan).
- CUET tests definition recall (WHO health, malnutrition), classification (macro vs micronutrients, levels of care), and place-product matching for textiles.

## Detailed Notes

### 2.1 Core concepts

This 'concerns in diverse contexts' chapter has three sections — 7A on nutrition/health/hygiene, 7B on resource availability and management, 7C on India's textile traditions — preparing the ground for the Class XII deep dives. It surveys health and nutrition concerns, time and space resources, and India's textile heritage all in one place. CUET examiners draw heavily from 7A and 7C; 7B supplements the Class XI chapter on Management of Resources.

- The 1948 Universal Declaration of Human Rights stated that everyone has the right to a standard of living adequate for the health and well-being of oneself and one's family, including food (NCERT §7A.1, p. 92).
- WHO defines health as "a state of complete mental, physical and social well-being and not merely the absence of disease"; disease is impairment of body health or disruption of normal functions (NCERT §7A.1, p. 92).
- Three dimensions of health are social, mental and physical; social determinants include employment status, safety in workplaces, access to health services, cultural/religious beliefs, and socio-economic/environmental conditions (NCERT §7A.2, p. 93).

- Health care is delivered at three levels — Primary Health Care (first contact), Secondary Health Care (referral to specialised/district hospitals), and Tertiary Health Care (specialised intensive/advanced diagnostic and medical care) (NCERT §7A.3, p. 94).
- Indicators of health include mortality, morbidity, disability rates, nutritional status, health care delivery, environment, health policy and quality of life (NCERT §7A.4, p. 94).
- There are more than 50 nutrients in food; macronutrients (fat, protein, carbohydrate, fibre) are required in larger amounts while micronutrients (iron, zinc, selenium, fat- and water-soluble vitamins) are required in small quantities (NCERT §7A.6, p. 95).
- WHO lists four factors important for nutritional well-being: Food and Nutrient Security, Care for those who are vulnerable, Health for all, and Safe environment (NCERT §7A.7, pp. 97–98).
- Malnutrition is a deviation from the normal state of nutrition; excess intake causes overnutrition, inadequate intake causes undernutrition (NCERT §7A.6, p. 97).
- One-third of babies born in India are low birth weight (less than 2500 gms); iodine deficiency causes goitre, still birth, miscarriage in women, and deaf-mutism, mental retardation and cretinism in children (NCERT §7A.8, p. 99).
- India faces a "double burden of malnutrition" — undernutrition together with overnutrition; NFHS-4 shows 26.6% urban men and 31.3% urban women are overweight/obese vs 15.0% rural men and 14.3% rural women (NCERT §7A.8, p. 99).
- A food-borne illness requires the pathogen/toxin to be present in food, in sufficient numbers, and the contaminated food to be consumed in sufficient quantity; danger zone for microbial growth is 4°C to 60°C (NCERT §7A.9, p. 102).
- Time is limited and irreversible; the principle of time management is to "concentrate on results, not on being busy" (NCERT §7B.1, p. 108).
- Tools in time management include Peak load period, Work curve (a–b warming up, c plateau of maximum ability, d maximum fall due to fatigue), Rest/break periods, and Work simplification (NCERT §7B.1, pp. 116–117).
- Ten principles of space planning: Aspect, Prospect, Privacy (internal and external), Grouping, Roominess, Furniture requirements, Sanitation (light, ventilation, cleanliness), Circulation, Practical Considerations and Elegance (NCERT §7B.2, pp. 120–124).
- Indian textile traditions of cotton spinning, weaving, dyeing and embroidery are at least 5000 years old, evidenced by finds at Mohenjo-Daro; from the 15th century onwards India was the greatest exporter of textiles ever known (NCERT §7C.2, p. 126).
- The three main natural fibres in Indian fabric production are cotton, silk and wool; Dacca's mulmul khas (royal muslin) had poetic names baft-hawa (woven air), abe-rawan (flowing water) and shabnam (evening dew) (NCERT §7C.3, p. 127).

- Important silk weaving centres: Varanasi (kinkhwab brocade), West Bengal (Baluchar Butedar), Gujarat (Ashavali sarees of Ahmedabad), Kanchipuram (Tamil Nadu brocade), Paithan (Maharashtra, tapestry weave on Godavari near Aurangabad) (NCERT §7C.3, pp. 127–128).

