

KOTHARI INTERNATIONAL SCHOOL

GRADE - 12 ANNUAL ACADEMIC PLAN

SUBJECT: HOME SCIENCE (064) SESSION: 2022-23

NAME OF THE TEACHER: SHILPI SETHI

WORK, LIVELIHOOD AND CAREER- 5 MARKS

NUTRITION, FOOD SCIENCE AND TECHNOLOGY - 23 MARKS

HUMAN DEVELOPMENT AND FAMILY STUDIES - 10 MARKS

FABRIC AND APPAREL – 17 MARKS

RESOURCE MANAGEMENT – 10 MARKS

COMMUNICATION AND EXTENSION – 5 MARKS

THEORY – 70 MARKS

PRACTICAL – 30 MARKS

MONTH	TOPIC	CONTENT(SUB-TOPICS)
MARCH (9 Days)	UNIT 1: WORK, LIVELIHOOD AND CAREER (12 periods) <ul style="list-style-type: none">Chapter 1: Work, Livelihood and Career	<ul style="list-style-type: none">a) Introduction Work and meaningful work Work, careers and livelihoodb) Traditional occupation in India, Agriculture, Handicrafts, Indian cuisine, Visual artsc) Work, Age and Gender Gender issues in relation to work Issues and concerns related to women and work: KGBV, Beti Bachao, Beti Padhao Yojanad) Attitudes and approaches to work and life skills for livelihood: Attitudes and approaches to work, Lifeskills for livelihood, Essential soft skills at workplace,e) Ergonomics Definition and need for ergonomics Benefits of Ergonomicsf) Entrepreneurship Definition and characteristic

<p>APRIL (18 days)</p>	<p>UNIT 2: NUTRITION, FOOD SCIENCE AND TECHNOLOGY (45 periods)</p> <ul style="list-style-type: none"> Chapter 2: Clinical Nutrition and Dietetics 	<ul style="list-style-type: none"> a) Introduction b) Nutrition c) Clinical Nutrition d) Significance e) Basic concepts f) Diet therapy g) Types of diets: Regular Diet and Modified diets h) Changes in consistency i) Feeding routes j) Prevention of chronic diseases k) Preparing for career l) Scope a) Commissary food service system b) Ready prepared food service system c) Assembly service system d) Menu planning e) Management in food service f) Preparing for a career g) Scope Careers in the catering and food service industry
<p>MAY (13 days)</p>	<p>UNIT 2: NUTRITION, FOOD SCIENCE AND TECHNOLOGY (45 periods)</p> <ul style="list-style-type: none"> Chapter 3: Public, Nutrition and Health 	<ul style="list-style-type: none"> a) Introduction b) Significance c) Basic concept Public health nutrition Nutritional Problems of India <ul style="list-style-type: none"> o Protein energy malnutrition o Micronutrient deficiencies Iron deficiency anaemia Vitamin A deficiency Iodine deficiency disorders d) Strategies/Intervention to tackle Nutritional problems <ul style="list-style-type: none"> Diet or food-based strategies Nutrient based strategies e) Nutrition programmes operating in India <ul style="list-style-type: none"> ICDS Nutrient Deficiency Control Programmes Food Supplementation Programmes Food Security Programme f) Health Care g) Scope

