



FORTNIGHTLY SYLLABUS PLANNING (2025-26)

CLASS XI

SUBJECT- HOME SCIENCE

New Session begins on 15 th April 2025				
S.no.	Duration	No. of Teaching Days	Theory	Practical/ Activity
1	15 th April- 30 th April	11	Chapter 1 Introduction to Home Science Chapter 3 Food, Nutrition, Health and Fitness	Record own diet and evaluate
2	1 st May- 15 th May	10	Chapter 4 Management of Resources Chapter 5 Fabric Around Us	Label designing for processed food
3	16 th May-31 st May	6	Chapter 5 Fabric Around Us	Label designing for processed food
Summer Vacations:26 th May – 30 th June 25				
4	1 st July- 15 th July	11	Chapter 5 Fabric Around Us Chapter 12 Nutrition, Health and Well being	Time plan for a day
Periodic Test-1: 11 th July – 23 rd July 25				
5	16 th July-31 st July	12	Chapter 10 (A)Nutrition, Health and Hygiene	Adulteration
6	1 st Aug- 15 th Aug	10	Chapter 15 Health and Wellness Chapter 14 Our Apparel	Tie and dye
7	16 th Aug- 31 st Aug	10	Chapter 14 Our Apparel	Categorise apparel according to functionality
Syllabus Completion for Mid Term Examinations: 29 th Aug 2025				
Practicals for Mid Term Examinations: 8 th Sept – 12 th Sept 25				
8	1 st Sept-15 th Sept	9	REVISION	
Mid Term Examination - 15 th Sept- 26 th Sept 25				
Autumn Break- 30 th Sept – 2 nd Oct 25				
9	1 st Oct- 15 th Oct	8	Chapter 11 Survival Growth and Development	Project work
10	16 th Oct-31 st Oct	8	Chapter 17 Care and Maintenance of fabrics	Project work
Diwali Break : 20 th Oct - 23 rd Oct 25				
11	1 st Nov -15 th Nov	9	Chapter 17 Care and Maintenance of fabrics	Stain Removal
12	16 th Nov-30 th Nov	10	Chapter 6 Media and Communication Technology	Stain Removal
Annual Day: 29 th Nov 25				
13	1 st Dec- 15 th Dec	11	Chapter 2 : Understanding The self	Pamphlet designing
Periodic Test-2: 8 th Dec – 19 th Dec 25				
14	16 th Dec-31 st Dec	8	Chapter 10 (C) Resources Availability and Management	Leaflet Designing
Winter Break- 29 th Dec - 9 th Jan 26				
15	1 st Jan -15 th Jan	4	Chapter 16 Financial Management and planning	Plan a budget for given situation
16	15 th Jan- 31 st Jan	11	Chapter 16 Financial Management and planning	Care label
Syllabus Completion for Annual Examination : 30 th Jan 26				
17	1 st Feb -6 th Feb	5	REVISION	
Practicals for Annual Examination: 2 nd Feb – 6 th Feb 26				
Annual Exam begins: 9 th Feb 26				

TOTAL TEACHING DAYS: 153

SYLLABUS FOR ASSESSMENT

Exam	Test Date	Syllabus
PERIODIC TEST 1	21 July 25	Chapter 1 Introduction to Home Science Chapter 3 Food, Nutrition, Health and Fitness, Chapter 4 Management of Resources
MID TERM EXAMINATION	15 Sept 25	Chapter 3 Food, Nutrition, Health and Fitness Chapter 4 Management of Resources, Chapter 5 Fabric Around Us Chapter 10 (A)Nutrition, Health and Hygiene, Chapter 12 Nutrition, Health and Well-being Chapter 14 Our Apparel Chapter 15 Health and Wellness
PERIODIC TEST 2	19 Dec 25	Chapter 11 Survival Growth and Development Chapter 17 Care and Maintenance of fabrics Chapter 6 Media and Communication Technology
ANNUAL EXAMINATION		Chapter 1 Introduction to Home Science, Chapter 2 Understanding The self Chapter 3 Food, Nutrition, Health and Fitness, Chapter 4 Management of Resources Chapter 5 Fabric Around Us Chapter 6 Media and Communication Technology Chapter 10 (A)Nutrition, Health and Hygiene Chapter 11 Survival Growth and Development Chapter 12 Nutrition, Health and Well-being Chapter 16 Financial Management and planning Chapter 17 Care and Maintenance of fabrics