

कक्षा : बारहवीं
विषय : गृह विज्ञान
पाठ्य क्रम

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			6	3	8
November			6	3	8
December	Rights and responsibilities of consumer	Meaning of consumer Education Rights & responsibilities of consumer.	6	3	8
January			8	2	2
February		Revision			
March		Exam			