Section 7A places nutrition and health concerns within a rights framework. The 1948 Universal Declaration of Human Rights is invoked as the moral basis for India's National Food Security Act 2013, the ICDS scheme (1975-onwards) and the Mid-Day Meal Scheme (now PM POSHAN). The WHO definition's tri-dimensional well-being (mental, physical, social) is reinforced by three levels of health care delivery in India: Primary (Sub-centre, PHC, CHC — first contact), Secondary (District/Sub-district hospitals — referral), and Tertiary (AIIMS, regional super-speciality hospitals — advanced diagnostics and ICU). This three-tier model, drawn from the Bhore Committee Report (1946) onwards, anchors any Indian public-health MCQ.

The 50-plus nutrients in food are partitioned into macronutrients (fat, protein, carbohydrate, fibre) and micronutrients (iron, zinc, selenium, fat-soluble vitamins A/D/E/K and water-soluble vitamins B-complex and C). India's nutrition challenges include three priority deficiencies: iron deficiency anaemia (the most prevalent), iodine deficiency disorders (causing goitre, still birth, cretinism), and vitamin A deficiency (causing night blindness and xerophthalmia). One-third of Indian babies being born low-birth-weight (under 2500 g) — the highest in any major country, anchoring the rationale for the National Health Mission and POSHAN Abhiyaan (2018).

The 'double burden of malnutrition' is a powerful CUET concept. NCERT cites NFHS-4 (2015-16) figures showing urban overweight/obesity at 26.6% (men) and 31.3% (women) versus rural 15.0% and 14.3%. India simultaneously suffers persistent undernutrition (stunting, wasting) and rising overnutrition (diabetes, cardiovascular disease) — a transition profile typical of low- and middle-income countries. Subsequent NFHS-5 data show worsening obesity, but the NCERT-cited NFHS-4 figures are the testable ones.

Food safety is anchored on the temperature danger zone (4°C to 60°C). Below 4°C microbial growth is suppressed (refrigeration); above 60°C most pathogens are killed (cooking). Within this zone microbes multiply rapidly — the basis of FSSAI food-handling guidelines. A food-borne illness needs three conditions: pathogen/toxin presence, sufficient numbers, and sufficient contaminated food consumed.

Section 7B focuses on the most under-recognised resources — time and space. Time management's guiding principle is to 'concentrate on results, not on being busy' (p. 108). Practical tools include the time plan (advance schedule of activities), peak load period (maximum workload time — early morning, dinner), the work curve (a→b warm-up, c plateau of peak ability, d fatigue-driven fall), planned rest/break periods to delay fatigue, and work simplification (seeking the simplest, easiest, quickest method). The work curve is a CUET diagram favourite.

Ten principles of space planning are listed alphabetically conceptually but should be remembered in NCERT order: Aspect, Prospect, Privacy (internal + external), Grouping, Roominess, Furniture requirements, Sanitation (light, ventilation, cleanliness), Circulation, Practical Considerations, Elegance. Aspect = orientation of doors/windows in external walls so occupants enjoy sunshine, breeze and scenery. Prospect = the impression the house makes when viewed from outside. Privacy splits into internal (separating rooms within the house) and external (separating house from outside view). Grouping arranges related rooms together (kitchen near dining; toilet away from kitchen). Roominess balances room size with proportions; Furniture requirements anticipate fixed and movable items. Sanitation addresses light, ventilation and cleanliness. Circulation refers to free movement of occupants and air. Practical Considerations balance utility with future flexibility; Elegance addresses aesthetic appeal.

