

**KOTHARI INTERNATIONAL SCHOOL**  
**GRADE: 9**  
**SUBJECT: HOME SCIENCE      SUBJECT CODE: 064**  
**ANNUAL PLANNER (2021-22)**

S.No	TERM	MONTH	TOPIC	SUBJECT ENRICHMENT
1.	<p><b><u>PRE MID TERM</u></b></p> <p><b><u>PERIOD - (5<sup>th</sup> April -19<sup>th</sup> May )</u></b></p> <p><b>(30% of the Annual syllabus to be completed 25% of annual syllabus will come in Assessment-1)</b></p> <p><b><u>REVISION - (20<sup>th</sup> May-28<sup>th</sup> May &amp; 1<sup>st</sup> - 2<sup>nd</sup> July )</u></b></p> <p><b><u>ASSESSMENT 1- (5<sup>th</sup> July-14<sup>th</sup> July)</u></b></p> <p><b>Time: 1.5 hrs</b> <b>Marks: 35</b></p>	<p><b>APRIL</b> <b>Working Days -18</b></p>	<p><b><u>UNIT I : CONCEPT AND SCOPE OF HOME SCIENCE EDUCATION AND RECENT TRENDS</u></b></p> <p>a) Concept of Home science b) Fields of Home Science c) Relevance of study of Home Science and career options d) Recent trends</p> <p><b><u>UNIT II : HUMAN GROWTH &amp; DEVELOPMENT - I</u></b></p> <p>a) Concept of growth and development b) Principles of growth and development c) Factors affecting growth and development (environmental and heredity) d) Age specific milestones (Birth to 3 years)</p>	<p><b><u>Activities:</u></b></p> <p>1. Role of family members: collage / chart etc. 2. Observation of motor skills in three year old child.</p>
		<p><b>MAY</b> <b>Working Days -18</b></p>	<p><b><u>UNIT III : FAMILY AND VALUES</u></b></p> <p>a) Concept and types of family b) Role of family in Holistic development of an individual (Physical, Social, Psychological and spiritual) c) Ethical and value based society (need for happy family, respect and care for each</p>	<p><b><u>Activities:</u></b></p> <p>1. Observation of physical development in a child from birth to three years.</p>

			<p>member of family, Dignity of labour, work distribution within the family)</p> <p>d) Importance of Girl Child.</p> <p>e) Influence of various factors on a family : Globalisation, urbanisation, migration, technology and media.</p>	
2.	<p><b><u>MID TERM</u></b></p> <p><b><u>PERIOD</u> - (15<sup>th</sup>July- 10<sup>th</sup> Sept)</b></p> <p><b>(70 % of annual syllabus to be completed 60% of syllabus will be coming for the Mid Term)</b></p> <p><b><u>REVISION</u> - (13<sup>th</sup>Sept- 17<sup>th</sup> Sept)</b></p> <p><b><u>ASSESSMENT 2</u> - (20<sup>th</sup>Sept- 30<sup>th</sup> Sep)</b></p> <p><b>Assessment</b> <b>Time: 3 hrs</b> <b>Marks: 70</b></p>	<p><b>JULY</b> <b>Working Days -21</b></p>	<p><b><u>UNIT IV: FOOD, NUTRITION AND HEALTH</u></b></p> <p>a) Definition of food, nutrition, nutrient, Health and nutritional status. b) Food and its functions (Physiological, social and psychological)</p> <p>c) Nutrients : sources and functions</p> <p>d) Relationship of food, health and diseases</p> <p>e) Malnutrition : concepts and components (over nutrition and under nutrition)</p> <p>f) Concept of Balanced Diet</p> <p>g) Methods of cooking and processing • Cooking methods : Dry methods, moist methods, combination methods • Processing methods : Germination, Fermentation, Mutual supplementation / Combination • Conservation of nutrients while cooking and processing</p>	<p><b><u>Activities:</u></b></p> <ol style="list-style-type: none"> <li>1. Design educational games specific to functions / sources of nutrients.</li> <li>2. Weights and measures: Equivalents / conversions of Ounce, gram, cup, teaspoon, tablespoon, how to use a kitchen weighing scale.</li> <li>3. Identification of fruits, vegetables, spices, oils, sugars, cereals, and lentils.</li> <li>4. Food processing method demonstration: Germination and Fermentation</li> </ol>
		<p><b>AUGUST</b> <b>Working Days -20</b></p>	<p><b><u>UNIT V : FIBRE AND FABRIC</u></b></p> <p>a) Definition of Fiber and Yarn</p> <p>b) Classification of fiber on the basis of origin and length</p> <p>c) Characteristics of fibers: feel, appearance,</p>	<p><b><u>Activities:</u></b></p> <ol style="list-style-type: none"> <li>1. Collection and Identification of fabrics, physical and burning tests.</li> </ol>

