कक्षा :– दसवीं विषय:–गृह विज्ञान

मास	Unit Name	विषय वस्तु	शिक्षण के पीरियड	दोहराई के पीरियड	प्रयोगात्मक कार्य
अप्रैल	Growth and Development of Children.	- Principles of growth and developmentImportant milestone in physical, motor, social, emotional and language development of childrenPhysical, Social and	8	3	4
मई		emotional needs of children	6	3	3
12			-		
			2	2	2
जून			-	1	
जुलाई			5	'	
			5	1	
			4	2	2
अगस्त			5	2	2
	Nutrients-I	-Function and Sources of nutrients			
		227	5	2	3
सितम्बर	Nutrients-II	-Deficiency of Nutrients and their affects on body	8	3	
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अक्तुबर	Meal Planning Food Groups	-Balanced Diet -Factors considered while Meal Planning -Different types of Food	6	5	3
नवम्बर	Food hygiene and storage	-Storage of Perishable and Non-Perishable foods. -Principles of Food preservation.	6	3	3
दिसम्बर	Cleaning and finishing of clothes	-Personal hygiene while cooking and storing the food -Different cleaning and finishing agents care of clothes at home	8	3	4

जनवरी	of Apparel	Factor considered while buying clothes for different age-group Advantages and Disadvantages of Ready made garments	8	4	3
फरवरी		Revision			
मार्च		Exam		,	