



MAHARAJA AGARSAIN PUBLIC SCHOOL
a Cambridge International School
Ashok Vihar, Delhi

CLASS - XI
SUBJECT- HOME SCIENCE (064)
SESSION-2023-24

DURATION	SYLLABUS COVERED	SYLLABUS TESTED	SUBJECT ENRICHMENT/PRACTICAL / ENGLISH/ CONVERSATION/ VISUAL STIMULUS	LEARNING OUTCOMES	RESOURCES	SDG
TERM-I (JUNE-JULY)	Unit I ,Ch-1-Introduction to Home Science Unit II: Understanding oneself: Adolescence	Syllabus Tested-L-1,2,3,4,5,6 D.O.E.- 1.7.23 Syllabus covered- 35-40%	List and discuss 4-5 areas of agreement and disagreement with a) Mother, b) Father, c) Siblings/ Friends, d) Teacher	After undertaking the course students will function as a productive and responsible individual in relation to self, family, community and society.	NCERT book https://docs.google.com/presentation/d/1Os9TloRsn2fi1aJJa9RMTZI5St9Xc7ra/edit?usp=sharing&oid=100367692852882342514&rtpof=true&sd=true	Gender equality
	Ch.- 2--Understanding the Self.		Understanding oneself with reference to:	After undertaking the course students will	NCERT book https://docs.google.com/presentation/d/1E7XFB_qHm	Quality Education

	<p>a. 'Who am I'?</p> <p>b. Development and Characteristics of the Self</p> <p>c. Influences on Identity</p>		<p>a) Physical development in terms of age, height, weight, hip and chest circumference.</p> <p>b) Sexual maturity (Age at menarche, Development of breasts: girls). (Growth of beard, change in voice: boys)</p> <p>a) Record own diet for a day</p> <p>b) Evaluate qualitatively for adequacy</p>	<p>be able to apply the basics of human development with specific reference to self, family and community.</p>	<p>XDOZsZrcjiP34KfBGp8ZBx/edit?usp=sharing&ouid=100367692852882342514&rtpof=true&sd=true</p> <p>https://docs.google.com/presentation/d/1xGcF9RimIUACqE-YWu61Wbhr4v5bhMYw/edit?usp=sharing&ouid=100367692852882342514&rtpof=true&sd=true</p>	
	<p>Ch.-3- Food, Nutrition, Health and Fitness</p>		<p>Preparation of different healthy snacks for an adolescent suitable in her/his context.</p>	<p>After undertaking the course students will inculcate healthy food habits.</p>	<p>NCERT book https://drive.google.com/file/d/1xIJ8xbC3RDJgb42ffC8Xci1YKK1_pGD2/view?usp=sharing</p>	<p>Good Health and wellbeing</p>
	<p>Ch. -4- Management of Resources</p>		<p>Record one day's activities relating to time use and work</p> <p>b) Prepare a time plan for yourself</p>	<p>After undertaking the course students will be able to utilize the skills of judicious management of various resources.</p>	<p>NCERT book https://drive.google.com/file/d/1iqY_u8JKrhc4RGuh3R5HzhuHl8k7qLSr/view?usp=sharing</p>	<p>Responsible consumption and production</p>
	<p>Ch.-5- Fabric Around us</p>		<p>Relationship of fiber properties to their usage:</p> <p>a) Thermal property and flammability</p> <p>b) Moisture absorbency and comfort</p>	<p>After undertaking the course students will be sensitized to fabrics around us.</p>	<p>NCERT book https://youtu.be/bZl49P1ISgg https://docs.google.com/document/d/19ACOTCyHbfqdS83JzCU1eMiSfxp07bs-/edit?usp=sharing&ouid=100367692852882342514&rtpof=true&sd=true</p>	<p>Industry, Innovation And Infrastructure</p>

