

Gopi Birla Memorial School 2025-2026

GRADE : X HOME SCIENCE

SARITA NANAL

ANNUAL PLAN

MONTH	MAIN CONTENT/TOPIC	ACTIVITIES
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 affects on human health.
SEPTEMBER	-----	-----
OCTOBER	-----	-----
NOVEMBER	Chapter 11- Consumer Awareness Chapter 12 –Laundering of clothes	Problems faced by consumers, FSSAI Cleaning and finishing agents used in routine care of clothes
DECEMBER	Chapter 13- Stain Removal Chapter 14- Finishing & Storage of clothes.	Different types of stains and removal process. Storage of cotton, wool , silk and synthetics

JANUARY	Prelims	
FEBRUARY	Board Exams Preparation Leave	