

कक्षा : बारहवीं
विषय : गृह विज्ञान
पाठ्यक्रम

Month	Unit	Sub Unit	Teaching Period	Revision Period	Practical Work
April	Food and its Constituents	Nutrients and its Sources. Classification and Function of Food Recommended allowances of nutrients	10	3	6
May	Meal Planning	Meaning and importance of Meal Planning. Principles and factors affecting Meal Planning. for individual and special needs.	8	3	8
June					
July	Food Preservation	Reasons for food spoilage Advantages and methods of Food preservation	6	2	5
	Health	Personal Hygiene Need of Exercise	6	2	
August	Diseases of children	Symptoms and incubation period of Childhood diseases. TB, DPT, Polio, Measles, cholera, diarrhea etc.	10	3	2
September	Protection from Preventable diseases	Immunization and its Chart Preventative measures for getting rid of these diseases.	8	4	4
October	Care and maintenance of fabric	General principles and precautions to be followed for removing stains and washing. Cleansing agents Storage of clothes	6	3	8
November	Quality and check of apparel and linen	Selection of clothes and fabric according to personality, age, climate, occupation, figure etc. Checking size, quality etc in readymade garments.	6	3	8
December	Rights and responsibilities of consumer	Meaning of consumer Education Rights & responsibilities of consumer.	6	3	8
January	Values in the family	Different values in life Values adopted in family, offices and in society	8	2	2
February		Revision			
March		Exam			