			colour fastness, length, strength, absorbency, shrinkage, elasticity, effect of heat and sunlight.	
		<b>SEPTEMBER</b> Working Days- 22	<b><u>UNIT VI : RESOURCE MANAGEMENT</u></b> a) Resources : Definition and characteristics b) Types of resources (Human : Time, Energy, Knowledge and attitude Non-Human : Money, materialistic goods and community resources) c) Waste Management – Need to refuse, reduce, reuse, repair and recycle waste. d) Proper disposal of kitchen waste (Biodegradable: Composting, Vermicomposting, biogas and bagass. Non-Biodegradable : Incineration, Landfills and recycle)	Activities 1. Create a slogan or poster for proper disposal of domestic waste.
<b>3</b>	<b><u>POST MID TERM</u></b>  <b><u>PERIOD</u> – (1<sup>st</sup>Oct–30<sup>th</sup> Nov)</b>  <b>(100 % of annual syllabus to be completed 90% of syllabus will be coming for the Mid Term)</b>  <b><u>REVISION</u> – (1<sup>st</sup> Dec – 8<sup>th</sup> Dec)</b>  <b><u>ASSESSMENT 3</u> – (10<sup>th</sup> Dec–21<sup>st</sup> Dec )</b>	<b>OCTOBER</b> Working Days -16	<b><u>UNIT VII : MEASURES OF SAFETY AND MANAGEMENT OF EMERGENCIES</u></b> a) Accident prone / Unsafe Zones at home b) Need of safety at home c) Measures of safety against burns, electric shocks, cuts, fractures, bites, poisoning d) First Aid : Concept and Importance	Activities: 1. Prepare a first aid kit and practice giving first aid for burns, cuts, bites, fractures, electric shocks. (group activity)
		<b>NOVEMBER</b> Working Days – 18	<ul style="list-style-type: none"> <li>• Revision Worksheets</li> <li>• Handouts</li> <li>• One to one doubt solving classes</li> <li>• Class Tests</li> </ul>	

		<b>DECEMBER</b> <b>Working Days -22</b>	<ul style="list-style-type: none"> <li>• Revision Worksheets</li> <li>• Handouts</li> <li>• One to one doubt solving classes</li> <li>• Class Tests</li> </ul>	
<b>5.</b>	<b>Term End Assessment</b>  <b>(100 % of annual syllabus )</b>  <u><b>REVISION</b></u> – (22 <sup>nd</sup> Dec–31 <sup>st</sup> Jan )  <u><b>ASSESSMENT 4</b></u> - (1 <sup>st</sup> Feb – 14 <sup>th</sup> Feb)	<b>JANUARY</b> <b>Working Days -15</b>	<ul style="list-style-type: none"> <li>• Revision Worksheets</li> <li>• Handouts</li> <li>• One to one doubt solving classes</li> <li>• Class Tests</li> </ul>	<b>FILE WORK- 4 MARKS</b>  <b>VIVA -3 MARKS</b>