

## Home Science Syllabus (2018-19)

## Class-XII

### TERM I

April

#### FOOD PREPARATION

- Techniques and methods of cooking
- Preliminary treatment of food
- Effects of cooking on food components
- Methods of increasing the nutritive value of foods

May

#### CONSUMER EDUCATION

- Standard marks
- Importance of labels
- Problems faced by consumers

#### MEAL PLANNING FOR THE FAMILY

- Pre-school children, school children and adolescents
- Eating Disorders.
- Developing good habits

June

- Special diets for fever, diarrhea, diabetes and obesity
- Food fads

July

- Food adulteration
- Storage and Preservation of food

August

- Safety in the home
- Safety and Sanitation in the kitchen

September

#### HUMAN DEVELOPMENT

- Physical Development during adolescence
- Cognitive development and language development
- Social and Emotional development
- Substance abuse- meaning, symptoms and treatment

#### TEXTILES AND CLOTHING

- Methods of laundering s cotton,wool,linen and silk
- Laundry equipment

## Term II

### October

- Dry cleaning
- Storage of clothes-wool,silk,cotton,lace ,clothes with zari.
- Selection of Clothes

### November

- Perspectives on adult development.
- Dimensions of adulthood
- Needs and care of the elderly
- Modification of diet
- Increasing life expectancy

### December-

- Revision and discussion/solving of question papers

### Practicals

- Flower arrangement
- Floor Decoration
- Preparation of meals

#### Planning of balanced meals for the following

- Party to celebrate any special occasion
- Picnic
- Journey
- Festival
- Table setting for the above
- File
- Project