

**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			