

KOTHARI INTERNATIONAL SCHOOL
SUBJECT: HOME SCIENCE SUBJECT CODE: 064
ANNUAL PLANNER (2023-24)

S.No	TERM	MONTH	TOPIC	SUBJECT ENRICHMENT
1.	PERIODIC ASSESSMENT 1(cycle) 30% of the Total Syllabus (Period- 9th May to 23rd May) Revision Days:	MARCH Working Days -9	CHAPTER 1: PLAY <ul style="list-style-type: none"> PLAY ROLE OF PLAY IN DEVELOPMENT OF CHILDREN TYPES OF PLAY SELECTION OF PLAY MATERIAL 	<ul style="list-style-type: none"> RESEARCH WORK PPT
		APRIL Working Days -18	CHAPTER 2: FEATURES OF CHILDHOOD <ul style="list-style-type: none"> EARLY CHILDHOOD MIDDLE CHILDHOOD PHYSICAL DEVELOPMENT MOTOR DEVELOPMENT SOCIAL DEVELOPMENT EMOTIONAL DEVELOPMENT LANGUAGE DEVELOPMENT COGNITIVE DEVELOPMENT 	<ul style="list-style-type: none"> RESEARCH WORK PPT
		MAY Working Days -18	CHAPTER 3: FEATURES AND PROBLEMS OF ADOLESCENCE <ul style="list-style-type: none"> COGNITIVE CHARACTERISTICS LANGUAGE CHARACTERISTICS/ DEVELOPMENT REVISION PERIODIC ASSESSMENT 1 CHAPTER 5: TIME AND ENERGY MANAGEMENT <ul style="list-style-type: none"> TIME MANAGEMENT 	<ul style="list-style-type: none"> QUIZ PPT MAKE A SUITABLE PLAY MATERIAL FOR A CHILD BETWEEN BIRTH TO 5 YEARS

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			<ul style="list-style-type: none"> ● IMPORTANCE OF TIME MANAGEMENT ● TIME PLAN 	
2.	PERIODIC ASSESSMENT 2 75% of the Total Syllabus (Period- 16 th September to 30 th September) Revision Days	JULY Working Days -20	REVISION CHAPTER 5: TIME AND ENERGY MANAGEMENT <ul style="list-style-type: none"> ● TIME PLAN ● ENERGY MANAGEMENT ● FATIGUE ● WORK SIMPLIFICATION CHAPTER 7: FOOD AND PERSONAL HYGIENE <ul style="list-style-type: none"> ● FOOD HYGIENE ● PRINCIPLES OF HYGIENIC HANDLING OF FOOD ● HYGIENE IN KITCHEN ● PERSONAL HYGIENE OF FOOD HANDLER HYGIENE DURING FOOD STORAGE	<ul style="list-style-type: none"> ● RESEARCH WORK ● PPT ● QUIZ ● LIST 5 AREAS OF AGREEMENT AND DISAGREEMENT EACH OF SELF ● PREPARE A TIME PLAN FOR SELF (FOR A DAY)
		AUGUST Working Days -17	PERIODIC ASSESSMENT 2 CHAPTER 8: MEAL PLANNING <ul style="list-style-type: none"> ● MEAL PLANNING ● IMPORTANCE OF MEAL PLANNING 	<ul style="list-style-type: none"> ● RESEARCH WORK ● PPT

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			<ul style="list-style-type: none"> ● FACTORS AFFECTING MEAL PLANNING ● BASIC FOOD GROUPS ● USE OF FOOD GROUPS IN PLANNING BALANCED DIETS ● EXAMPLES OF USE OF FOOD GROUPS IN PLANNING BALANCED DIETS ● THERAPEUTIC ADAPTATIONS OF NORMAL DIETS ● RDA BY ICMR 	<ul style="list-style-type: none"> ● PLAN A BALANCED MEAL FOR SELF (ADOLESCENT)
		SEPTEMBER Working Days- 22	REVISION PERIODIC ASSESSMENT 2	
3	<u>PERIODIC ASSESSMENT 3</u> 25% of Remaining Syllabus (Period- 14th Nov to 30th Nov)	OCTOBER Working Days- 13	CHAPTER 9: FOOD SAFETY AND CONSUMER EDUCATION <ul style="list-style-type: none"> ● CONSUMER ● MALPRACTICES ADOPTED BY TRADERS ● FOOD ADULTERATION ● COMMON ADULTERANTS IN FOODS AND THEIR HARMFUL EFFECTS ● FOOD SAFETY ● FOOD SAFETY STANDARDS ● ROLE OF CONSUMER EDUCATION ● CONSUMER RIGHTS 	<ul style="list-style-type: none"> ● RESEARCH WORK ● PPT ● LIST 5 MALPRACTICES YOU HAVE OBSERVED IN THE MARKET ● SLOGAN/POSTER TO CREATE AWARENESS ON CONSUMER EDUCATION

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			<ul style="list-style-type: none"> ● CONSUMER REDRESSAL ● CONSUMER ORGANISATIONS 	
		NOVEMBER Working Days- 21	CHAPTER 10: CARE AND MAINTENANCE OF FABRICS <ul style="list-style-type: none"> ● CLEANING AND FINISHING AGENTS USED IN ROUTINE CARE ● STAIN REMOVAL 	<ul style="list-style-type: none"> ● RESEARCH WORK ● PPT ● STAIN REMOVAL
5.	<u>PREBOARD 1</u> 90% of the Syllabus (Period- 15 th December to 30 th December) REVISION DATES	December Working Days- 22	CHAPTER 10: CARE AND MAINTENANCE OF FABRICS <ul style="list-style-type: none"> ● BASIC RULES FOR KNOWN STAINS ● RULES FOR UNKNOWN STAINS ● STORING GARMENTS ● TIPS OF STORING REVISION	<ul style="list-style-type: none"> ● RESEARCH WORK ● PPT
6	<u>PRE BOARDS 2</u> 100% of the Syllabus (Period- 10 th January to 24 th January)	JANUARY Working Days -15	REVISION	