

TERM WISE SYLLABUS

SESSION: 2018-19

CLASS - XII

SUBJECT: HOME SCIENCE

TERM	CONTENTS	PROJECT REPORT/ PRATICALS/SURVEY REPORT
APRIL 2018- SEPTEMBER 2018	<p>Unit I: Human Development: Life Span Approach (Part II)</p> <p>A. Adolescence (12 – 18 years)</p> <ul style="list-style-type: none">(i) Growth & Development – Domains and principles.(ii) Meaning, characteristics and needs.(iii) Influences on identity formation<ul style="list-style-type: none">(a) Biological and Physical changes- early and late matures (Role of heredity and environment)(b) By social, culture and media.(c) Emotional changes.(d) Cognitive changes.(iv) Specific issues and concerns<ul style="list-style-type: none">(a) Eating disorders- Causes, consequences and management (Anorexia Nervosa, Bulimia.)(b) Depression(c) Substance Abuse(d) Related to sex(e) Handling stress and peer pressure <p>B. Adulthood:</p> <ul style="list-style-type: none">(i) Young & middle adulthood: Understanding and management of new responsibilities, career, marriage and family.(ii) Late Adulthood / Old age:<ul style="list-style-type: none">(a) Health & Wellness; physical, social, emotional, financial, recreational needs(b) Care for elderly (at home and outside – old age home)(c) Anger management	<p>1. List and discuss at least 4 areas of agreement and disagreement of self with:- a) Mother b) Father c) Siblings d) Friends e) Teacher</p> <p>2. Identify the problems of adjustment of adolescents with the help of a tool (group activity) and make a report. (Project Report)</p> <p>3. Spend a day with an aged person and observe the needs and problems. Write a report. (Project Report)</p>

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	<p>Unit II: Nutrition for Self, Family and Community</p> <p>a) Meal Planning:</p> <ul style="list-style-type: none"> - Meaning and importance, principles and factors affecting meal planning; Nutritional needs, food preferences. - Use of basic food groups (ICMR) and serving size in meal planning - Factors influencing selection of food: culture, family food practices, media peer group, availability of foods, purchasing power, individual preference & health. - Modifications of diets in different age groups: infants, children, adolescence, adults, elderly and in special conditions: pregnancy and lactation (including traditional foods given in these conditions) <p>b) Therapeutic modification of normal diet with respect to consistency, frequency, foodstuffs, nutrients and methods of cooking.</p> <p>c) Modification of diet according to common ailments: diarrhoea, fever, jaundice, hypertension, diabetes and constipation. Physiological changes, Clinical symptoms, requirements and dietary requirements in each condition.</p> <p>d) Food safety and quality:</p> <ul style="list-style-type: none"> (i) Safe food handling (personal, storage, kitchen, cooking and serving). (ii) Safety guards against food adulteration, definition and meaning of food adulteration as given by FSSAI (Food Safety and Standard Authority of India). 	<p>4. Record one day diet of an individual and evaluate it against principles of balanced diet.</p> <p>5. Plan a meal and modify for any one physiological condition – a) Infants b) old age c) Pregnancy d) Lactation Prepare a dish.</p> <p>6. Plan a meal and modify for any one physiological condition – a) Fever b) Diarrhoea c) Constipation d) Jaundice e) Hypertension f) Diabetes Prepare a dish.</p> <p>7. Prepare ORS Solution.</p>

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	<p>(iii) Common adulterants present in cereals, pulses, milk and milk products, fats and oils, sugar, jaggery, honey, spices and condiments.</p> <p>(iv) Effects of some of the adulterants present in the foods: kesari dal, metanil yellow, argemone seeds.</p> <p>(v) Food standards (FPO, Agmark, ISI).</p> <p>Unit III: Money Management and Consumer Education</p> <p>(a) Family Income:</p> <p>(i) Various sources of family income:</p> <ul style="list-style-type: none"> • Money income • Real income (direct and indirect) • Psychic income. <p>(ii) Supplementing family income - need and ways; need and procedure for maintaining household accounts (daily, weekly and monthly).</p> <p>(b) Savings and Investment:</p> <p>(i) Meaning and importance of savings.</p> <p>(ii) Basis for selection of investment methods: risk, security, profit, tax saving.</p> <p>(iii) Ways/methods of investment –</p> <ul style="list-style-type: none"> • Bank schemes (saving, fixed, recurring); • Post Office schemes (savings, recurring deposit, monthly income scheme National saving certificate, Senior citizen scheme); • Insurance schemes (whole life, mediclaim); • Public Provident Fund (PPF), Provident Fund (PF). 	<p>8. Identify food adulteration: using visual and chemical methods; Turmeric, Chana Dal, Bura Sugar, Milk, Tea leaves, Coriander, Black Pepper Seeds, Desi-ghee.</p> <p>9. Collect and fill savings account opening form in Post Office and Bank.</p> <p>10. Fill up the following forms and paste in file: Withdrawal slip, Deposit slips, Draft slip and cheque (bearer or A/c payee).</p>

