

FIRST TERM [GRADE XI]

APRIL:

- Concept and Scope of Home Science
- Career options in Home Science
- Food and Nutrition
- Classification of food on the basis of nutrients and functions

MAY:

- Food and nutrition (Contd)
- Concept of Balanced Diet, Food and Nutritional requirements for the family according to ICMR
- Elementary study of macro and micro nutrients- Sources , functions and deficiency of nutrients; carbohydrates, proteins, fats, minerals and vitamins, role of water and fibre in the diet
- Basal metabolic rate and factors affecting BMR

JUNE:

- Efficient management of resources- material, human and shared (community)
- Need to manage resources and methods for conservation of shared resources

JULY:

- Components of Management- planning, organizing, controlling, implementing and evaluation
- Decision Making
- Work Simplification

AUGUST:

- Savings and Investments

SEPTEMBER:

- Fundamentals of Banking

SECOND TERM

OCTOBER:

- Human Development

NOVEMBER:

- Growth and Development during Childhood- Concept of growth and development
- Periods of growth and development during childhood ie. Infancy - 12 yrs of age

DECEMBER:

- Understanding special needs of differently abled- visually challenged, deaf, physical and mentally disabled
- Textile and Clothing
- Natural, man made fibres
- Fabric construction
- Textile finishes

JANUARY:

- Communication and Extension
- Revision and solving question papers

FEBRUARY:

- Revision and solving question papers

PRACTICALS

- Basic Cooking
- Analysis of dietary patterns using 24- hour dietary re-call method
- Flower arrangement/Floor decoration
- Observation of children at play
- Project on: 1. Banking
2. Stitching

