

**HANSRAJ MODEL SCHOOL
PUNJABI BAGH,NEW DELHI
ACADEMIC PLAN
SESSION :2024-2025
SUBJECT :HOME SCIENCE
CLASS :12**

MONT H	TOPIC/SUBTOP ICS	LEARNING INTENTIONS	ACTIVITIES	ASSIGNMENTS
APRIL	UNIT-2 NUTRITION,FOOD SCIENCE AND TECHNOLOGY Chapter-2: Clinical nutrition and Dietetics Chapter-3: Public health and nutrition	1. Students will be able to understand and describe the significance of clinical nutrition and dietetics 2. Students will be able to describe the role and function of a clinical nutritionist or medical therapist. 3. Students will be able to explain the knowledge and skills required for a career in clinical nutrition. 4. Students will gain understanding about nutritional problems and gain knowledge about strategies used to tackle them.	1. Students will be regularly asked to revise the Chapter and short quizzes will be taken. 2. Class discussion will be held regularly. 3. Recall previous concepts of food groups.	Students will be given assignments based on topics covered including NCERT and case based questions. Project work on Mid day meal,ICDS.

	<p>PRACTICAL : Record one day diet of an individual (old man)</p>	<p>5. Students will be able to know the different types of catering and food services.</p> <p>Students will be able to conduct the Diet planning and modification for an old man.</p>	<p>1. Various meals will be planned and modified to suit the needs of the old man. (Happiness curriculum)</p>	<p>Preparation of practical files.</p>
MAY	<p>UNIT-2 NUTRITION ,FOOD SCIENCE AND TECHNOLOGY Chapter-5: Food Processing and technology.</p> <p>Chapter-6: Food Quality and Food Safety</p> <p>PRACTICAL: Prepare and plan messages for nutrition</p>	<p>1. Students will understand meaning food processing and technology 2. Students will identify factors and skills required to be a professional food technologist. 3. To understand the scope of employment.</p> <p>1. Understand concepts of national and international food standards. 2. Students will identify career avenues in this area 3. Analyse conditions under FSSAI. 4. Causes & consequences of food contamination.</p> <p>Students will be able to prepare messages related to nutrition.</p>	<p>1. Case study will be discussed. 2. Tests on food adulteration will be conducted. 3. Listing various adulterants in food. 4. Collecting food labels having standardised marks.</p>	<p>Assignments will be given in class having Picture based questions.</p>

	<p>,health and life skills using different modes of communication for different target groups. Development and preparation of supplementary foods for nutrition programs.</p>		<p>Posters and Charts will be prepared. (Art integration)</p>	
JULY	<p>UNIT-3 HUMAN DEVELOPMENT AND FAMILY STUDIES Chapter-7 Early childhood education Chapter-10 Management of support services, Institutions, Programs for Children, Youth and Elderly. Chapter-1 Work, livelihood and career.</p>	<ol style="list-style-type: none"> 1. Analyse the problems and concepts of special education, inclusive education and support services. 2. Students will be able to identify and study the concept of disability and different types of disability. 4. Students will identify and explain services and programs needed for children, youth and elderly. 5. Students will be aware of skills required in this field. 	<ol style="list-style-type: none"> 1. Role play by students to show problems. 2. Discussion on various merits and demerits of these methods . 3. Presentations on the needs of special children will be done. 	<p>Newsletters will be prepared. Assignment will be provided having important MCQs.</p>
				<p>Project will be carried out.</p>

	<p>PRACTICAL:</p> <ol style="list-style-type: none"> 1. Listing various adulterants in food. 2. Collecting food labels having standardised marks. 3. Conducting mock sessions among peers in career guidance and nutrition counselling. 	<ol style="list-style-type: none"> 1. Students will be able to identify adulterants in food samples. 2. Understanding of various standard marks. 	<ol style="list-style-type: none"> 1. Food testing using chemicals. 	
AUGUST	<p>UNIT-4 FABRIC AND APPAREL</p> <p>Chapter-11: Design for fabric and apparel</p> <p>Chapter-12: Fashion Design and Merchandising.</p> <p>PRACTICAL Application in quality control techniques.</p>	<ol style="list-style-type: none"> 1. Recognise the elements that contribute design 2. Explain the application of design principles for fabric and apparel. 3. Understand the elements of design <ol style="list-style-type: none"> 1. Explain the significance of fashion design. 2. Describe the fundamentals of fashion. 	<ol style="list-style-type: none"> 1. Tracing examples of textile designing. 2. Tracing examples of textile designing. 3. Colourful flow charts will be prepared. (Art integration) 	<p>Assignments will be given topic wise and assertion reasoning assignment will be done.</p>

		3. Explain the knowledge and skills required in fashion business.		
SEPTEMBER	UNIT-4 FABRIC AND APPAREL Chapter-15: Care and Maintenance of Fabrics in Institutions.	1. Understand the significance of mass production of apparel. 2. Describe the stages and system of mass production. 3. Identify the fabric and garment defects before and after production. 4. Understand the concept of quality and career in the garment manufacturing industry. 5. Explain the need for care and maintenance of fabrics 6. Describe the concept of care and maintenance of fabrics in hospitals and hotels	1. Students will be regularly asked to revise the chapter.	1. Students will be given assignments based on topics covered involving the textbook questions and case based questions.
OCTOBER	UNIT-5 RESOURCE MANAGEMENT Chapter-17: Hospitality Management Chapter-20: Consumer Education and Protection	1. Explain the process and various equipment required. 2. Identifying various career opportunities. 3. Explain the concept and importance of human resource management. 4. Describe the functions of human resource management	Group discussions will be extensively conducted on qualities of water and water conservation.	Assignments & text book questions will be done and extra questions on HOTS.

	<p>PRACTICAL</p> <p>1. Removal of Stains - tea, coffee, curry, grease, blood, lipstick</p> <p>3. Make a sample of block printing and tie and dye.</p>	<p>professionals and identify their qualities.</p> <p>5. Explain the importance and functioning of food and beverage in the hospitality industry.</p> <p>6. Describe and discuss housekeeping and front office in the hospitality industry</p> <p>3. Know the various career opportunities.</p> <p>1. The students will be able to relate to the importance and role of consumer education and production.</p> <p>2. Explain the basic concepts related to consumer education and protection</p>	<p>3. Students will prepare leaflets and pamphlets on consumer education. (Art integration)</p> <p>1. Do stain removal testing.</p> <p>.</p>	<p>Prepare block printing samples.</p>
NOVEMBER	<p>UNIT -6</p> <p>DEVELOPMENT AND COMMUNICATION</p> <p>Chapter-21: Development ,Communication and Journalism</p>	<p>.1. Understand the importance of development communication and journalism for social change and development.</p> <p>2. Identify the skills required for a career in communication and journalism.</p>	<p>1. Students will be regularly asked to revise the chapter.</p> <p>2. Students will draft messages of the patriotic leaders and present in class which will be followed by critical analysis of levels of communication.(Desh Bhakti Curriculum)</p>	<p>1. Students will be given assignments based on topics covered involving case based questions ,MCQS.</p>

	PRACTICAL Analysis and discussion of print ,radio , electronic media.	1.Know the importance of media and management 2. Understand the process and scope of behaviour change communication and strategy.		
DECEMBER	Revision of full syllabus.	Students will be able to identify their weak and strong areas of preparation.	Mock quiz in class for revision	Assignments will be taken up for revision involving previous year question papers. Sample papers will be revised.