Section 7C covers India's textile heritage. The 5000-year-old tradition (evidence from Mohenjo-Daro) makes Indian textiles among the oldest documented in the world. From the 15th century, India was the greatest exporter of textiles globally — supplying European, African, Southeast Asian and Arabian markets with painted, printed, woven and embroidered cottons and silks. Famed Dacca mulmul khas (royal muslin) bore poetic names: baft-hawa (woven air), abe-rawan (flowing water), shabnam (evening dew). Indian silk centres: Varanasi (kinkhwab brocade — gold/silver designs in silk; the name means 'a fabric seldom seen even in a dream'), West Bengal (Baluchar Butedar — figurative motifs of women, animals, court scenes — originated in Baluchar, Murshidabad, now produced in Bishnupur), Gujarat (Ashavali sarees of Ahmedabad — gold zari work on coloured silk), Kanchipuram (Tamil Nadu — heavy temple-border silk brocade), Paithan (Maharashtra — tapestry-weave Paithani on the Godavari near Aurangabad). Wool centres include Kashmir (pashmina shahtoosh), Himachal (kullu), and Rajasthan. These place-product pairings are CUET match-the-following gold.

## 2.2 Definitions to memorise

Term	Definition	Page
Health (WHO)	A state of complete mental, physical and social well-being and not merely the absence of disease	92
Primary Health Care	First level of contact between individuals and the health care system	94
Secondary Health Care	Care when patients from primary are referred to specialised hospitals like district hospitals	94
Tertiary Health Care	Specialised intensive care, advanced diagnostic support and medical care from primary/secondary referrals	94
Malnutrition	Deviation from the normal state of nutrition (overnutrition or undernutrition)	97
Double burden of malnutrition	Co-existence of undernutrition and overnutrition in the same population	99

Term	Definition	Page
Time plan	An advance schedule of activities to be performed in a given time period	108
Peak load period	Maximum load of work during a specified period of time (e.g., early morning, dinner time)	116
Work simplification	Conscious seeking of the simplest, easiest and quickest method of doing work	116
Aspect	Arrangement of doors and windows in external walls allowing occupants to enjoy nature (sunshine, breeze, scenery)	120
Prospect	The impression or impact a house makes on a person looking at it from outside	120
Tapestry weave	Weave using discontinuous weft/filling yarns, allowing multicoloured yarns; fabric appears same on face and reverse	128
Brocade	Fabric where special designs in silk, cotton, or gold/silver yarns are transixed between regular weaving	127
Kinkhwab	Brocade of Varanasi; name from kin (golden) + khwab (dream) — a fabric seldom seen even in a dream	127
Baluchar Butedar	West Bengal (Murshidabad) figurative silk sari; now also Bishnupur	127
Ashavali sari	Ahmedabad/Gujarat brocade with zari work	128
Paithani	Tapestry-weave sari from Paithan (Maharashtra) on Godavari near Aurangabad	128
Mulmul khas	Royal muslin of Dacca	127
Baft-hawa / abe-rawan / shabnam	Poetic names — woven air / flowing water / evening dew	127
Low birth weight	Less than 2500 g	99
Temperature danger zone	4°C to 60°C	102
Macronutrients	Fat, protein, carbohydrate, fibre	95
Micronutrients	Iron, zinc, selenium, fat- & water-soluble vitamins	95
Primary health care	First contact level (sub-centre, PHC, CHC)	94
Secondary health care	District/sub-district hospital referral	94
Tertiary health care	Specialised intensive, advanced diagnostics	94
WHO definition year	1948	92
Work curve stages	a–b warm-up → c plateau → d fatigue-fall	116

Term	Definition	Page
Number of space-planning principles	Ten	120
Mohenjo-Daro textile evidence	5000-year-old Indian textile tradition	126

### 2.3 Diagrams / processes to remember

- Figure 1 (p. 97): Benefits of Good Nutritional Status for Children's Education — brain development → cognitive development → memory and concentration; general state of health → reduced absenteeism; reduces risk of visual impairment.
- WHO four-factor diagram for nutritional well-being (p. 98): Food and nutrient security, Care for the vulnerable, Health for all, Safe environment.
- Figure 1 Types of Time Schedules (p. 111): Regular (daily, weekly, monthly, yearly) vs Special.
- Work Curve (p. 116): a→b warm-up, c plateau of maximum ability, d maximum fall due to fatigue.
- Figure 2 (p. 117): Alignment of body parts in line with gravity — head, neck, chest and abdomen balanced for minimum muscle strain.
- House plan (p. 121): illustrates Grouping — kitchen near dining, away from toilet.

