

## WEEKLY DISTRIBUTION OF SYLLABUS 2009-2010

### HOME SCIENCE - 064

#### CLASS XI

MONTH	WEEK NO	DATES	NO. OF DAYS	THEORY	PRACTICAL	REMARKS
July	1	01.07.2009 – 04.07.2009	4	<p><b>UNIT I:</b> CONCEPT OF HOME SCIENCE AND ITS SCOPE <b>Home Science, Its Scope.</b></p> <p><b>UNIT II:</b> KNOW MYSELF: ISSUES RELATED TO ADOLESCENTS.</p> <p>Adolescence, Meaning, early (12-15 years) and late (16-18 years) adolescence, early and late maturers.</p>	Introduction to Home Science practical and laboratory.	
July	2	06.07.2009 – 11.07.2009	5	<p><b>Characteristics</b> : Physical Development: growth spurt, sexual development, social and emotional development, importance of peer group, interest in the opposite sex, varied and changing interests, concern about future; adolescence a period of strain and stress.</p>	To observe ones own personality. To know about physical traits (height, weight body proportion etc.)	11.07.2009 – Second Saturday

July	3	13.07.2009 – 18.07.2009	6	<p>Cognitive Development: Transition from concrete to formal operations.</p> <p><b>Important developmental tasks :</b> accepting ones physique; achieving new and more matured relations with age mates of both sexes; achieving a masculine / feminine social gender role; achieving emotional independence from parents; preparing for career; reproductive health and prevention of anaemia.</p>	<p>Observe and test your own strengths and weaknesses:</p> <p>Discuss about them in class with your teacher and fellow students; take decision about maximum utilization of strength and improvement upon weaknesses.</p>	
July	4	20.07.2009 – 25.07.2009	6	<p><b>Individual differences:</b> difference between same sex, differences across the two sexes, early and late maturers, role of heredity and environment (family, peers, school and neighborhood).</p> <p><b>Interpersonal skills:</b> with the family, peers and members of the community.</p>	<p>Report situations from your life to indicate your interaction within the family, with peers and with members of the community.</p>	
July  August	5  1	27.07.2009 31.07.2009 & 01.08.2009	5	<p><b>Special needs of adolescents :-</b></p> <p>(1) Nutritional requirements : qualitative and quantitative.</p> <p>(2) Exercise and entertainment: importance of physical activity in social development and prevention of obesity.</p> <p>(3) Understanding from parents.</p>		<p>31.07.2009 Last working day</p>

August	2	03.08.2009 – 08.08.2009	5	<b>Some problems of adolescence</b> : awkwardness due to growth spurt; freedom and control; depression; alcohol, drugs and smoking; delinquency; problems related to sex; ignorance and increased curiosity; prevention of HIV/AIDS and other sexually transmitted diseases.		08.08.2009 Second Saturday
August	3	10.08.2009 – 15.08.2009	4	<b>Population Education</b> : Problems of over population; neglect of girl child; causes, prevention, legal and social laws; government incentives to improve status of girl child; desire for male child; small family norms.	Charts, slogans, posters related to population education in groups of 3-4 students.	14.08.2009 15.08.2009 Holidays.
August	4	17.08.2009 – 22.08.2009	6	<b>Unit III: NUTRITION FOR SELF AND FAMILY Definition and relationship between food, nutrition, health:</b> nutritional status; classification of foods on the basis of nutrients and functions; nutritional status and calorie intake as a basis of poverty line. <b>Functions of food:</b> body building; energy giving, protective, regulatory; physiological,	Look for signs of good health within your family.	

				psychological and socio cultural : signs of good health; physical status, psychological status, mental ability, mortality and longevity. <b>Selection of foods for optimum nutrition and good health:</b> basic knowledge of nutrients sources, functions, deficiency and prevention; — carbohydrates.		
August	5 , 6	24.08.2009- 29.08.2009 & 31.08.2009	6	Basic knowledge of nutrients – Sources, functions, deficiency and prevention; — proteins, fat, dietary fibre, vitamin A and D.		31.08.2009 Last working day
September	1	01.09.2009 – 05.09.2009	4	Basic knowledge of nutrients sources, functions, deficiency and prevention; Vitamin B1, B2, Niacin, Folic acid, B12 and Vitamin C.		04.09.2009 1 <sup>st</sup> CCEP Exam
September	2	07.09.2009 – 09.09.2009	3	Revision		
September	2 , 3	10.09.2009 – 18.09.2009	7	1 <sup>st</sup> Terminal Examination		1 <sup>st</sup> Terminal Examination

September	3, 4, 5	19.09.2009 – 28.09.2009	10	AUTUMN BREAK		Autumn Break
September October	5 1	29.09.2009 - 03.10.2009	3	Basic Knowledge of nutrients – sources, functions, deficiency and prevention; minerals – calcium, iron and iodine.		30.09.2009 Last working day 02.10.2009 Holiday
October	2	05.10.2009 – 10.10.2009	5	Basic food groups (ICMR) and their contributions; concept of balanced diet; food and nutritional requirements for family (ICMR tables) factors influencing selection of food: culture, family food practices, media, peer group and availability of foods.	Make a list of foods available at local market according to food groups.	10.10.2009 Second Saturday
October	3	12.10.2009 – 17.10.2009	5	<b>Maximum nutritive value from food by proper selection, preparation, cooking and storage:</b> selection and storage of foods - perishable, semi perishable, non perishable, convenience foods.	Observe how different food stuffs are stored at home and evaluate the effectiveness of the method.	17.10.2009 Holiday
October	4	19.10.2009 – 24.10.2009	6	<b>Preparation of food :</b> Cooking; Principles of Cooking; Methods of Cooking – Boiling, steaming, pressure cooking, deep and shallow frying, parboiling sautéing, roasting, and grilling; Effect of cooking on the nutritive value of food.	Prepare meals/snacks using different methods of cooking.	