	Ch-6-Media and Communication Technology		Venn Diagram - Different modes of communication	After undertaking the course students will be able to identify elements of communication.	NCERT book https://drive.google.com/file/d/1PrSF0GDuXfduOO_P0GbUIKBvHsWnlMe3/view?usp=sharing	Partnerships for the goals
PT1 (JULY-AUG)	Unit I ,Ch-1-Introduction to Home Science Unit II: Understanding oneself: Adolescence Ch.- 2--Understanding the Self. a. 'Who am I'? b. Development and Characteristics of the Self c. Influences on Identity Ch.-3- Food, Nutrition, Health and Fitness	Syllabus Tested-L-1,2,3 D.O.E.- 15.5.23 Syllabus covered- 20 %		After undertaking the course students will: 1. function as a productive and responsible individual in relation to self, family, community and society. 2. able to apply the basics of human development with specific reference to self, family and community. 3. inculcate healthy food habits.		
HALF YEARLY (SEP)	Unit III: Understating family, community and society Ch. -10- Concerns and needs in diverse contexts: a. Nutrition, Health and Hygiene c.. Resources Availability and Management	L-1,2,3,4,5,6,10 D.O.E.- Sep. 23 Syllabus covered- 70%	Observe developmental norms: (Physical, Motor, Language and social -emotional) birth to three years.	After undertaking the course students will be able to explain the concepts of survival, growth and development.	NCERT book https://docs.google.com/presentation/d/1NZYZlgikE8wmeIwcQnOftmXZCe0CpouY/edit?usp=sharing&oid=100367692852882342514&rtpof=true&sd=true https://docs.google.com/presentation/d/11MF9QfwADTpObXXzcQyv6Hv10cvYpzTd/edit?usp=sharing&oid=100367692852882342514&rtpof=true&sd=true	Sustainable cities and communities

PT2 (NOV-DEC)	Unit IV: Childhood Ch.-11-Survival, Growth and Development	Syllabus tested-L-11,12,14 D.O.E.- 7.8.23 Syllabus covered- 20%	Profile any two people (child/adult) with special needs to find out their diet, clothing, activities,physical and psychological needs	After undertaking the course students will inculcate healthy food habits and lifestyle to enable prevention and management of diseases.	NCERT book https://docs.google.com/presentation/d/1cKJswfeadcfDbkW1vL-CsOCN-ovRM3SZMxAjrGQ0b-QyfU/edit?usp=sharing	Clean water and Sanitation
	Ch.-12- Nutrition, Health and Wellbeing		Preparation of a dish for different age groups.	After undertaking the course students will be able to make suggestions for planning a balanced diet for children.	NCERT book https://docs.google.com/presentation/d/1QnN1RPJwOPbNzhT5-do-UpsP_RwCOsRuC/edit?usp=sharing&ouid=100367692852882342514&rtpof=true&sd=true	Good Health and well being
	Ch.-14- Our Apparel		a) Record the fabrics and apparel used in a day b) Categorize them according to functionality	After undertaking the course students will be sensitized to fabric and apparel, their selection and care.	NCERT book https://drive.google.com/file/d/17bH97stllS9m-fLxGysuKoNf41Jjll1C/view?usp=sharing	Climate action
PRE FINAL (JAN)	Unit V: Adulthood Ch.- 16-Financial Management and planning	Syllabus Tested- 1,2,3,4,5,6,10,11,12,14,1 6,17 D.O.E.- Dec. 23 Syllabus covered- 100%	Plan a budget for a given situation/purpose.	After undertaking the course students will be sensitized for their family Income and savings.	NCERT book https://drive.google.com/file/d/1MUkDsI3gJ6yXuRq-QwUx8vGzT965XXKX/view?usp=sharing https://docs.google.com/presentation/d/1lX3yC9fgXM-m0XGGaJ5A2Ts8XlaNx2fn/edit?usp=sharing&ouid=10	Decent work and economic growth

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	Ch.-17- Care and Maintenance of fabrics		<p>a) Analyze label of any one garment with respect to: Clarity, fiber content, size and care instructions.</p> <p>(b) Prepare one care label of any garment.</p> <p>(c) Analyze two different fabric samples for color</p>	After undertaking the course students will be sensitized to fabric and apparel, their selection and care.	<p>NCERT book</p> <p>https://docs.google.com/presentation/d/1Ex5MCa_5S8LjNNOLcBcLYIW0hU-VvUJ7/edit?usp=sharing&oid=100367692852882342514&rtpof=true&sd=true</p>	Sustainable cities and communities
FINAL TERM (FEB)	Revision Full Syllabus	L-1,2,3,4,5,6,10,11,12,14,16,17 D.O.E.- Feb. 24 Syllabus covered- 100%	Final Practical Exam		NCERT book	