

SYLLABUS ,XI 2021-22

SUBJECT: HOME SCIENCE

DURATION	SYLLABUS COVERED	SYLLABUS TESTED	SUBJECT ENRICHMENT / PRACTICAL
UT -1 (JULY-AUG) 20-25%	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	L-1,2,3	1. Understanding oneself with reference to: a) Physical development in terms of age, height, weight, hip and chest circumference. b) Sexual maturity (Age at menarche, Development of breasts: girls). (Growth of beard, change in voice: boys) 2. Observe developmental norms: (Physical, Motor, Language and social -emotional) birth to three years. 3. List and discuss 4-5 areas of agreement and disagreement with a) Mother, b) Father, c) Siblings/ Friends, d) Teacher
FIRST TERM (July) (FOR CLASS IX) 40%	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 Ch. -4- Management of Resources Ch.-5- Fabric Around us Ch-6-Media and Communication Technology Unit III: Understating family, community and society	L-1,2,3,4,5,6	4. a) Record own diet for a day b) Evaluate qualitatively for adequacy 5. a) Record one day's activities relating to time use and work b) Prepare a time plan for yourself 6. Preparation of different healthy snacks for an adolescent suitable in her/his context.
HALF YEARLY (SEPTEMBER) 100% OF TERM 1	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 Ch. -4- Management of Resources Ch.-5- Fabric Around us Ch-6-Media and Communication Technology 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	1. Understanding oneself with reference to: a) Physical development in terms of age, height, weight, hip and chest circumference. b) Sexual maturity (Age at menarche, Development of breasts: girls). (Growth of beard, change in voice: boys) 2. Observe developmental norms: (Physical, Motor, Language and social -emotional) birth to three years. 3. List and discuss 4-5 areas of agreement and disagreement with a) Mother, b) Father, c) Siblings/ Friends, d) Teacher 4. a) Record own diet for a day b) Evaluate qualitatively for adequacy 5. a) Record one day's activities relating to time use and work b) Prepare a time plan for yourself 6. Preparation of different healthy snacks for an adolescent suitable in her/his context.

<p>UT-2 (OCT-NOV) 20-25%</p>	<p>Unit IV: Childhood Ch.-11-Survival, Growth and Development Ch.-12- Nutrition, Health and Wellbeing Ch.-14- Our Apparel</p>	<p>L-11,12,14</p>	<p>PROJECT ANY ONE OF THE FOLLOWING PROJECT MAY BE UNDERTAKEN AND EVALUATED</p> <ol style="list-style-type: none"> 1. Study of an integrated community based, nutrition/health programme being implemented in its own area, with reference to <ol style="list-style-type: none"> 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>TESTING FOR TERM 2 (JANUARY) 100% OF TERM 2</p>	<p>Unit IV: Childhood Ch.-11-Survival, Growth and Development Ch.-12- Nutrition, Health and Wellbeing Ch.-14- Our Apparel Unit V: Adulthood Ch.- 15-Health and Wellness Ch.- 16-Financial Management and planning Ch.-17- Care and Maintenance of fabrics</p>	<p>L-11,12,14,15,16,17 Full Syllabus</p>	<ol style="list-style-type: none"> 1. Plan a budget for a given situation/purpose. 2. a) Record the fabrics and apparel used in a day b) Categorize them according to functionality 3. Relationship of fibre properties to their usage: <ol style="list-style-type: none"> a) Thermal property and flammability b) Moisture absorbency and comfort 4. (a) Analyse label of any one garment with respect to: Clarity, fibre content, size and care instructions. (b) Prepare one care label of any garment. (c) Analyse two different fabric samples for colour
<p>TERM 2 (FEBRUARY) 100% OF TERM 2</p>	<p>L-11,12,14,15,16,17 Full Syllabus</p>	<p>L-11,12,14,15,16,17 Full Syllabus</p>	<ol style="list-style-type: none"> 1. Plan a budget for a given situation/purpose. 2. a) Record the fabrics and apparel used in a day b) Categorize them according to functionality 3. Relationship of fibre properties to their usage: <ol style="list-style-type: none"> a) Thermal property and flammability b) Moisture absorbency and comfort 4. (a) Analyse label of any one garment with respect to: Clarity, fibre content, size and care instructions. (b) Prepare one care label of any garment. (c) Analyse two different fabric samples for colour