

Weekly Distribution of Syllabus
Class: 11th Subject: Home Science

MONTH	WEEK	NAME OF CHAPTER	TOPICS/CONTENT
June, 2021	3rd	Concept of Growth and Development	<ul style="list-style-type: none"> • Concept and Definition of growth and development • Difference between growth and development"
	4th	Concept of Growth and Development	<ul style="list-style-type: none"> • Principles of growth and development
	5th (28 June-3 July)	Development from Infancy to Childhood	<ul style="list-style-type: none"> • Physical and motor development • Motor development during 0-3 month, 3-6 months, 6-9 months ,9-12 months and 1-2 years
July, 2021	1st	Development from Infancy to Childhood	<ul style="list-style-type: none"> • social development • Emotional development • Practical work
	2nd	Development from Infancy to Childhood	<ul style="list-style-type: none"> • Socialization • Cognitive development • Physical development
	3rd	Development during Adolescent	<ul style="list-style-type: none"> • Social development • Emotional Development • Sexual Development
	4th	REVISION AND SAT	

Weekly Distribution of Syllabus
Class: 12th. Subject: Home Science

MONTH	WEEK	NAME OF CHAPTER	TOPICS/CONTENT
June, 2021	3rd	Food and its constituents	<ul style="list-style-type: none"> • Nutrients and its Sources • Functions of Food
	4th	Food and its constituents	<ul style="list-style-type: none"> • Classification of Food • Recommended allowances of Nutrients • Practical Work
	5th (28 June-3 July)	Meal Planning	<ul style="list-style-type: none"> • Meaning and Definition • Importance of meal planning • Principles of meal planning
July, 2021	1st	Meal Planning	<ul style="list-style-type: none"> • Factor affecting meal planning • Meal planning for individual and special need • Practical Work
	2nd	Food Preservation	<ul style="list-style-type: none"> • Concept • Reasons of food spoilage • Advantage and methods of food preservation • Practical Work
	3rd	Health	<ul style="list-style-type: none"> • Concept • Personal hygiene • Need of exercise
	4th	Revision and SAT	