



FORTNIGHTLY SYLLABUS PLANNING (2025-26)

CLASS XII

SUBJECT- HOME SCIENCE

New Session begins on 3 rd March 2025					
S.no.	Duration	No. of Teaching Days	Theory	Practical/ Activity	Weightage in Board
1	1 st March – 15 th March	9	Chapter 2-Clinical Nutrition and Dietetics	Diet Plan for elderly	As per CBSE
2	16 th March-31 st March	11	Chapter 3 - Public Nutrition and Health	Diet Plan for elderly	As per CBSE
3	1 st April-15 th April	10	Chapter 3 - Public Nutrition and Health Chapter 4 - Food Processing and Technology	Diet Plan for Lactating women	As per CBSE
4	16 th April- 30 th April	10	Chapter 4 - Food Processing and Technology Chapter 5 - Food Quality and Food Safety	Plan a menu for school canteen	As per CBSE
Unit Test: 28 th April – 9 th May 25					
5	1 st May- 15 th May	10	Chapter 5 - Food Quality and Food Safety Chapter 8- Design for Fabric and Apparel	Tie and dye	As per CBSE
6	16 th May – 31 st May	6	Chapter 8 Design for Fabric and Apparel	Project work	As per CBSE
Summer Vacations:26 th May – 30 th June 25					
7	1 st July- 15 th July	11	Chapter 9 - Fashion Design and Merchandising. Chapter 10 - Care and Maintenance of Fabrics in Institutions	Block printing	As per CBSE
Periodic Test-1: 11 th July – 23 rd July 25					
8	16 th July-31 st July	12	Chapter 10 - Care and Maintenance of Fabrics in Institutions Chapter 12- Consumer Education and Protection	Analysing an advertisement for a job	As per CBSE
9	1 st Aug- 15 th Aug	10	Chapter 12- Consumer Education and Protection Chapter 11 Hospitality Management	pamphlet / leaflet	As per CBSE
10	16 th Aug- 31 st Aug	10	Chapter 13 Developmental Communication and Journalism	Adulteration Stain removal	As per CBSE
Syllabus Completion for Mid Term Examination: 29 th Aug 2025					
Practicals for Mid Term Examination: 8 th Sept – 12 th Sept 25					
11	1 st Sept-15 th Sept	9	REVISION		
Mid Term Examination - 15 th Sept- 26 th Sept 25					
Autumn Break- 30 Sept – 2 nd Oct 25					
12	1 st Oct- 15 th Oct	8	Chapter 6 - Early Childhood care and Education Chapter 7 - Management Of support Services, Institutions and Programmes for children, Youth and Elderly	Message writing	As per CBSE
13	16 th Oct-31 st Oct	8	Chapter 7 - Management Of support Services, Institutions and Programmes for children, Youth and Elderly Chapter 1 - Work, Livelihood and Career	Poster designing	As per CBSE
Syllabus Completion for Board Examination – 31 st Oct 25					
14	1 st Nov -15 th Nov	3	REVISION		
Diwali Break : 20 th Oct - 23 rd Oct 25					
Preboard 1 Examination: 7 th Nov – 17 th Nov 25					
15	16 th Nov-30 th Nov	9	REVISION		
Pre Board 2 Practicals: 1 st Dec – 5 th Dec 25					
Pre Board - 2 Examination: 8 th Dec – 19 th Dec 25					
Winter Break- 29 th Dec - 9 th Jan 26					

TOTAL TEACHING DAYS: 136

SYLLABUS FOR ASSESSMENT

Exam	Test Date	Syllabus
UNIT TEST	28 April 25	Chapter 2-Clinical Nutrition and Dietetics, Chapter 3 - Public Nutrition and Health, Chapter 4 - Food Processing and Technology
PERIODIC TEST 1	14 July 25	Chapter 4 - Food Processing and Technology, Chapter 5 - Food Quality and Food Safety , Chapter 8- Design for Fabric and Apparel
MID TERM EXAMINATION	22 Sept 25	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, Chapter 8- Design for Fabric and Apparel, Chapter 9 - Fashion Design and Merchandising, Chapter 10 - Care and Maintenance of Fabrics in Institutions, Chapter 11 Hospitality Management, Chapter 12- Consumer Education and Protection
PRE BOARD 1 EXAMINATION	10 Nov 25	Chapter 1 - Work, Livelihood and Career, 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, Chapter 6 - Early Childhood care and Education, Chapter 7 - Management Of support Services, Institutions and Programmes for children, Youth and Elderly Chapter 8- Design for Fabric and Apparel, Chapter 9 - Fashion Design and Merchandising, Chapter 10 - Care and Maintenance of Fabrics in Institutions, Chapter 11 Hospitality Management, Chapter 12- Consumer Education and Protection, Chapter 13 Developmental Communication and Journalism
PRE BOARD 2 EXAMINATION	15 Dec 25	Chapter 1 - Work, Livelihood and Career, 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, Chapter 6 - Early Childhood care and Education, Chapter 7 - Management Of support Services, Institutions and Programmes for children, Youth and Elderly Chapter 8- Design for Fabric and Apparel, Chapter 9 - Fashion Design and Merchandising, Chapter 10 - Care and Maintenance of Fabrics in Institutions, Chapter 11 Hospitality Management, Chapter 12- Consumer Education and Protection, Chapter 13 Developmental Communication and Journalism