	<ul style="list-style-type: none"> Chapter 5: Food Processing and Technology 	<ul style="list-style-type: none"> a) Introduction b) Significance c) Basic Concepts <ul style="list-style-type: none"> Food Science Food Processing Food Technology Food Manufacturing
ARIL-MAY	<p>UNIT TEST – 1</p> <p>(COMMENCING 29 APRIL & ENDING 20 MAY 2022)</p>	<p>Holiday Homework:</p> <p>PROJECT ANY ONE OF THE FOLLOWING PROJECT MAY BE UNDERTAKEN AND EVALUATED (05 M)</p> <ol style="list-style-type: none"> Study of an integrated community based, nutrition/health programme being implemented in own area, with reference to <ul style="list-style-type: none"> a) Programme objectives b) Focal Group/Beneficiaries c) Modalities of implementation Market survey any five processed foods with their packaging and label information. Visit to the neighbouring areas and interview two adolescents regarding their perceptions of persons with special needs. Profile any two person (child/adult) with special needs to find out their diet, clothing, activities, physical and psychological needs. Planning any five messages for nutrition, health and life skills using different modes of communication for different focal groups.
JUNE	SUMMER VACATION	
JULY (20 days)	<p>UNIT 2: NUTRITION, FOOD SCIENCE AND TECHNOLOGY (45 periods)</p> <ul style="list-style-type: none"> Chapter 5: Food Processing and Technology Chapter 6: Food Quality and Food Safety 	<ul style="list-style-type: none"> d) Development of food processing and technology e) Importance of Food processing and Preservation f) Classification of food on the basis of extent and type of processing g) Preparing for a career h) Scope

	<p>PRACTICALS</p> <ol style="list-style-type: none"> 1. Modification of normal diet to soft diet for elderly person. 2. Development and preparation of supplementary foods for nutrition programme. 3. Planning a menu for a school canteen or mid-day meal in school for a week. 4. Design, prepare and evaluate a processed food product. <p>Unit III: HUMAN DEVELOPMENT & FAMILY STUDIES (35 periods)</p> <ul style="list-style-type: none"> • Chapter 7: Early Childhood Care and Education 	<ol style="list-style-type: none"> a) Introduction b) Significance c) Basic Concepts Food safety (Toxicity & Hazard) Hazards (Physical, chemical and biological) Food infection Food poisoning Food quality d) Food standards regulation in India-FSSA (2006) e) International Organization and agreements in the area of Food Standards, Quality, Research and Trade Codex Alimentarius Commission International Organization for Standardisation World Trade Organization f) Food Safety Management Systems Good manufacturing practices (GMP) Good handling practices (GHP) Hazard Analysis Critical Control Points (HACCP) g) Scope <ol style="list-style-type: none"> a) Significance b) Basic concepts c) Preparing for a career d) Scope
<p>AUGUST (19 days)</p> <p>UNIT TEST 2</p>	<ul style="list-style-type: none"> • Ch 9. Management of Support Services, Institutions and Programmes for Children, Youth and Elderly 	<ol style="list-style-type: none"> a) Significance b) Basic concepts c) Why are children vulnerable? d) Institutions, programmes and initiatives for children ICDS SOS Children's Village Children's Homes run by the Government Adoption e) Why are Youth vulnerable? f) Youth programmes in India g) Why are the elderly vulnerable h) Some programmes for the elderly i) Preparing for a career

	<p>Unit IV: FABRIC AND APPAREL SCIENCE (40 periods)</p> <ul style="list-style-type: none"> Chapter 10- Design for fabric and Apparel <p>PRACTICALS</p> <p>5. Qualitative test for food adulteration in: pure ghee, tea leaves, whole black pepper, turmeric powder, milk, asafoetida.</p> <p>6. Preparation and use of any one teaching aid to communicate social relevant messages for children/ adolescents /adults in the community.</p> <p style="text-align: center;">OR</p> <p>Preparation of any one toy for children (age appropriate) using locally available and indigenous material.</p>	<p>j) Scope</p> <p>a) Introduction</p> <p>b) Basic concepts (Design: Structural & Applied)</p> <p>c) Elements of design: Colour, Texture, Line, Shapes or form,</p> <p>d) Principles of Design: Proportion, Balance, Emphasis, Rhythm, Harmony</p> <p>e) Preparing for career</p> <p>f) Scope</p>
<p>SEPTEMBER (22 days)</p> <p>HALF YEARLY EXAMINATION COMMENCES 16 SEPTEMBER & ENDS 28 SEPTEMBER 2022</p> <p>75% of the Syllabus</p>	<ul style="list-style-type: none"> Chapter 11- Fashion Design and Merchandising <p>REVISION</p> <p>PRACTICALS</p> <p>7. Preparation of any one article using applied textile design techniques; tie and dye/batik/block printing.</p> <p>8. Remove different types of stains from white cotton cloth –Ball pen, curry, grease, ink, lipstick, tea and coffee.</p>	<p>a) Introduction</p> <p>b) Significance</p> <p>c) Basic Concepts Fashion terminology –Fashion,fads, style, classic</p> <p>d) Fashion Development France-The centre of fashion Fashion Evolution</p> <p>e) Fashion Merchandising</p> <p>f) Fashion Retail Organization</p> <p>g) Preparing For a career</p> <p>h) Scope</p>

