

Term wise allocation of chapters (Draft)

Subject : Home Science

Code: 67

Class: I PUC

Sl No.	Period	Scheduled Chapters	Scheduled Practical Classes	Periods (Theory + Practicals)
1.	I Term 16-08-2021 to 15-09-2021	Unit 1 Concept and scope of Home Science Unit 2 Resources Unit 3 Fundamentals of Management Unit 4 Management of Time Energy and Money Unit 5 Concept of Food and Nutrition	<ol style="list-style-type: none"> 1. Observe and list the human, no-human/shared resources available at home and in your neighborhood 2. Visit a bank and collect information on opening an account <ol style="list-style-type: none"> a. Collect information of various accounts – savings account, fixed deposit, recurring deposit, current account. 	Unit 1 02 + 02 Hours Unit 2 04 + 04 Hours Unit 3 08 Hours Unit 4 12 Hours Unit 5 04 Hours
2	1 st Test 13-09-2021 to 15-09-2021	-----	-----	-----
3	Assignment - I	-----	-----	-----
4	II Term 16-09-2021 to 30-11-2021	Unit 6 Basics of Nutrition Unit 7 Principles and methods of preparation of Food Unit 8 Human growth and development Unit 9 Biological beginning of Life Unit 10 Infancy	<ol style="list-style-type: none"> 3. Plan a family budget for the following income groups – low, middle, high 4. Identification: <ol style="list-style-type: none"> a. Of equipment in nutrition laboratory b. Of Food groups c. Weights and measures 5. Planning and preparation of nutrient rich recipes – 	Unit 6 10+02 Hours Unit 7 10+04 Hours Unit 8 06+04 Hours Unit 9 10+04 Hours Unit 10 08 Hours

			<ul style="list-style-type: none"> a. Energy, protein b. Calcium, iron <p>6. Observe an infant for developmental milestones of :</p> <ul style="list-style-type: none"> a. Physical development b. Motor development 	
5	Assignment - II	-----	-----	-----
6	Mid-Term Exam 20-11-2021 to 30-11-2021	-----	-----	-----
7	III Term 01-12-2021 to 30-01-2022	Unit 11 Introduction to Textile Fibers Unit 12 Fabric Construction Unit 13 Care of Clothing	<p>7. Prepare an activity/module/teaching aid to promote physical/motor development of an infant.</p> <p>8. Identification of fibers –</p> <ul style="list-style-type: none"> a. Physical appearance b. Microscopic tests c. Burning tests <p>9. Basic stitches</p> <ul style="list-style-type: none"> a. Tacking, running, back stitch, hemming, slip stitch, overcasting, whipping 	Unit 11 12 + 04 Hours Unit 12 08 + 04 Hours Unit 13 04 + 06 Hours
08	II Test 28-01-2022 to 31-01-2022	-----	-----	-----

09	IV Term 01-02-2022 to 31-03-2022	Unit 14 Extension education and communication Unit 15 Communication for Home Science Extension	10. Plan and prepare the audio-visual aids to be used for extension education and communication	Unit 14 11 + 10 Hours Unit 15 11 Hours
11	Annual Exam	-----	-----	-----
	Total hours			120 Theory + 44 Practical Hours