

कक्षा :- दसवीं  
विषय:-गृह विज्ञान

मास	Unit Name	विषय वस्तु	शिक्षण के पीरियड	दोहराई के पीरियड	प्रयोगात्मक कार्य
अप्रैल	Growth and Development of Children.	Principles of growth and development Important milestone in physical, motor, social, emotional and language development of children. Physical, Social and emotional needs of children	8 8	3	4
मई	Effects of External Environments on the development of children (0-3yrs)	Role of Books, Music, Rhymes, Games, Radio, T.V. Video .	9	3	3
जून	<b>ग्रीष्म अवकाश 1 जून से 30 जून तक</b>				
जुलाई	Play Resources Family Income and Expenditure	Characteristics of play and play material for children. Characteristics of resources Types of resources. i.e. Human and non-human resources. Types of Family Income and budgets	5 6 6	5	3
अगस्त	Saving and Investments Consumer Education	Need and Method of saving Importance of Investments Consumer rights and responsibilities. Consumer Problems Malpractices of Traders	6 6	5	3 3
सितम्बर	Nutrients	Classification Function and Sources of nutrients	8	3	3
अक्टूबर	Nutrients	Deficiency of Nutrients and their affects on body Conservation and enhancement of nutrients	8 7	3	
नवम्बर	Meal Planning Food Groups	Balanced Diet Factors considered while Meal Planning Different types of Food groups and their importance	7 7	5	3

दिसम्बर	Food hygiene and storage  Cleaning and finishing of clothes	Storage of Perishable and Non-Perishable foods. Principles of Food preservation. Personal hygiene while cooking and storing the food Different cleaning and finishing agents care of clothes at home	6  6	3	3
जनवरी	Quality Check of Apparel	Factor considered while buying clothes for different age-group Advantages and Disadvantages of Ready made garments	9	5	3
फरवरी		Revision			
मार्च		Exam			