

Weekly Distribution of Syllabus(According to Reduced Syllabus)**Class: 9th Subject: Home Science**

MONTH	WEEK	NAME OF CHAPTER	TOPICS/CONTENT
August, 2021	1st Week (02 Aug – 07 Aug)	Methods of cooking	<ul style="list-style-type: none">• Concept and Definition of food• Concept and definition of health• Concept and definition of nutrition• Concept and definition of nutrients• Concept and definition of balance Diet
	2nd week (09 Aug – 14 Aug)	Methods of cooking	<ul style="list-style-type: none">• Use of cooking food• Practical
	3rd week (16th Aug – 21st Aug)	Methods of cooking	<ul style="list-style-type: none">• Different methods of cooking• Practical
	4th Week 23rd Aug -28th Aug)	Methods of cooking	<ul style="list-style-type: none">• Different methods of cooking• Practical
	5th Week 30th Aug-03 September	Methods of cooking	<ul style="list-style-type: none">• Different methods of cooking• Practical

Weekly Distribution of Syllabus(According to Reduced Syllabus)**Class: 10th Subject: Home Science**

MONTH	WEEK	NAME OF CHAPTER	TOPICS/CONTENT
August, 2021	1st Week (02 Aug – 07 Aug)	Nutrients-1	<ul style="list-style-type: none">• Concept and definition of Nutrients• Classification of Nutrients
	2nd week (09 Aug – 14 Aug)	Nutrients-1	<ul style="list-style-type: none">• Sources of Nutrients
	3rd week (16th Aug – 21st Aug)	Nutrients-1	<ul style="list-style-type: none">• Functions of Nutrients• Practical
	4th Week 23rd Aug -28th Aug)	Nutrients -1	<ul style="list-style-type: none">• Functions of Nutrients• Practical
	5th Week 30th Aug-03 September	Nutrients -1	<ul style="list-style-type: none">• Revision