

**WEEKLY DISTRIBUTION OF SYLLABUS 2009-2010
HOME SCIENCE CLASS XII**

MONTH	WEEK NO.	DATES	NO. OF DAYS	THEORY	PRACTICAL	REMARKS
APRIL	1	01.04.09 to 04.04.09	3	UNIT 1: KNOW LITTLE CHILDREN (0 -3 YEARS) Some specific characteristics: Physical Development- Height, weight , and body proportions	Observe a child (0 to 3 years)in your neighbourhood / at home for various milestones of physical development and prepare a chart	03.04.09 Holiday
APRIL	2	06.04.09 to11.04.09	3	Motor development during 0-3 months, 3 -6 months,6-9 months, 9 -12 months and 1 – 2 years (milestones only)	Observe a child (0 to 3 years)in your neighbourhood / at home for various milestones of motor development and prepare a chart	07.04.09, 10.04.09 Holidays 11.04.09 Second Saturday
APRIL	3	13.04.09 to18.04.09	6	Social and Emotional Development: recognition of people around: socialization, expression of emotions. Cognitive Development, Learning through concrete operations and imitation		

APRIL	4	20.04.09 to 25.04.09	6	Language development Protection from preventable diseases Immunization- concept and types (natural and acquired), breast feeding (one of the ways to develop natural immunity); Immunization chart; symptoms and incubation period of childhood diseases – TB, DPT, polio	Prepare a chart for immunization of a child (0 – 3 years)	
APRIL	5	27.04.09 to 30.04.09	3	Symptoms and incubation period of childhood diseases – Measles, Cholera, Diarrhoea		30.04.09 Last Working Day
MAY & JUNE		01.05.09 to 30.05.09		SUMMER VACATIONS		
JULY	1	01.07.09 to 04.07.09	4	Special needs of disadvantaged and disabled children- socially disadvantaged, physically handicapped(partially blind and deaf) affected/missing limb: characteristics and needs		
JULY	2	06.07.09 to 11.07.09	5	Substitute care at home and outside: siblings,		11.07.09 Second Saturday

				grandparents, neighbours, crèche, daycare centres etc. Integrated Child Development scheme (ICDS), objectives and functions.		
JULY	3	13.07.09 to 18.07.09	6	UNIT II- NUTRITION FOR SELF AND FAMILY- Planning meals for family Meaning and importance of meal planning, principles and factors affecting Meal planning Planning meals for the family keeping in mind the needs of the individual members including children	Plan and prepare meals for the family	
JULY	4	20.07.09 to 25.07.09	6	Modification of family meals for a) Pregnant women b) lactating mothers keeping in mind their needs	Plan meals for the family and suggest modifications for a pregnant woman. Prepare one modified dish	
JULY AUGUST	5 1	27.07.09 to 31.07.09 & 01.08.09	5	Modification of family meals for members suffering from a) fever, b) Diarrhoea keeping in mind	Plan meals for the family and suggest modifications for a lactating woman.	31.07.09 Last Working Day

				their needs. Role and preparation of ORS	Prepare one modified dish	
AUGUST	2	03.08.09 to 08.08.09	5	Ways to ensure good health for the family: using safe drinking water, importance of potable water for good health, qualities of safe drinking water; Household methods of making water safe for drinking: boiling, filter, use of alum and chlorine tablets	Plan meals for the family and suggest modifications for a person suffering from a) fever, b) Diarrhoea. Prepare one modified dish	08.08.09 Second Saturday
AUGUST	3	10.08.09 to 15.08.09	4	Role of Hygiene for food handlers at home level	Preparation of ORS	14.08.09 & 15.08.09 Holidays
AUGUST	4	17.08.09 to 22.08.09	6	Safety against Food adulteration; Definition and meaning of food adulteration as given by PFA, Common adulterants present in cereals, pulses milk and milk products, Fats and Oils, Sugar, jaggery, honey, Spices and condiments. Ill effects of some of the adulterants presents in the foods: Kesari dal, Metanil yellow, argemone seeds	Simple tests for checking adulteration in cereals, pulses(visual), Milk and Milk products, tea leaves, dhania powder, Red Chillies, haldi powder, Gur(jaggery)	

