



FORTNIGHTLY SYLLABUS PLANNING (2023-24)

CLASS XI

SUBJECT- HOME SCIENCE

New Session begins on 3rd April, 2023

S.No.	Duration	No. of Teaching Days	Theory	Practical/ Activity
1	10 th April-15 th April	4	Chapter 1- Introduction to Home Science	-
2	16 th April- 30 th April	10	Chapter 3- Food, Nutrition , health and fitness	Prepare a healthy snack for teen
3	1 st May- 15 th May	10	Chapter4- Management of Resources	Prepare a time Plan
4	16 th May-31 st May	9	Chapter 2-Understanding the self	Area of Agreement and Disagreement with parents
Summer Vacations:29th May – 30th June'23				
5	1 st July- 15 th July	10	Chapter 2-Understanding the self	Area of Agreement and Disagreement with siblings/friends
Periodic Test-1: 17th July - 7th August 23				
6	16 th July-31 st July	11	Chapter 5- Fabric Around Us	Record the apparel and fabrics used in a day
7	1 st Aug- 15 th Aug	10	Chapter 6- Media and communication Technology	Evaluating own diet plan qualitatively for adequacy
8	16 th Aug- 31 st Aug	11	Chapter 10(a)- Nutrition, Health and Hygiene Chapter 10 (c)- Resources Availability and Management	Plan a budget for a given situation/purpose
Syllabus Completion for Mid Term Examination: 31st Aug 2023				
Practicals for Mid Term Examination: 6th Sept – 13th Sept 23				
9	1 st Sept-15 th Sept	7	REVISION	
Mid Term Examination - 15th Sept- 25th Sept 23				
10	1 st Oct- 15 th Oct	9	Chapter 11- Survival , Growth and Development	-
Autumn Break- 23rd Oct- 24th Oct 23				
11	16 th Oct-31 st Oct	10	Chapter 12- Nutrition, Health and Well Being	
12	1 st Nov -15 th Nov	8	Chapter 14- Our Apparel	Relationship of fibre properties to their usage: 5 marks a) Thermal property and flammability
Diwali Break : 13th Nov - 15th Nov'23				
Annual Day – 24th Nov 23				
13	16 th Nov-30 th Nov	8	Chapter 14- Our Apparel	b) Moisture absorbency and comfort
Periodic Test-2: 8th Dec -18th Dec'23				
14	1 st Dec- 15 th Dec	11	Chapter 15- Health and Wellness	Some healthy snacks recipe
15	16 th Dec-31 st Dec	9	Chapter 17- Care and Maintenance of fabrics	Prepare one care Label of any Garment
Winter Break- 1st Jan - 12th Jan'24				
16	15 th Jan- 31 st Jan	12		
Syllabus Completion for Annual Examination : 31st Jan'24				
17	1 st Feb -16 th Feb	5	REVISION	
Practicals for Annual Examination: 1st Feb – 7th Feb 24				
Annual Exam begins: 12th Feb'24				

SYLLABUS FOR ASSESSMENT

Exam	Test Date	Syllabus
PERIODIC TEST 1	31 st July, 2023	Chapter 1- Introduction to Home Science, Chapter 3- Food, Nutrition , health and fitness, Chapter 4- Management of Resources
MID TERM EXAMINATION	25 th Sep, 2023	Chapter 1- Introduction to Home Science, Chapter 2-Understanding the self, Chapter 3- Food, Nutrition , health and fitness, Chapter 4- Management of Resources, Chapter 5- Fabric Around Us, Chapter 6- Media and communication Technology, Chapter 10(a)- Nutrition, Health and Hygiene, Chapter 10 (c)- Resources Availability and Management
PERIODIC TEST 2	11 th Dec, 2023	Chapter 11- Survival , Growth and Development, Chapter 12- Nutrition, Health and Well Being, Chapter 14- Our Apparel
ANNUAL EXAMINATION	12 th Feb, 2024	Chapter 1- Introduction to Home Science, Chapter 2-Understanding the self, Chapter 3- Food, Nutrition , health and fitness, Chapter 4- Management of Resources, Chapter 5- Fabric Around Us, Chapter 6- Media and communication Technology, Chapter 10(a)- Nutrition, Health and Hygiene, Chapter 10 (c)- Resources Availability and Management, Chapter 11- Survival , Growth and Development, Chapter 12- Nutrition, Health and Well Being, Chapter 14- Our Apparel, Chapter 15- Health and Wellness, Chapter 17- Care and Maintenance of fabrics