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	UNIT 1: WORK, LIVELIHOOD AND CAREER (12 periods)	
(9 Days)	Chapter 1: Work, Livelihood and Career	 a) Introduction Work and meaningful work Work, careers and livelihood b) Traditional occupation in India, Agriculture, Handicrafts, Indian cuisine, Visual arts c) Work, Age and Gender Gender issues in relation to work Issues and concerns related to women and work: KGBV, Beti Bachao, Beti Padhao Yojana d) 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 Ergonomics f) Entrepreneurship Definition and characteristic

	UNIT 2: NUTRITION, FOOD SCIENCE		
APRIL	AND TECHNOLOGY (45 periods)	a)	Introduction
(18 days)	• Chapter 2: Clinical Nutrition and	b)	Nutrition
	Dietetics	c)	Clinical Nutrition
		d)	Significance
		e)	Basic concepts
		f)	Diet therapy
		g)	Types of diets: Regular Diet and
		5)	Modified diets
		h)	
		i)	Feeding routes
		j)	Prevention of chronic diseases
		k)	Preparing for career
		1)	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
MAY (12 days)	UNIT 2: NUTRITION, FOOD SCIENCE AND TECHNOLOGY (45 periods)		
(13 days)	Chapter 3: Public, Nutrition and Health	a)	Introduction
	• Chapter 3: Public, Nutrition and Health	b)	Significance
		c)	Basic concept
			Public health nutrition
			Nutritional Problems of India
			o Protein energy malnutrition
			o Micronutrient deficiencies
			Iron deficiency anaemia
			Vitamin A deficiency
			Iodine deficiency disorders
		d)	8
			Nutritional problems
			Diet or food-based strategies
			Nutrient based strategies
		e)	Nutrition programmes operating in
			India
			ICDS
			Nutrient Deficiency Control
			Programmes
			Food Supplementation Programmes
			Food Security Programme
		f)	Health Care
		g)	Scope

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	Chapter 5: Food Processing and Technology	 a) Introduction b) Significance c) Basic Concepts Food Science Food Processing Food Technology Food Manufacturing
ARIL-MAY	UNIT TEST – 1 (COMMENCING 29 APRIL & ENDING 20 MAY 2022)	Holiday Homework: PROJECT ANY ONE OF THE FOLLOWING PROJECT MAY BE UNDERTAKEN AND EVALUATED (05 M) 1. Study of an integrated community based, nutrition/health programme being implemented in own area, with reference to a) Programme objectives b) Focal Group/Beneficiaries c) Modalities of implementation 2. Market survey any five processed foods with their packaging and label information. 3. Visit to the neighbouring areas and interview two adolescents regarding their perceptions of persons with special needs. 4. Profile any two person (child/adult) with special needs to find out their diet, clothing, activities, physical and psychological needs. 5. Planning any five messages for nutrition, health and life skills using different modes of communication for different focal groups.
JUNE	SUMMER VACATION	<i>U</i> 1
JULY (20 days)	 UNIT 2: NUTRITION, FOOD SCIENCE AND TECHNOLOGY (45 periods) Chapter 5: Food Processing and Technology Chapter 6: Food Quality and Food Safety 	 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

	 PRACTICALS 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. 	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
	 Unit III: HUMAN DEVELOPMENT & FAMILY STUDIES (35 periods) Chapter 7: Early Childhood Care and Education 	a) Significanceb) Basic conceptsc) Preparing for a careerd) Scope
AUGUST (19 days) UNIT TEST 2	Ch 9. Management of Support Services, Institutions and Programmes for Children, Youth and Elderly	 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

		j) Scope
	 Unit IV: FABRIC AND APPAREL SCIENCE (40 periods) Chapter 10- Design for fabric and Apparel PRACTICALS 5. Qualitative test for food adulteration in: pure ghee, tea leaves, whole black pepper, turmeric powder, milk, asafoetida. 6. Preparation and use of any one teaching aid to communicate social relevant messages for children/ adolescents /adults in the community. OR Preparation of any one toy for children (age appropriate) using locally available and indigenous material. 	 a) Introduction b) Basic concepts (Design: Structural & Applied) c) Elements of design: Colour, Texture, Line, Shapes or form, d) Principles of Design: Proportion, Balance, Emphasis, Rhythm, Harmony e) Preparing for career f) Scope
SEPTEMBER (22 days) HALF YEARLY EXAMINATION COMMENCES 16 SEPTEMBER & ENDS 28 SEPTEMBER 2022 75% of the Syllabus	 Chapter 11- Fashion Design and Merchandising REVISION PRACTICALS 7. Preparation of any one article using applied textile design techniques; tie and dye/batik/block printing. 8. Remove different types of stains from white cotton cloth –Ball pen, curry, grease, ink, lipstick, tea and coffee. 	 a) Introduction b) Significance c) Basic Concepts Fashion terminology –Fashion,fads, style, classic d) Fashion Development France-The centre of fashion Fashion Evolution e) Fashion Merchandising f) Fashion Retail Organization g) Preparing For a career h) Scope

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		e) f)	Knowledge and skills required for a career in this field Scope and career avenues in development communication
JANUARY (15 Days)			
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FEBRUARY (20 days)	PRACTICALS PRACTICE		
BOARD PRACTICALS	REVISION		
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