### 2.5 Key data / processes table (Indian context)

Item	Value / fact	Source
WHO health definition year	1948	NCERT p. 92
Three dimensions of health	Mental, Physical, Social	NCERT p. 92
Three levels of health care	Primary; Secondary; Tertiary	NCERT p. 94
Number of nutrients in food	>50	NCERT p. 95
Macronutrients	Fat, protein, carbohydrate, fibre	NCERT p. 95
Micronutrients	Iron, zinc, selenium, fat- & water-soluble vitamins	NCERT p. 95
Low birth weight cut-off	<2500 g	NCERT p. 99
Babies LBW in India	~1/3	NCERT p. 99
Iodine deficiency in children	Deaf-mutism, mental retardation, cretinism	NCERT p. 99
Iodine deficiency in women	Goitre, still birth, miscarriage	NCERT p. 99
NFHS-4 urban men overweight	26.6%	NCERT p. 99
NFHS-4 urban women overweight	31.3%	NCERT p. 99

Item	Value / fact	Source
NFHS-4 rural men overweight	15.0%	NCERT p. 99
NFHS-4 rural women overweight	14.3%	NCERT p. 99
Food-borne illness pre-conditions	Pathogen present; sufficient numbers; sufficient food consumed	NCERT p. 102
Temperature danger zone	4°C–60°C	NCERT p. 102
Time management principle	Concentrate on results, not on being busy	NCERT p. 108
Number of space-planning principles	Ten	NCERT pp. 120–124
Mohenjo-Daro textile age	~5000 years	NCERT p. 126
Three main Indian natural fibres	Cotton, silk, wool	NCERT p. 127
Varanasi specialty	Kinkhwab brocade	NCERT p. 127
West Bengal specialty	Baluchar Butedar	NCERT p. 127
Gujarat (Ahmedabad) specialty	Ashavali sari	NCERT p. 128
Maharashtra specialty	Paithani (tapestry weave)	NCERT p. 128
Kanchipuram	Tamil Nadu temple-border silk	NCERT p. 128
Indian institutional anchor (nutrition)	ICDS / Anganwadi (since 1975)	India context
Indian institutional anchor (food safety)	FSSAI	India context

## 2.4 Common confusions / NTA trap points

- WHO definition: students often drop "social" or "complete" — the exact phrase has THREE dimensions (mental, physical, social) and "not merely absence of disease".
- Macronutrients vs micronutrients: fibre is a macronutrient; selenium and zinc are micronutrients (minerals). Vitamins are always micronutrients.
- Levels of health care: a district hospital is Secondary, NOT Tertiary. Tertiary = specialised intensive/advanced.
- Low birth weight cut-off in India is less than 2500 grams (NOT 2000 or 1500).
- Microbial danger zone is 4°C to 60°C (foods stored within this temperature multiply pathogens).
- Place–textile pairing trap: Baluchar Butedar is West Bengal (Murshidabad), now produced in Varanasi; kinkhwab is Varanasi; Ashavali sarees are Gujarat (Ahmedabad); Paithan is Maharashtra.

- Space-planning principles: Aspect (doors/windows for nature) vs Prospect (external appearance) — easy to swap.
- Privacy has TWO sub-types (internal + external) — don't treat it as one.
- 'Concentrate on results, not on being busy' is the time-management **principle**, not a **tool**. Tools are work curve, peak load, work simplification.
- Kanchipuram is **Tamil Nadu**, Paithan is **Maharashtra** — NTA swaps these as silk-centre distractors.
- The cretinism-iodine link is in children; goitre is the adult/maternal manifestation.
- NFHS-4 (2015-16) figures — don't substitute NFHS-3 or NFHS-5 figures.

## Practice MCQs

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## PYQ Alignment

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Chapter 7 supplies the largest pool of definitional and classification questions in Class XI Home Science for CUET — particularly the WHO definition of health, levels of health care, macro/micronutrient classification, the "double burden of malnutrition", principles of space planning, and place-textile matching for Indian fabrics. Expect 1–2 direct definition questions, 1 match-the-following on textile centres, and 1–2 application/assertion-reason questions on nutrition-related deficiencies each year.