<p>OCTOBER (13 days)</p>	<p>Unit IV: FABRIC AND APPAREL SCIENCE (40 periods)</p> <ul style="list-style-type: none"> Chapter 13- Care and Maintenance of Fabrics in Institutions <p>Unit V: RESOURCE MANAGEMENT (35 periods)</p> <ul style="list-style-type: none"> Chapter 15 – Hospitality Management 	<ul style="list-style-type: none"> a) Introduction b) Basic concepts Washing equipment Drying equipment Ironing/pressing equipment c) Institutions d) Preparing for a career e) Scope <ul style="list-style-type: none"> a) Introduction b) Significance c) Basic concepts d) Departments involved in hospitality management of an organization e) Scope
<p>NOVEMBER (21 days)</p> <p>PRE-BOARD EXAMINATION- 1</p> <p>COMMENCES ON 18 NOVEMBER AND ENDS ON 30 NOVEMBER</p> <p>SYLLABUS FOR PRE-BOARD EXAMINATION- 1 IS 85%</p>	<p>Unit V: RESOURCE MANAGEMENT (35 periods)</p> <p>Chapter 16 – Consumer Education and Protection</p> <p>PRACTICAL</p> <p>9. Develop a leaflet/pamphlet for Consumer Education and Protection on any one of the following</p> <ul style="list-style-type: none"> a) Consumer Protection Act (CPA) b) Consumer responsibilities c) Consumer organization d) Consumer Problems 	<ul style="list-style-type: none"> a) Introduction b) Significance of consumer education and protection c) Basic concepts: Consumer product, Consumer behavior, Consumer forum, Consumer footfalls, Consumer problems, Consumer rights, Standardized marks (ISI, Wool Mark, Hall Mark, Silk Mark), Protection Council, Consumer Responsibilities d) Scope
<p>DECEMBER</p> <p>PRE-BOARD EXAMINATION- 2 COMMENCES ON 16 DECEMBER AND ENDS ON 30 DECEMBER</p> <p>SYLLABUS FOR PRE-BOARD EXAMINATION- 2 IS 100%</p>	<p>Unit VI: COMMUNICATION AND EXTENSION (15 periods)</p> <ul style="list-style-type: none"> Chapter 17 – Development Communication and Journalism <p>PRACTICAL</p> <p>10. Evaluate any one advertisement for any job position.</p>	<ul style="list-style-type: none"> a) Introduction b) Significance c) Basic concepts Development Development journalism Development Communication d) Methods of communication Campaign Radio and television Print media Information and communication technologies

		<p>e) Knowledge and skills required for a career in this field</p> <p>f) Scope and career avenues in development communication</p>
<p>JANUARY (15 Days)</p> <p>PRACTICE TESTS BOARD PRACTICALS COMMENCE</p>	<p>REVISION</p>	
<p>FEBRUARY (20 days)</p> <p>BOARD PRACTICALS</p>	<p>PRACTICALS PRACTICE</p> <p>REVISION</p>	
<p>AWAIT CBSE ANNOUNCEMENT OF BOARD EXAMINATION DATES</p>		