

SYLLABUS, XII 2021-22

SUBJECT: HOME SCIENCE

DURATION	SYLLABUS COVERED	SYLLABUS TESTED	SUBJECT ENRICHMENT / PRACTICAL
UT -1 (APR-MAY) 20-25%	Ch-1, Work, livelihood and Career Ch-2, Clinical Nutrition and Dietetics	L-1,2	1. Modification of normal diet to soft diet for elderly person. 2. Development and preparation of supplementary foods for nutrition programme. 3. Planning a menu for a school canteen or mid-day meal in school for a week.
FIRST TERM (JULY) 40%	Ch-3, Public Nutrition and Health Ch-5- Food Processing and Technology Ch-6- Food Quality and Food Safety	L- 1,2,3,5,6	PROJECT ANY ONE OF THE FOLLOWING PROJECT MAY BE UNDERTAKEN AND EVALUATED 1. Study of an integrated community based, nutrition/health programme being implemented in its own area, with reference to a) Programme objectives b) Focal Group/Beneficiaries c) Modalities of implementation 2. Visit the neighbouring areas and interview two adolescents and two adults regarding their perception of persons with special needs. 3. Profile any two people (child/adult) with special needs to find out their diet, clothing, activities, physical and psychological needs. 4. Planning any five messages for nutrition, health and life skills using different modes of communication for different focal groups. 5. Market survey any five processed foods with their packaging and label information
UT-2 CLASS XII - (JULY-AUG) CLASS X - (AUG-SEP) 20-25%	Ch.-7- Early Childhood Care and Education Ch. 10-Management of Support Services, Institutions and Programmes for Children, Youth and Elderly	L- 7,10	1. Preparation of any one article using applied textile design techniques; tie and dye/batik/block printing. 2. Remove different types of stains from white cotton cloth –Ball pen, curry, grease, ink, lipstick, tea and coffee.

<p>TESTING FOR TERM 1 (OCTOBER) 100% OF TERM 1</p>	<p>UNIT I: Work, livelihood and Career Ch.1- Work, livelihood and Career UNIT II: Nutrition, Food Science and Technology Ch.-2- Clinical Nutrition and Dietetics Ch.3- Public Nutrition and Health Ch.5- Food Processing and Technology Ch.6- Food Quality and Food Safety UNIT III: Human Development and Family Studies Ch.-7- Early Childhood Care and Education Ch. 10-Management of Support Services, Institutions and Programmes for Children, Youth and Elderly UNIT IV: Fabric and Apparel Ch.11- Design for Fabric and Apparel Ch12-. Fashion Design and Merchandising Ch.15- Care and Maintenance of Fabrics in Institutions UNIT V: Resource management Ch17-. Hospitality Management Ch.20- Consumer Education and Protection UNIT VI: Communication and Extension Ch21-. Development Communication and Journalism</p>	<p>L- 1,2,3,5,6,7,10</p>	<p>4. Design, prepare and evaluate a processed food product. 5. Qualitative test for food adulteration in: pure ghee, tea leaves, whole black pepper, turmeric powder, milk, asafoetida. 6. Preparation and use of any one teaching aid to communicate socially relevant messages for children/ adolescents /adults in the community. OR Preparation of any one toy for children (age appropriate) using locally available and indigenous material 3. Evaluate any one advertisement for any job position. 4. Develop a leaflet/pamphlet for Consumer Education and Protection on any one of the following a) Consumer Protection Act (CPA) b) Consumer responsibilities c) Consumer organization d) Consumer Problems</p>
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<p>TERM 1 (BOARDS) (NOV- DEC) 100% OF TERM 1</p>	<p>Career Ch.1- Work, livelihood and Career UNIT II: Nutrition, Food Science and Technology Ch.-2- Clinical Nutrition and Dietetics Ch.3- Public Nutrition and Health Ch.5- Food Processing and Technology Ch.6- Food Quality and Food Safety UNIT III: Human Development and Family Studies Ch.-7- Early Childhood Care and Education Ch. 10-Management of Support Services, Institutions and Programmes for Children, Youth and Elderly</p>	<p>L- 1,2,3,5,6,7,10</p>	<p>1. Modification of normal diet to soft diet for elderly people. 2. Development and preparation of supplementary foods for nutrition programme. 3. Planning a menu for a school canteen or mid-day meal in school for a week. 4. Design, prepare and evaluate a processed food product. 5. Qualitative test for food adulteration in: pure ghee, tea leaves, whole black pepper, turmeric powder, milk, asafoetida. 6. Preparation and use of any one teaching aid to communicate socially relevant messages for children/ adolescents /adults in the community.</p> <p style="text-align: center;">OR</p> <p>Preparation of any one toy for children (age appropriate) using locally available and indigenous material</p> <p>PROJECT ANY ONE OF THE FOLLOWING PROJECT MAY BE UNDERTAKEN AND EVALUATED</p> <p>1. Study of an integrated community based, nutrition/health programme being implemented in its own area, with reference to a) Programme objectives b) Focal Group/Beneficiaries c) Modalities of implementation 2. Visit the neighbouring areas and interview two adolescents and two adults regarding their perception of persons with special needs. 3. Profile any two people (child/adult) with special needs to find out their diet, clothing, activities, physical and psychological needs. 4. Planning any five messages for nutrition, health and life skills using different modes of communication for different focal groups. 5. Market survey any five processed foods with their packaging and label information</p>
<p>TESTING FOR TERM 2 (JANUARY) 100% OF TERM 2</p>	<p>UNIT IV: Fabric and Apparel Ch.11- Design for Fabric and Apparel Ch12-. Fashion Design and Merchandising Ch.15- Care and Maintenance of Fabrics in Institutions UNIT V: Resource management Ch17-. Hospitality Management Ch.20- Consumer Education and Protection UNIT VI: Communication and Extension Ch21-. Development Communication and Journalism</p>	<p>L- 11,12,15,17,20,21</p>	<p>3. Evaluate any one advertisement for any job position. 4. Develop a leaflet/pamphlet for Consumer Education and Protection on any one of the following a) Consumer Protection Act (CPA) b) Consumer responsibilities c) Consumer organization d) Consumer Problems</p>

<p>TERM 2 (BOARDS) (MAR-APR)</p> <p>100% OF TERM 2</p>	<p>UNIT IV: Fabric and Apparel Ch.11- Design for Fabric and Apparel Ch12-. Fashion Design and Merchandising Ch.15- Care and Maintenance of Fabrics in Institutions UNIT V: Resource management Ch17-. Hospitality Management Ch.20- Consumer Education and Protection UNIT VI: Communication and Extension Ch21-. Development Communication and Journalism</p>	<p>L- 11,12,15,17,20,21</p>	<p>3. Evaluate any one advertisement for any job position. 4. Develop a leaflet/pamphlet for Consumer Education and Protection on any one of the following a) Consumer Protection Act (CPA) b) Consumer responsibilities c) Consumer organization d) Consumer Problems</p>
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