



GURU NANAK PUBLIC SCHOOL RAJOURI GARDEN

Syllabus:2026-27

Class: XII

Subject: HOME SCIENCE

1. Prerequisite: Home Science – Class XI

2. Learning Outcomes At the end of this course, students will be able to:

- function as a productive and responsible individual in relation to self, family, community and society.
- apply the basics of human development with specific reference to self, family and community.
- utilize the skills of judicious management of various resources.
- be sensitized to fabric and apparel, their selection and care.
- inculcate healthy food habits and lifestyle to enable prevention and management of diseases.
- become alert and aware consumer.
- appreciate the potential of entrepreneurship and other varied professional opportunities to make informed career choices.

Re teaching of Basics: 23/03/2026 to 31/03/2026

Revision tour of class 11th: Types of nutrient deficiencies, food pyramid, schemes.

UNIT-1 (1ST April 2026 -30th April 2026)

Chapter 1 - Work livelihood and career : Traditional occupation in India: Agriculture Handicrafts, Indian cuisine Visual arts, Work, Age and Gender, Gender issues in relation to work, Issues and concerns related to women and work, KGBV ,Beti Bachao, Beti Padhao Yojana

UNIT-2 (1st May 2026 -7TH July 2026) : Diet therapy, Types of diets: Regular Diet and Modified diets, Changes in consistency, Feeding routes, Prevention of chronic diseases. Nutritional Problems of India: Protein energy malnutrition, Micronutrient deficiencies, Iron deficiency anemia, Vitamin A deficiency Iodine deficiency disorder, Strategies/Intervention to tackle Nutritional problems.

Chapter 2 – Clinical Nutrition and Dietetics

Chapter 3 – Public Nutrition and Health:

Chapter 4 – Food Processing and Technology

Chapter 5 – Food Quality and Food Safety

UNIT-3 (8TH July 2026 -4TH August 2026) : SOS Children's Village, Children's Homes run by the Government, Adoption, Why are Youth vulnerable? ,Youth programmes in India, Why are the elderly vulnerable?, Some programmes for the elderly, Preparing for a career.

Chapter 6 - Early Childhood Care and Education

Chapter 7 - Management of support services for children, adult and elderly

UNIT-4 (5TH August 2026 -5th September 2026) : Fashion terminology –Fashion, fads, style, classic, Fashion Development, France-The centre of fashion, Fashion Evolution, Fashion Merchandising, Fashion Retail Organization

Chapter 8 – Design for fabrics and apparel

Chapter 9 - Fashion designing and merchandising

Chapter 10 - Care and maintenance of fabrics in institution

UNIT-5 (1st October 2026 -26th October 2026) : Consumer product, Consumer behavior, Consumer forum, Consumer footfalls, Consumer problems Consumer rights, Standardized marks (ISI, Wool Mark, Hall Mark, Silk Mark) Protection Councils Consumer Responsibilities

Chapter 11- Hospitality Management

Chapter 12 – Consumer Education and Protection

UNIT-6 (28TH October 2026 -21st November 2026) : Development Development journalism Development Communication Methods of communication. Campaign Radio and television Print media Information and communication technologies

Chapter 13- Development Communication and Journalism