

Gopi Birla Memorial School 2024-2025

GRADE 10: Home Science

SARITA NANAL

ANNUAL PLAN

| MONTH | MAIN CONTENT/TOPIC | ACTIVITIES |
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| APRIL | Chapter 1- Play Chapter 2 -Childhood | Understanding all the different types of play, how does play help in overall growth and development. Understanding different stages of childhood, different types of development, characteristic of both stages. |
| JUNE | Chapter 3 -Adolescence Development Chapter 4- Time Management | Understanding special features ,Problems of adolescents Definition and Importance, Time Plans,Factors affecting them |
| JULY | Chapter 5 - Energy Management Chapter 7 -Safe and Hygienic Food Handling practices Chapter 8 Meal Planning | Definition and Importance, Fatigue and Work simplification Principles of hygienic handling serving of food, Hygiene in Kitchen Concept of Meal Planning, Factors affecting Meal planning |
| AUGUST | Chapter 9–Basic Food Groups Chapter 10–Food Adulteration | Basic 5 food groups, Use of food groups in planning balanced meal for self and family. Concept of adulteration, harmful effects on human health. |
| SEPTEMBER | ----- | ----- |
| OCTOBER | Chapter 11- Consumer Awareness Chapter 12 –Laundering of clothes | Problems faced by consumers, FSSAI Cleaning and finishing agents used in routine care of clothes |
| NOVEMBER | Chapter 13- Stain Removal Chapter 14- Finishing & Storage of clothes. | Different types of stains and removal process. Storage of cotton, wool, silk and synthetics |
| DECEMBER | Prelims | |

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| JANUARY | Prelims | |
| FEBRUARY | Board Exams Preparation Leave | |