

3.		MAY Working Days -15	Unit III: Food and Personal Hygiene a) Principles of hygienic handling and serving of food b) Hygiene in kitchen c) Personal hygiene of food handler d) Hygiene during food storage	
4.	Periodic Assessment 2 50% of the total syllabus (Period- 6 July to 10 August 2026)	JULY Working Days -22	Unit IV: Meal Planning a) Concept of Meal Planning b) Factors affecting meal planning - age, sex, climate, occupation, cost of food items, number of family members, occasion, availability of food, family traditions, likes and dislikes c) Basic food groups given by ICMR d) Use of food groups in planning balanced meal for self and family.	<ul style="list-style-type: none"> ● Plan a balanced meal for yourself.
5.		AUGUST Working Days -19	Unit V: Food Safety and Consumer Education a) Problems faced by Consumer- Price variation, poor quality, Faulty weights and measures, Non-availability of goods, Misleading information, Lack of standardized products b) Food adulteration : Concept, adulterants(Metanil yellow, Argemone ,Kesari dal) and harmful effects of these adulterants on human health, c) Food Safety Standards-FSSAI (2006)	<ul style="list-style-type: none"> ● Write a report on any five malpractices you have observed in the market and write your responsibilities as a consumer in each context. ● Prepare a slogan/poster to create awareness on consumer education

6.	<u>Mid Term</u> 80% of the Syllabus (Period- 7 Sep to 22 September 2026)	SEPTEMBER Working Days- 21	Mid Term	
		OCTOBER Working Days- 18	Unit VI: Care and Maintenance of Fabrics and Apparel a) Cleaning and finishing agents used in routine care of clothes. b) Stain Removal c) Storage of cotton, silk, wool and synthetics	<ul style="list-style-type: none"> Remove stains from white cotton fabric: curry, grease, ball pen ink, lipstick, tea and coffee.
7.	Pre Board 1 100% Syllabus (Period- 5 Nov to 25 Nov 2026)	NOVEMBER Working Days- 16	Pre Board 1	
8.	Pre Board 2 100% Syllabus (Period- 4 Dec to 16 December 2026)	December Working Days- 20	Pre Board 2	
9.		JANUARY Working Days -18	Revision and Practicals	