October	5	26.10.2009 – 31.10.2009	5	<b>Preparation of food :</b> Loss of nutrients during preparation of food and their minimization Methods of enhancing nutritive value of food; germination, fermentation, fortification, and proper food combinations.	Practice skills to preserve & optimize nutrients by preparing meals and snacks.	31.10.2009 Last working day
November	1	02.11.2009 - .07.11.2009	5	Reasons for spoilage; brief description of household methods of preservation – refrigeration, dehydration, use of chemicals and household preservatives.	Prepare a Jam / squash / syrup / prickle / chutney	02.11.2009 Holiday
November	2	09.11.2009 – 14.11.2009	5	Unit IV : MY RESOURCES <b>Resources :</b> Meaning types: (1) Human – Knowledge, skills, time, energy, attitudes (2) Material : Money, goods, property (3) Community facilities: Schools, Parks, Hospitals, Roads Transport Water, Electricity, Fuels Fodder need to manage the resources; methods of conservation of shared resources. <b>Management :</b> meaning and Need for management; steps in management: planning organizing, controlling, implementing and evaluation;	Observe and list resources available at home and in neighborhood, make a detailed study on available community resource and to management suggest improvements	14.11.2009 Second Saturday

November	3	16.11.2009 – 21.11.2009	6	Decision making and its role in management. <b>Time and energy management;</b> need and procedure for managing time for occupation and leisure.	Make flower and foliage arrangements floor decorations.	
November	4 , 5	23.11.2009 – 30.11.2009	5	Work simplification : meaning and methods; activities in the home - sleeping, studying, cooking, eating, bathing, washing, entertaining; need to organize space for these activates.	Clean and polish brass, glass, iron, aluminum and plastic surfaces.	28.11.2009 Holiday 30.11.2009 Last working day
December	1	01.12.2009 – 05.12.2009	5	Use of colours and accessories to make these centres attractive, role of different members of the family in efficient running of a home. <b>Work ethics:</b> meaning and importance: discipline at work place; reaching on time, staying in seat, knowing the job, using polite language.	Critically evaluate any one activity centre of your house. Suggest improvements.	
December	2 , 3	07.12.2009 – 12.12.2009 & 14.12.2009	5	Revision	Suggest a work plan for yourself for a day and state where and why you will take help from others	11.12.2009 II CCEP Exam 12.12.2009 Second Saturday

December	3	15.12.2009 – 22.12.2009	7	II <sup>nd</sup> Terminal Examination		II <sup>nd</sup> Terminal Examination
December	4	23.12.2009 – 24.12.2009	2	Discussion of question paper		24.12.2009 Last working day
December	4 , 5	25.12.2009 – 31.12.2009	7	WINTER BREAK		Winter Break
January 2010	1	01.01.2010 – 02.01.2010	2	Unit V MY APPAREL <b>Fibre Science</b> - types of fibres		
January	2	04.01.2010 – 09.01.2010	5	Types of fibres; (1) Natural – Cotton, Silk and Wool (2) Man made – pure rayon, nylon and polyester and blend (terrycot, terrysilk, terrywool)	Collect samples of fabrics & study characteristics for identification.	09.01.2010 Second Saturday
January	3	11.01.2010 – 16.01.2010	6	<b>Fabric construction:</b> Basic procedure of any yarn making (spinning, mechanical spinning, chemical, spinning weaving: plain, Twill & satin, other methods – knitting and non woven, Effect of weaves on appearance, durability and maintenance of garment.	Carry out burning test slippage test, tearing test and test for colour fastness.	

January	4	18.01.2010 – 23.01.2010	6	<b>Finishing</b> : meaning and importance; (1) Basic: cleaning, bleaching, stiffening, tentering. (2) Special : mercerization, shrinkage control, water proofing	Collect sample of weaves and identify them.	
January	5	25.01.2010 – 30.01.2010	4	<b>Special finishes:</b> Dyeing and printing.	Dyeing: plain and tie dye printing: use blocks - available or make your own on small sample.	26.01.2010 Holidays 30.01.2010 Last working day
February	1	01.02.2010 – 06.02.2010	6	Revision Unit I & Unit II		
February	2	08.02.2010 – 13.02.2010	5	Revision Unit III		13.02.2010 Second Saturday
February	3	15.02.2010 – 20.02.2010	6	Revision Unit IV		

February	4	22.02.2010 – 27.02.2010	5	Revision Unit V		27.02.2010 Last working day
March		01.03.2010 – 16.03.2010		COMMON ANNUAL EXAMINATION 2010		

Prepared by :

KULDIP BATRA

PGT (Home Science) (19730586)

Veer Savarkar Sarvodaya Kanya Vidyalaya

Kalka Ji No. 1,

New Delhi

RADHICA ARORA

PGT (Home Science) (19930901)

Sarvodaya Kanya Vidyalaya No. 2

East of Kailash, New Delhi