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	<ul style="list-style-type: none"> • Revision of Unit I, Unit II and Unit III (up to Family Income and Savings and Investment) 	<ul style="list-style-type: none"> • Mid Term Practical Exam at school level
	MID-TERM EXAMS- 2018-19	
OCTOBER 2018 TO NOVEMBER 2018	<p>DISCUSSION OF MID-TERM QUESTION PAPER WITH MARKING SCHEME.</p> <p>(iv) Consumer Protection and Education - Meaning, problems faced by consumer, Consumer Protection Amendment Act (2011); Consumer aids: labels, standardization marks, (ECO Mark, Hallmark, Wool mark, Silk mark), advertising, leaflets, and Consumer redressal forum, Internet.</p> <p>Unit IV: Apparel: Designing, Selection and Care</p> <p>(i) Application of elements of art and principles of design in designing apparel.</p> <p>(ii) Selection and purchase of fabrics- purpose, cost, season, quality, durability, ease of maintenance and comfort.</p> <p>(iii) Selection of apparel - factors influencing selection of apparel- age, size, climate, occupation, figure, occasion, fashion, drape cost and workmanship.</p> <p>(iv) Care and maintenance of clothes: - Cleansing agents : soaps and detergents (basic differences and their utility); - Stain removal- General principles of stain removal, stain removal of tea, coffee, lipstick, ball pen, grease, curry and blood.</p> <p>- Storage of clothes</p>	<p>11. Collect labels of any three products and compare them with mandatory requirements.</p> <p>12. Prepare one label each of any three items bearing ISI, FPO, Agmark.</p> <p>13. Illustrate principles of design or elements of art on a paper or cloth and evaluate them.</p> <p>14. Examine and evaluate readymade garments for their workmanship. [at-least two]</p> <p>15. Removal of different types of stains: tea, coffee, curry, grease, blood, lipstick, ball pen.</p> <p>16. Make sample of Hemming, Backstitch, Interlocking, Press buttons, hooks and eye.</p>

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<p>DECEMBER 2018</p> <p>JANUARY 2019</p> <p>FEBRUARY 2019</p>	<p>Unit V: Community Development and Extension (Part - II)</p> <p>(i) Water safety: Safe drinking water-importance of potable water for good health, and its qualities, simple methods of making water safe for drinking; boiling, filtering (traditional and modern technology), use of alum, chlorine.</p> <p>(ii) Salient features of income generating schemes; DWCRA (Development of Women and Children in Rural Area) MGNREGA (Mahatma Gandhi National Rural Employment Guarantee Act, 2005)</p> <p>Unit VI: Career Options after Home Science Education :</p> <p>Career options of self and wage employment of various fields of Home Science.</p> <p>FULL SYLLABUS TO BE COMPLETED BY NOVEMBER 30,2018</p> <ul style="list-style-type: none"> • Unit wise REVISION of whole syllabus • Revision from CBSE Question Papers and Sample papers • PRACTICE TESTS <p>• WINTER BREAK/ REMEDIAL CLASSES/ REVISION</p> <p>• COMMON PRE- BOARD SCHOOL EXAM- 2019</p> <ul style="list-style-type: none"> • REVISION WORK; Discussion of Pre-Board question paper with marking scheme, Solution to Students' difficulties. <p>CBSE BOARD EXAM- 2019</p>	<p>17. Visit any two places (home /restaurant /school/ business centre, etc.) and observe its measure for safe drinking water and general conditions of hygiene around it. (Survey Report)</p> <ul style="list-style-type: none"> • Practice and Revision of Project Work/ Practicals • Practice of viva questions <ul style="list-style-type: none"> • Pre- board Practical at school level • Final Submission of Practical Records, Project , Survey Report. <ul style="list-style-type: none"> • CBSE PRACTICAL EXAM- 2019 (in last week of January, 2019 to Mid-February, 2019).