

WEEKLY DISTRIBUTION OF SYLLABUS 2010-11

CLASS XI HOME SCIENCE - 064

MONTH	WEEK NO	DATES	NO. OF DAYS	THEORY	PRACTICAL	REMARKS
June July	4 5 1	26.06.2010 and 28.06.2010 to 03.07.2010	7	<p>UNIT 1: CONCEPT OF HOME SCIENCE AND ITS SCOPE Home Science, its scope.</p> <p>UNIT 2 : KNOW MYSELF : ISSUES RELATED TO ADOLESCENTS Adolescence, Meaning, early (12-15 years) and later (16-18 years) adolescence, early and late maturers.</p>	Introduction to Home Science practical and laboratory.	
July	2	05.07.2010 to	5	<p>Characteristics : Physical Development: growth spurt,</p>	To observe one's own personality.	10.07.2010 – Second

		09.07.2010		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.	To know about physical traits (height, weight, body proportion etc.)	Saturday
July	3	12.07.2010 to 17.07.2010	6	Cognitive Development : Transition from concrete to formal operations. Important developmental tasks : accepting one's physique; achieving new and more matured relations with agemates of both sexes; achieving a masculine/feminine social	Observe and test your own strengths and weaknesses : Discuss about them in class with your teacher and fellow students; take decision about maximum	

				gender role; achieving emotional independence from parents; preparing for career; reproductive health and prevention of anaemia.	utilization of strength and improvement upon weaknesses.	
July	4	19.07.2010 to 24.07.2010	6	Individual differences : difference between same sex, differences across the two sexes, early and late maturers, role of heredity and environment (family, peers, school and neighborhood). Interpersonal skills : with the family, peers and members of the community.	Report situations from your life to indicate your interaction within the family, with peers and with members of the community.	
July	5	26.07.2010 to 31.07.2010	6	Special needs of adolescents :- (1) Nutritional requirements : qualitative and		

				<p>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>		
August	1	02.08.2010 to 07.08.2010	6	<p>Some problems of adolescence : 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.</p>		

August	2	09.08.2010 to 13.08.2010	5	Population Education : Problems of overpopulation; 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.	14.08.2010 Second Saturday
August	3	16.08.2010 to 21.08.2010	6	Unit III : NUTRITION FOR SELF AND FAMILY Definition and relationship between food, nutrition, health: nutritional status; classification of foods on the basis of nutrients and functions; nutritional status and calorie	Look for signs of good health within your family.	

				<p>intake as a basis of poverty line.</p> <p>Functions of food : body building; energy giving, protective, regulatory, physiological, psychological and socio cultural ; signs of good health; physical status, psychological status, mental ability, mortality and longevity.</p> <p>Selection of foods for optimum nutrition and good health : basic knowledge of nutrients sources, functions, deficiency and prevention:- carbohydrates.</p>		
August	4	23.08.2010 to 28.08.2010	6	<p>Basic knowledge of nutrients – Sources, functions, deficiency and prevention:- proteins, fat, dietary fibre, vitamin A and D.</p>		

August September	5 1	30.08.2010 to 04.09.2010	5	Basic knowledge of nutrients sources, functions, deficiency and prevention:- Vitamin B1, B2, Niacin, Folic acid, B12 and Vitamin C.		02.09.2010 Janamashtmi
September	2	06.09.2010 to 10.09.2010	4	Revision		08.09.2010 Ist CCEP 11.09.2010 Second Saturday
September	3 4	13.09.2010 to 20.09.2010	7	I st TERMINAL EXAMINATION		1 st Terminal Examination
		21.09.2010				

September	4	to 25.09.2010	5	Distribution of Answer Sheets. Basic Knowledge of nutrients – sources, functions, deficiency and prevention:- minerals – calcium, iron and iodine.		
September	5	27.09.2010 to 30.09.2010	4	Basic food groups (ICMR) and their contributions; concept of balanced diet; food and nutritional requirements for family (ICMR table); 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.	
October	1,2,3	01.10.2010 to 17.10.2010		CLOSURE OF SCHOOLS DUE TO COMMONWEALTH GAMES & AUTUMN BREAK (08.10.2010 to 16.10.2010)		
				Maximum nutritive value from	Observe how	

