

Syllabus 2022-2023

Class XI Subject : Home Science (Code – 64)

Unit Test 1

Unit II : Understanding oneself : Adolescence

Ch: Understanding the self

Ch: Food , Nutrition , Health and Fitness

Ch: Management of resources

Unit Test 2

Unit II : Understanding oneself : Adolescence

Ch: Fabric around us

Ch: Media and communication Technology

Ch: Effective Communication Skills

Half-Yearly Examination

Unit I : Introduction to Home Science

Unit II : Understanding Oneself : Adolescence (chapters as mentioned in UT 1 and UT 2 syllabus)

Unit III : Understanding family, community and society

Ch: Relationships and interactions with “Significant Others”

Ch: Concerns and needs in diverse contexts

Unit Test 3

Unit IV : Childhood

Ch: Survival , growth and development

Ch: Nutrition , Health and Wellbeing

Ch: Care and Education

Ch: Our apparel

Annual

Unit I : Introduction to Home Science

Unit II : Understanding Oneself : Adolescence (chapters as mentioned in UT 1 and UT 2 syllabus)

Unit III : Understanding family, community and society (chapters as mentioned in Half Yearly syllabus)

Unit IV : Childhood (chapters as mentioned in UT 3 syllabus)

Unit V : Adulthood

Ch: Health and Wellness

Ch: Financial Management and planning

Ch: Care and maintenance of fabrics

Ch: Perspective in communication

Ch: Individual responsibilities and rights