

COOKERY (69)

BIFURCATED SYLLABUS

(As per the Reduced Syllabus for ICSE - Class X Year 2022 Examination)

SEMESTER 1 <i>(Marks: 50)</i>		SEMESTER 2 <i>(Marks: 50)</i>	
UNIT NO.	NAME OF THE UNIT	UNIT NO.	NAME OF THE UNIT
1.	Choice and cost of seasonal foods: merits and intelligent use of Convenience Foods <i>(Complete Unit)</i>	4.	Kitchen Planning <i>(Complete Unit)</i>
2.	Meal Planning and Balanced Diets: use of five Food Groups as suggested by ICMR <i>(Complete Unit)</i>	5.	Kitchen Hygiene <i>(Complete Unit)</i>
3.	Therapeutic Diets and Planning Meals <i>(Complete Unit)</i>	6.	Kitchen Equipment <i>(Complete Unit)</i>