October	4	18.10.2010 to 23.10.2010	5	food by proper selection, preparation, cooking and storage; selection and storage of foods - perishable, semi-perishable, non-perishable, convenience foods.	different food stuffs are stored at home and evaluate the effectiveness of the method.	22.10.2010 Valmiki's Jayanti
October	5	25.10.2010 to 30.10.2010	6	Preparation of food : 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.	
November	1	01.11.2010 to 06.11.2010	5	Preparation of food : Loss of nutrients during preparation of food and their minimization Method of enhancing nutritive	Practice skills to preserve & optimise nutrients by preparing meals	05.11.2010 Diwali

				value of food ; fermentation, germination, fortification and proper food combinations.	and snacks.	
November	2	08.11.2010 to 12.11.2010	5	Reasons for spoilage; brief description of household methods of preservation – refrigeration, dehydration , use of chemical and household preservatives.	Prepare a Jam / squash / syrup / pickle / chutney	13.11.2010 Second Saturday
November	3	15.11.2010 to 20.11.2010	5	Unit IV : MY RESOURCES Resources : Meaning types: (1) Human – knowledge, skills, time, energy, attitudes (2) Material : money, goods, property (3) Community facilities :	Observe and list resources available at home and in neighborhood, Make a detailed study on available community	17.11.2010 Id-ul-Zuha

				<p>schools, parks, hospitals, roads, transport water, electricity, fuels, fodder; need to manage the resources; methods of conservation of shared resources.</p> <p>Management : meaning and need for management; steps in management: planning, organizing, controlling, implementing and evaluation;</p>	<p>resources and its management.</p> <p>Suggest improvements.</p>	
November	4	22.11.2010 to 27.11.2010	6	<p>Decision making and its role in management.</p> <p>Time and energy management; need and procedure for managing time for occupation and leisure.</p>	<p>Make flower and foliage arrangements floor decorations.</p> <p>Suggest a workplan for yourself for a day and state where</p>	

					and why you will take help from others.	
November December	5 1	29.11.2010 to 04.12.2010	6	Work Simplification : meaning and methods; activities in the home - sleeping, studying, cooking, eating, bathing, washing, entertaining; need to organize space for these activities.	Clean and polish brass, glass, iron, aluminium and plastic surfaces.	
December	2	06.12.2010 to 10.12.2010	4	Use of colours and accessories to make these centres attractive, role of different members of the family in efficient running of a home. Work ethics: meaning and importance: discipline at work	Critically evaluate any one activity centre of your house. Suggest improvements.	10.12.2010 IInd CCEP Exam 11.12.2010 Second Saturday

				place; reaching on time; staying in seat; knowing the job; using polite language.		
December	3	13.12.2010 to 22.12.2010	4	II nd TERMINAL EXAMINATION		17.12.2010 Muharram
December	4	23.12.2010 to 24.12.2010	2	Discussion of question paper		
December January	5 1	27.12.2010 to 07.01.2011		WINTER BREAK		08.01.2011 Second Saturday
January	2	10.01.2011	6	Unit V MY APPAREL	Collect samples of	

2011		to 15.01.2011		Fibre Science - types of fibres Types of fibres; (1) Natural – cotton, silk and wool (2) Man made – pure rayon, nylon and polyester and blend (terrycot, terrysilk, terrywool).	fabrics & study characteristics for identification.	
January	3	17.01.2011 to 22.01.2011	6	Fabric construction : 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	24.01.2011 to 29.01.2011	5	Finishing : meaning and importance; (1) Basic : cleaning, bleaching, stiffening, tentering. (2) Special : mercerization,	Collect sample of weaves and identify them.	

				shrinkage control, water proofing		
January February	5 1	31.01.2011 to 05.02.2011	6	Special finishes : Dyeing and printing.	Dyeing: plain and tie dye printing : use blocks (available or make your own) on small sample.	
February	2	07.02.2011 to 11.02.2011	5	Revision Unit I & Unit II		12.02.2011 Second Saturday
February	3	14.02.2011 to 19.02.2011	6	Revision Unit III & Unit IV		
February	4	21.02.2011	5	Revision Unit V		

		to 28.02.2011				
March		01.03.2011 to 31.03.2011		COMMON ANNUAL EXAMINATION 2011		