

**Home Science (216)**  
**Bifurcation of Syllabus**

<b>Module (No. &amp; Name)</b>	<b>I TMA (40% of Syllabus) ( No. of Lesson 7)</b>	<b>II Public Examination (60% of Syllabus) (No. of Lesson 15)</b>
<b>Module-1 Home Science in Daily Life</b>		
Unit -1 Home Science and its importance	-----	L-1 What is Home Science
Unit -2 Our Food	L-2 Food & its Nutrients L-3 Food Groups	L-4 Methods of Cooking Food L-5 Preservation of Food
Unit -3 Our Health	L-7 Health	L-6 Environment L-8 Communicable and lifestyle diseases
Unit -4 Our Clothes	L-10 Fiber to Fabric	L-9 Care and Maintenance of Fabric L11 Fabric Finishes
<b>Module-2 My Family &amp; I</b>		
Unit -5 Our Home	L-13 Safety in Home	L-12 Housing
Unit -6 Our Resources	L-14 Introduction to Resources	L-15 Managing Time and Energy L-16 Managing Income
Unit -7 Growth and Development	L-18 Concept of Development	L-17 Life Begins L-19 My Family and I L-20 Adolescence: Charms and Challenges
Unit -8 Our Values	-----	L-21 Ethics in Daily Life
Unit -9 Our Rights and Responsibilities	-----	L-22 Consumer! Beware, Be Aware