

SYLLABUS FOR SESSION 2015-16**CLASS: XI****SUBJECT: HOME SCIENCE**

Month	Unit/ Term	Content of Unit
April-May	Unit- I	Ch-1 Concept of Home Science Ch-2 Know myself understanding Ch-3 Cognitive development among adolescents
July- Aug	Unit-II	Ch-4 Social and Emotional development during adolescence Ch-5 Heredity and Environment Ch-6 Problems of adolescents Ch-7 Preparing for career Ch-8 Population Education
September	Ist Term	Ch-9 Nutrition for self and family Ch-10 Role of Nutrients: Protein, Carbohydrates and fats Ch-11 Vitamins Ch-12 Minerals
November	Term II	Ch-13 Food group and Balanced diet Ch-14 Selection and storage of food Ch-15 Principles and Reasons of cooking food Ch-16 Food preservation Ch-17 My Resources Ch-18 Management Process and Decision Making
Dec-13 To Feb-14		Ch-19 Management of time and energy Ch-20 Organization of Space and work at home Ch-21 Work Ethics Ch-22 An introduction to fiber Science Ch-23 Yarn making and fabric construction Ch-24 Fabric Finishes <u>All Above Syllabus</u>
Annual Exams		