

**KOTHARI INTERNATIONAL SCHOOL**  
**GRADE: 9 ANNUAL PLANNER (2026-27)**  
**SUBJECT: HOME SCIENCE      SUBJECT CODE: 064**

S.No	TERM	MONTH	TOPIC	SUBJECT ENRICHMENT
1.	<b>Periodic Assessment 1</b> 25% of the Syllabus (PA1- 27 April to 22 May 2026)	APRIL Working Days - 19	<b>UNIT I : CONCEPT AND SCOPE OF HOME SCIENCE EDUCATION AND RECENT TRENDS</b> <ul style="list-style-type: none"> <li>● Concept of Home science</li> <li>● Fields of Home Science</li> <li>● Relevance of study of Home Science and career options</li> <li>● Recent trends</li> </ul> <b>UNIT II : HUMAN GROWTH &amp; DEVELOPMENT - I</b> <ul style="list-style-type: none"> <li>● Concept of growth and development</li> <li>● Principles of growth and development</li> <li>● Factors affecting growth and development (environmental and heredity)</li> <li>● Age specific milestones (Birth to 3 years)</li> </ul>	<p style="text-align: center;"><b>Activity</b></p> <ul style="list-style-type: none"> <li>● Collage on career options in the area of Home Science.</li> <li>● Observation of motor skills in three year old child.</li> <li>● Observation of physical development in a child from birth to three years</li> </ul>
2.		MAY Working Days - 17	<b>UNIT III : FAMILY AND VALUES</b> <ul style="list-style-type: none"> <li>● Concept and types of family</li> <li>● Role of family in Holistic development of an individual (Physical, Social, Psychological and spiritual)</li> <li>● Ethical and value based society (need for happy family, respect and care for each member of family, Dignity of labour, work distribution within the family)</li> <li>● Importance of Girl Child.</li> <li>● Influence of various factors on a family : Globalisation, urbanisation, migration, technology and media.</li> </ul>	<p style="text-align: center;"><b>Activity</b></p> <ul style="list-style-type: none"> <li>● Collection of data: to record role of family members.</li> <li>● create a family tree with drawing or pictures</li> <li>● Write 5 values your family teaches ( respect, honesty, etc.)</li> </ul>

3.	<b>Periodic Assessment 2</b> 40% of the total syllabus (Period- 6 July to 10 August 2026)	JULY Working Days - 25	<b>UNIT IV: FOOD, NUTRITION AND HEALTH</b> <ul style="list-style-type: none"> <li>● Definition of food, nutrition, nutrient, Health and nutritional status.</li> <li>● Food and its functions (Physiological, social and psychological)</li> <li>● Nutrients : sources and functions</li> <li>● Relationship of food, health and diseases</li> <li>● Malnutrition : concepts and components (over nutrition and under nutrition)</li> <li>● Concept of Balanced Diet</li> </ul>	<b>Activity</b> <ul style="list-style-type: none"> <li>● Visit to a Supermarket:-Recording different ingredients commonly used in the kitchen.</li> <li>● Weights and measures:</li> <li>● Equivalents / conversions of Ounce, gram, cup, teaspoon, tablespoon, how to use a kitchen weighing scale</li> </ul>
4.		AUGUST Working Days - 19	<b>UNIT V : FIBRE AND FABRIC</b> <ul style="list-style-type: none"> <li>● Definition of Fiber and Yarn</li> <li>● Classification of fiber on the basis of origin and length</li> <li>● Characteristics of fibers: feel, appearance, colour fastness, length, strength, absorbency, shrinkage, elasticity, effect of heat and sunlight.</li> </ul>	<b>Activity:</b> <ul style="list-style-type: none"> <li>● Collection and Identification of fabrics, physical and burning tests.</li> </ul>
5.	<b>Mid Term</b> 70% of the Syllabus (Period- 7 Sep to 22 September 2026)	SEPTEMBER Working Days- 22	<b>Mid Term</b>	<b>Mid Term</b>
6.		OCTOBER Working Days- 18	<b>UNIT VI : RESOURCE MANAGEMENT</b> <ul style="list-style-type: none"> <li>● Resources :Definition and characteristics</li> <li>● Types of resources (Human : Time,Energy, Knowledge and attitude</li> <li>● Non-Human : Money, materialistic goods and community resources)</li> <li>● Waste Management – Need to refuse, reduce, reuse, repair and recycle waste.</li> <li>● Proper disposal of kitchen waste (Biodegradable: Composting, Vermicomposting, biogas.</li> <li>● Non-Biodegradable</li> </ul>	<ul style="list-style-type: none"> <li>● Create poster for proper disposal of domestic waste</li> </ul>

			<ul style="list-style-type: none"> <li>• Incineration, Landfills and recycle)</li> </ul>	
7.	<b>Periodic Assessment 3</b> Remaining 30% Syllabus (Period- 2 Nov to 30 Nov 2026)	NOVEMBER Working Days- 16	<b>UNIT VII : MEASURES OF SAFETY AND MANAGEMENT OF EMERGENCIES.</b> <ul style="list-style-type: none"> <li>• Accident prone / Unsafe Zones at home.</li> <li>• Need of safety at home.</li> <li>• Measures of safety against burns, electric shocks, cuts, fractures, bites, poisoning</li> <li>• First Aid : Concept and Importance</li> </ul>	<ul style="list-style-type: none"> <li>• Prepare a first aid kit</li> </ul>
8.		December Working Days- 17	<ul style="list-style-type: none"> <li>• Revision Worksheets</li> <li>• Handouts</li> <li>• One to one doubt solving classes</li> <li>• Class Tests</li> </ul>	
9.		JANUARY Working Days - 17	<ul style="list-style-type: none"> <li>• Revision Worksheets</li> <li>• Handouts</li> <li>• One to one doubt solving classes</li> <li>• Class Tests</li> </ul>	
10.	<b>ANNUAL EXAMINATION</b> 100% (5 February -17 Feb 2027)	FEBRUARY Working Days - 20	<ul style="list-style-type: none"> <li>• Revision Worksheets</li> <li>• Handouts</li> <li>• One to one doubt solving classes</li> <li>• Class Tests</li> </ul>	