AUGUST	5 6	24.08.09 to 29.08.09 & 31.08.09	6	UNIT III: Money Management and Consumer Education: Family Income, Money income, real income, direct and indirect income, psychic income		31.08.09
SEPTEMBER	1	01.09.09 to 05.09.09	4	Supplementing family income- needs and ways, needs and procedure for keeping household accounts		04.09.09 CCEP
SEPTEMBER	2	07.09.09 to 09.09.09	3	REVISION		
SEPTEMBER	3	10.09.09 to 18.09.09		FIRST TERM EXAM		
SEPTEMBER		19.09.09 to 28.09.09		AUTUMN BREAK		
SEPTEMBER	5	29.09.09 to 30.09.09	5	Savings and Investments Meaning and importance of savings		30.09.09 last Working Day 02.10.09 Holiday
OCTOBER	1	01.10.09 to 03.10.09				
OCTOBER	2	05.10.09 to 10.10.09	05	Ways/ methods of investment- Banks, Post Office, LIC, Units, PPF, PF; Basis for selection of method of investment- risk, security, profit, tax saving	Open an account. Find out and report how an account is operated in a bank and post office. Collect and fill forms	10.10.09 Second Saturday
OCTOBER	3	12.10.09 to 17.10.09	5	Consumer Protection and education, Meaning, problems faced by consumer	Read and evaluate and prepare one label each for four household items/	17.10.09 Holiday

				Consumer Protection Act (1986) and services:	products bearing different standardization marks	
OCTOBER	4	19.10.09 to 24.10.09		Consumer Aids Labels, Standards advertising, guidebooks/leaflets, Consumer Redressal Forums		
OCTOBER	5	26.10.09 to 31.10.09	5	UNIT IV- MY APPAREL Clothing and its relation to personality; Elements of line, colour, texture; Elements of design- balance, rhythm, proportion, harmony, emphasis	Make samples of basic stitches and seams- running stitch, hemming	31.10.09 Last Working Day
NOVEMBER	1	02.11.09 TO 07.11.09	5	Factors that influence the selection of clothes: personality, age, climate, occupation , figure, occasion, fashion	Make samples of blind stitch and interlocking, Fasteners: button and hooks; patchwork. Incorporate all stitches to make an apron	02.11.09 Holiday
NOVEMBER	2	09.11.09 to 14.11.09	5	Selection and purchase of fabrics- purpose, quality, cost, season, reliable shop,	Study the relative effect of temperature of water on clothes	14.11.09 Second Saturday

				quantity required (length and width)	during the process of washing clothes (cold, lukewarm, hot) Draw conclusions	
NOVEMBER	3	16.11.09 to 21.11.09	6	Checking size and quality in readymade garments; needs and criteria- seams, hems, plackets, fasteners, workmanship, design, drape. Care of Clothes: general principles and precautions to be followed while removing stains and washing	Removal of stains of – tea, coffee, curry, grease, ink, ballpoint ink, lipstick, blood	
NOVEMBER	4	23.11.09 to 30.11.09	6	Cleansing agents- soaps and detergents (basic differences) Storage of cloths. UNIT 5 Things I can do with my Home Science Training Application of knowledge of Home Science in everyday life usefulness of some of the skills learnt here for supplementing income.	Make a soap/ detergent (liquid/powder/cake)	28.11.09 holiday 31.11.09 last working day

				Skills learnt here can be exploited for employment (self employment, apprenticeship) Further training required to make this field a career Various sources and facilities available for training		
DECEMBER	1	01.12.09 to 05.12.09	5	Revision Unit I and II		
DECEMBER	2	07.12.09 to 12.12.09 & 14.12.09	6	Revision Unit III,IV and V		11.12.09 2 nd CCEP, 12.12.09 Second Saturday
DECEMBER		15.12.09 to 22.12.09		SECOND TERMINAL EXAM		
DECEMBER		23.12.09 to 24.12.09	1			24.12.09 Last Working Day
DECEMBER		25.12.09 to 31.12.09		WINTER BREAK		
JANUARY	1	01.01.10 to 02.01.10 & 04.01.10 to 09.01.10	7	Revision		09.01.10 Second Saturday
JANUARY	3	11.01.10 to 14.01.10	4	Revision		
JANUARY		15.01.10 to 25.01.10		PRE BOARD EXAM		
JANUARY	5	25.01.10 TO 30.01.10	4	Revision		26.01.10 Holiday 31.01.10 Last Working Day
FEBRUARY	1	01.02.10 to 06.02.10	6	Revision		
FEBRUARY	2	08.02.10 to 13.02.10	5	Revision		13.02.10 Second Saturday

FEBRUARY	3	15.02.10 to 20.02.09	6	Revision		
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