

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

MONTH	TOPIC	LEARNING INTENTIONS/OUTCOMES	ACTIVITIES/ASSIGNMENTS
APRIL	UNIT-1 HUMAN DEVELOPMENT a.) Play b.) Childhood	The students will be able to- understand – 1. Role of play in growth and development. 2. Types of play. 3. Selection of play material for children. 1.Age specific milestones -physical,social,emotional,cognitive,language. 2. Special features.	*Educational aid on designing a toy for young children. *Discussion on the role of various games on the development of children. *Make friends with a 5 year old, a 9 year old and 13 year old. Ask them to describe themselves and note/analyze what they say.
MAY	UNIT-1 HUMAN DEVELOPMENT c.) Adolescents	The students will be able to Understand the term – 1.Adolescents 2.Identify the special features-physical,biological,motor,social, emotional,cognitive and language.	*List 10 problems faced by the adolescents. *Write ten sentences starting with-I am-----

			*Prepare a poster or pamphlet on the development of adolescents.
JULY	UNIT-2 MANAGEMENT OF RESOURCES	The students will be able to- understand – 1. Time management-Definition and importance. 2.Time plans-Factors affecting time plans. 3.Energy management-Definition and importance. 4.Fatigue and work simplification.	*Students will prepare a time plan or self on a working day and a holiday. *List the resources you would need to secure good marks and study well. Compare your list with others. *Identify your own time management skills.
AUGUST	UNIT -3 FOOD AND PERSONAL HYGIENE	The students will be able to understand - 1.Principles of hygienic handling and serving of food. 2.Hygiene in the kitchen. 3.Personal hygiene of food handler. 4. Hygiene during food storage.	Design a poster of the do's and don'ts in the kitchen.

<p>SEPTEMBER</p>	<p>Half Yearly Examination UNIT-4 MEAL PLANNING</p>	<p>The students will be able to understand-</p> <ol style="list-style-type: none"> 1. Concept of meal planning. 2. Factors affecting meal planning. 3. Basic food groups. 	<p><u>* Collect one news story or a campaign or a social message from any two media on issues related to meals.</u></p> <p><u>* Plan two healthy recipes for yourself keeping in mind the food groups.</u></p> <p><u>* Suggest what you will serve for breakfast and dinner to a 9-year old girl and 11-year old boy who are vegetarian.</u></p>
<p>OCTOBER</p>	<p>UNIT-4 MEAL PLANNING UNIT -5 FOOD SAFETY AND CONSUMER EDUCATION</p>	<p>The students will be able to understand-</p> <ol style="list-style-type: none"> 1. Use of food groups in planning balanced diets. 1. Food safety and malpractices of traders. 2. Food adulteration 3. FSSAI standards 	<p><u>* Survey to collect information on eating habits of school age children and adolescents.</u></p> <p><u>* Survey to collect information on eating habits of school age children and adolescents.</u></p> <p><u>* List common malpractices of shopkeepers.</u></p>

NOVEMBER	UNIT -6 CARE AND MAINTENANCE OF FABRIC AND APPAREL.	The students will be able to understand- 1.Cleaning and finishing agents. 2.Stain removal. 3.Storage of cotton,wool,silk and synthetics. 4.Readymade garments.	*Prepare a chart on washing instructions on care labels. *Collect different kinds of fabric samples from home, tailor's shop, cloth shop or friends. Name each fabric. *Collect and evaluate five labels of fabrics./ garment.
DECEMBER	REVISION	The students will be able to recapitulate the concepts covered in the curriculum.	Sample papers will be practiced in the class,HOTS questions ,Assertion reasoning will be done in the class.