

# Gopi Birla Memorial School 2024-2025

GRADE 9: Home Science

SARITA NANAL

## ANNUAL PLAN

MONTH	MAIN CONTENT/TOPIC	ACTIVITIES
APRIL	Chapter 1- Concepts of Home Science Education	Topics covered under this subject, different names for Home Science , Career opportunities
JUNE	Chapter 2 – Human growth and development(infancy and Toddlerhood)	Concept of growth and development Principles of growth and development Factors affecting them Milestones
JULY	Chapter 3 – Family and Values  Chapter 4- Changing Indian Society and Family Values	Concepts and types of families Role of family in holistic development Importance of girl child Influence of various factors on family
AUGUST	Chapter 5-Nutrition  Chapter 6- Food Preparation	Definition of food, nutrition, nutrient, health and nutritional status  Methods of cooking and processing Conservation of nutrients while cooking and processing
SEPTEMBER	-----	-----
OCTOBER	-----	-----
NOVEMBER	Chapter 7- Fiber and Fabric	Definition of fiber and Yarn Characteristics of fibers Methods of construction – weaving ,knitting Selection of fabric as per season, age
DECEMBER	Chapter 8- Resource Management	Definition and characteristics Types of Human Resources Waste Management Biodegradable and non-biodegradable waste.
JANUARY	Chapter 9 – Measurements of safety and management of emergencies	Accident Prone/Unsafe Zones at home Need of safety at home Measures of safety against burns ,electric shocks,cuts, fractures, bites and poisoning .
FEBRUARY	REVISION	

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