

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 development. -Important milestone in physical, motor, social, emotional and language development of children. -Physical, Social and emotional needs of children	8	3	4
मई			6	3	3
			2	2	2
जून					
जुलाई			5	1	
			5	1	
			4	2	2
अगस्त	Nutrients-I	-Function and Sources of nutrients	5	2	2
			5	2	3
सितम्बर	Nutrients-II	-Deficiency of Nutrients and their affects on body	8	3	
			2		
अक्तुबर	Meal Planning	-Balanced Diet -Factors considered while Meal Planning	6	5	3
	Food Groups	-Different types of Food groups and their importance	6		
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	Quality Check 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			