

**कक्षा : बारहवीं**  
**विषय : गृह विज्ञान**  
**पाठ्यक्रम**

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	Care and maintenance of fabric	General principles and precautions to be followed for removing stains and washing. Cleansing agents Storage of clothes	6	3	8
November	Quality and check of apparel and linen	Selection of clothes and fabric according to personality, age, climate, occupation, figure etc. Checking size, quality etc in readymade garments.	6	3	8
December	Rights and responsibilities of consumer	Meaning of consumer Education Rights & responsibilities of consumer.	6	3	8
January	Values in the family	Different values in life Values adopted in family, offices and in society	8	2	2
February		Revision			
March		Exam			