

**WEEKLY DISTRIBUTION OF SYLLABUS 2010-11  
HOME SCIENCE CLASS XII**

MONTH	WE EK NO.	DATE S	NO. OF DA YS	THEORY	PRACTICAL	REMAR KS
APRIL	1	01.04.1 0 to 03.04.1 0	2	UNIT 1: KNOW LITTLE CHILDREN (0 -3 YEARS)  Some specific characteristics : Physical Development-Height, weight , and body proportions		02.04.10 GH (Good Friday)
APRIL	2	05.04.1 0 to 09.04.1 0	5	Motor development during 0-3 months, 3 -6 months,6-9 months, 9 -12 months and 1 –3years (milestones only)	Observe a child (0 to 3 years)in your neighbourhood / at home for various milestones of physical development and prepare a chart	10.04.10 Second Saturday
APRIL	3	12.04.1 0 to17.04 .10	6	Social and Emotional Development: recognition of people around, socialization, expression of emotions” Cognitive Development: Learning through	Observe a child (0 to 3 years)in your neighbourhood / at home for various milestones of motor development and prepare a chart	

				concrete operations.		
APRIL	4	19.04.00 to 24.04.10	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.	Prepare a chart for immunization of a child (0 – 3 years)	
APRIL MAY	5	26.04.10 to 01.05.10	6	Symptoms and incubation period of childhood diseases – TB, DPT, polio Measles, Cholera, Diarrhoea		
MAY	2	03.05.10 to 07.05.10	5	Special needs of disadvantaged and disabled children- socially disadvantaged , physically handicapped (partially blind and deaf. affected/missing limb): characteristics and needs		08.05.10 Second Saturday
MAY &		10..05.		SUMMER		

JUNE		10 to 25.06.1 0		VACATIONS		
JUNE & JULY	4,5 1	26.06.1 0 & 28.06.1 0 to 03.07.1 0	1+6	Substitute care at home and outside: siblings, grandparents, neighbours, crèche, daycare centres etc. Integrated Child Development scheme (ICDS), objectives and functions.	Interview 2-3 working mothers to find out their arrangements for children in their absence (0-4 years) Evaluate these	
JULY	2	05.07.1 0 to 09.07.1 0	5	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	10.07.10 Second Saturday

JULY	3	12.07.10 to 17.07.10	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	4	19.07.10 to 24.07.10	6	Modification of family meals for members suffering from a) fever, b) Diarrhoea keeping in mind their needs. Role and preparation of ORS	Plan meals for the family and suggest modifications for a lactating woman. Prepare one modified dish	
JULY	5	26.07.10 to 31.07.10	6	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, filtering, use of alum and chlorine tablets	Plan meals for the family and suggest modifications for a person suffering from fever	

AUGUST	1	02.08.10 to 07.08.10	6	Role of Hygiene for food handlers at home level. Safety against Food adulteration; Definition and meaning of food adulteration as given by PFA	Plan meals for the family and suggest modifications for a person suffering from Diarrhoea. Prepare one modified dish Preparation of ORS	
AUGUST	2	09.08.10 to 13.08.10	5	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, dhanian powder, Red Chillies, haldi powder, Gur (jaggery), Black pepper(whole), mustard oil	14.08.10 2 <sup>nd</sup> Saturday
AUGUST	3	16.08.10 to 21.08.10	6	UNIT III: Money Management and Consumer Education: Family Income, Money income, real income, direct and indirect income,		

				psychic income Supplementin g family income- needs and ways, needs and procedure for keeping household accounts		
AUGUS T	4	23.08.1 0 to 28.08.1 0	6	Savings and Investments Meaning and importance of savings. Ways/ methods of investment- Banks, Post Office	Open an account. Find out and report how an account is opened in a bank and post office. Collect and fill forms	
AUGUS T SEPTEMBER	5 1	30.08.1 0 to 04.09.1 0	5	LIC, Units, PPF, PF; Basis for selection of method of investment- risk, security, profit, tax saving		02.09.10 Gazetted Holiday (Janamas htmi)
SEPTEMBER	2	06.09.1 0 to 10.09.1 0	5	REVISION		08.09.201 0 Ist CCEP 11.09.201 0 Second Saturday
SEPTEMBER	3	13.09.1 0 to 20.09.1 0		FIRST TERM EXAM		
SEPTEMBER	4	21.09.1 0 to 25.09.1 0	5	Consumer Protection and education, Meaning, problems	Read and evaluate labels of any four household items bearing different standardization marks.	

				faced by consumer Consumer Protection Act (1986) and services:	Prepare one label each four household items /products bearing different standardization marks	
SEPTEMBER	5	27.09.10 to 30.09.10	4	Consumer Aids Labels, Standardization marks advertising, guidebooks/leaflets, Consumer Redressal Forums		
OCTOBER		01.10.10 to 17.10.10		Closure of Schools due to CW games and Autumn Break		
OCTOBER	4	18.10.10 to 23.10.10	05	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	22.10.10 GH (Valmiki's B'day)
OCTOBER	5	25.10.10 to 30.10.10	6	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	

NOVEMBER	1	01.11.10 to 06.11.10	5	Selection and purchase of fabrics- purpose, quality, cost, season, reliable shop, quantity required (length and width)		05.11.2010 GH (Diwali)
NOVEMBER	2	08.11.10 to 12.11.10	5	Checking size and quality in readymade garments; needs and criteria- seams, hems, plackets, fasteners, workmanship, design, drape.	Examine quality in readymade garments	13.11.10 Second Saturday
NOVEMBER	3	15.11.10 TO 20.11.10	5	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	17.11.10 GH (Id-ul-Zuha)
NOVEMBER	4	22.11.10 to 27.11.10	6	Cleansing agents- soaps and detergents (basic differences) Storage of clothes UNIT 5 Things I can do with my Home Science Training	Study the relative effect of temperature of water on clothes during the process of washing clothes (cold, lukewarm, hot) Draw conclusions. Make a soap/detergent(liquid/powder/cake)	

				<p>Application of knowledge of Home Science in everyday life usefulness of some of the skills learnt here for supplementing income. Skills learnt here can be gainfully used for employment (self employment, apprenticeship )</p> <p>Further training required to make this field a career</p> <p>Various sources and facilities available for training</p>		
NOVEMBER	5	29.11.10 to 04.12.10	6	REVISION UNIT I,II AND III		
DECEMBER	1					
DECEMBER	2	06.12.10 to 10.12.10	4	REVISION UNIT IV AND V		10.12.10 IInd CCEP 11.12.10 Second Saturday
DECEMBER	3	13.12.10 to 22.12.10		SECOND TERMINAL EXAM		17.12.10 GH Moharram

DECEMBER	4	23.12.10 to 24.12.10	2	Distribution of answer sheets and discussion of Question paper		25.10.2010 GH Christmas
DECEMBER JANUARY		27.12.10 to 07.01.11		WINTER BREAK		08.01.2011 Second Saturday
JANUARY	2	10.01.2011 to 15.01.2011	6	REVISION		
JANUARY		17.01.2011 to 31.01.2011		PRE BOARD EXAMS		
FEBRUARY	1	01.02.2011 to 05.02.2011	5	Revision		
FEBRUARY	2	07.02.2011 to 11.02.2011	4	Revision		12.02.2011 Second Saturday
FEBRUARY	3	14.02.2011 to 19.02.2011	06	Revision		