

**CLASS -11 MONTHLY SYLLABUS PLANNING 2023-2024**

**SUBJECT: HOME SCIENCE**

S.No	MONTH	No. OF WORKING DAYS	BOOKS	CONTENT	LEARNING OBJECTIVES	ACTIVITIES TO BE CONDUCTED	ASSESSMENTS
1	April	18 days	Human Ecology and Family Studies -Premiere Publications	1. Introduction to Home Science 2. Understanding the self	Students will be able to define Home Science , Areas Of Home Science. Career options of Home Science Discuss the importance of knowing oneself Analyse why the period of adolescence is critical	Study of one's physical self. Understanding oneself with reference to: a) Developmental norms , b) Peer group c) General health status d) Measurements of body size	PT 1
2	May	21 days	Human Ecology and Family Studies -Premiere Publications	3. Food , Nutrition , Health and Fitness 4. Management of Resources	Students will be able to define terms like - Food Nutrition , Nutrients, Health , Fitness and role of food and nutrition Understanding the concept of a resource Describe Identify various resources the characteristics of resources	To assess your Health Status Observe Developmental Norms (Physical, Motor, Language and Social – emotional) from birth to three years a) Mother b) Father c) Siblings/ Friends d) Teacher	
3	July	23 days (including PT I)	Human Ecology and Family Studies -Premiere Publications	5. Fabric around Us Revision	To understand the diversity of resources Describe the properties of each group of fabrics	1. a) Record own diet for a day b) Evaluate qualitatively for adequacy 2. a) Record the fabrics and apparel used in a day. b) Categorize them according to functionality.	
5	August	23 days	Human Ecology and Family Studies -Premiere Publications	6. Media Communication and Technology 7. (a) Concerns and needs in Diverse contexts- Nutrition Health and Hygiene	Define the concept of communication and understand the process of communication Enlist the different types of communication. Analyze various communication technologies	List and discuss 4-5 areas of agreement and disagreement with a) Mother b) Father c) Siblings/ Friends d) Teacher	Mid term exams
	September	21 days (including Mid Term examination)	Human Ecology and Family Studies -Premiere Publications	7. (b) Resources availability and management	Discuss ways of managing important resources like time space Discuss tools in management. Discuss ways of managing Time and Space. Explain the principles of managing Space	Prepare a Time Plan for yourself	
6	October	20 days	Human Ecology and Family Studies -Premiere Publications	8. Survival Growth and Development	Explain the concepts of survival growth and development Analyze the relationship between growth and health Discuss the characteristics of different stages of childhood	Relationship of fibre properties to their usage- a) Thermal property and flammability b) Moisture absorbency and comfort.	
7	November	19 days	Human Ecology and Family Studies -Premiere Publications	9. Nutrition Health and well being 10. Our Apparel	Discuss food habits of children Describe the immunisation schedule Identify important health and nutrition related problems of children Identify general clothing needs of children Recognise the characteristic feature of clothing	Preparation of different healthy snacks for an adolescent suitable in his or her context.	PTIII
8	December	22 days (including PT II)	Human Ecology and Family Studies -Premiere Publications	11. Health and Wellness +Revision	Discuss the importance of health and fitness Explain the health concerns and challenges of adults Explain the health concerns and challenges of adults	Relationship of fibre properties to their usage- a) Thermal property and flammability b) Moisture absorbency and comfort.	
9	January	18 days	Human Ecology and Family Studies -Premiere Publications	12. Financial Management and Planning 13. Care and maintenance of Fabrics	Understand the meaning of Financial management Describe the meaning of savings and investment Understand the aspects of care and maintenance of different fabrics	Preparing Budget for a circumstance /situation a) Analyze label of any one garment with respect to: Clarity, fibre content, size and care instructions. (b) Prepare one care label of any garment. (c) Analyze two different fabric samples for colour fastness	ANNUAL EXAMS (includes whole syllabus )
10	February onwards	23 days (including annual exams)	Human Ecology and Family Studies -Premiere Publications	REVISION			

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**EXAM SCHEDULE**

S.NO	EXAM	MONTH	SYLLABUS
1	PT I	Jul-23	1. Introduction to Home Science 2. Understanding the self
2	Mid Term Exams	Sep-23	1. Introduction to Home Science 2. Understanding the self 3. Food , Nutrition , Health and Fitness 4. Management of Resources 5. Fabric around Us
3	PT III	Nov-23	6. Media Communication and Technology 7. (a) Concerns and needs in Diverse contexts- Nutrition Health and Hygiene (b) Resources availability and management 8. Survival Growth and Development 9. Nutrition Health and well being
4	Annual Exams	Feb onwards	1. Introduction to Home Science 2. Understanding the self 3. Food , Nutrition , Health and Fitness 4. Management of Resources 5. Fabric around Us 6. Media Communication and Technology 7. (a) Concerns and needs in Diverse contexts- Nutrition Health and Hygiene (b) Resources availability and management 8. Survival Growth and Development 9. Nutrition Health and well being 10. Our Apparel 11. Health and Wellness 12. Financial Management and Planning 13. Care and maintenance of Fabrics

**Note :**

1. The total number of working days include Internal Assessments and Test/ Examinations.
2. Blueprint of the question papers must be added.
3. Syllabus for various exams have to be added.
4. Amendments to be applied as per CBSE guidelines.