



FORTNIGHTLY SYLLABUS PLANNING (2026-27)

CLASS X

SUBJECT-HOME SCIENCE

New Session begins on 2 nd March 2026				
S.no.	Duration	No. of Teaching Days	Theory	Practical/ Activity
1	1 st March – 15 th March	9	Play (Birth to 5 years)	make a suitable play material
2	16 th March – 31 st March	11	Childhood (3 to11 years)	
3	1 st April-15 th April	10	Adolescents	Areas of agreement and disagreement each with parents, siblings and friends
4	16 th April- 30 th April	11	Revision	
Unit Test: 23rd April – 30th April 26				
5	1 st May- 15 th May	10	Time Management , Energy Management	Make a time plan to self for one day
6	16 th May-31 st May	5	Fatigue , Work Simplification	Slogan / poster to create awareness on consumer education.
Summer Vacations:25th May – 30th June 26				
7	1 st July- 15 th July	11	Principles of Hygienic handling while	
8	16 th July-31 st July	12	Meal Planning	Plan a balanced meal for yourself.
Periodic Test-1: 31st July – 7th August 26				
9	1 st Aug- 15 th Aug	10	Food Safety and Consumer Education	Report on any five malpractices observed in the market and responsibilities as a consumer in each context.
10	16 th Aug- 31 st Aug	9	Care and Maintenance of Fabrics and Apparel	Remove stains from white cotton fabric
Internal Assessment for Periodic Test 2: April 26 – Sept 26				
Syllabus Completion for Periodic Test 2: 31st Aug 2026				
11	1 st Sept-15 th Sept	8	REVISION	
Periodic Test 2: 14th Sept- 25th Sept 26				
12	16 th Sept – 30 th Sept	3	Stain Removal	
13	1 st Oct- 15 th Oct	10	Revision	
Autumn Break- 17th Oct – 20th Oct 26				
14	16 th Oct-31 st Oct	8	Revision	
15	1 st Nov -15 th Nov	7	Revision	
Syllabus Completion: 6th Nov 26				
Diwali Break : 7th Nov – 11th Nov 26				
Periodic Test 3/ PB1: 18th Nov – 30th Nov 26				
Internal Assessment for Boards: October 26 – January 27				
Pre Board 2 Examination: 11th Dec – 23rd Dec 26				
Winter Break- 28th Dec - 8th Jan 27				

SYLLABUS FOR ASSESSMENT

Exam	Test Date	Syllabus
UNIT TEST	27.04.26	Play ,Childhood
PERIODIC TEST 1	5.08.26	Play, Childhood Management of Resources: Time and Energy
PERIODIC TEST 2	14.09.26	Play, Childhood Management of Resources: Time and Energy Food and Personal Hygiene, Meal Planning, Food Safety and Consumer Education
PERIODIC TEST 3 (PRE BOARD 1)	27.11.26	Play, Childhood, Management of Resources: Time and Energy Food and Personal Hygiene, Meal Planning, Food Safety and Consumer Education Care and Maintenance of Fabrics and Apparel
PRE BOARD 2 EXAMINATION	11.12.26	Play, Childhood, Management of Resources: Time and Energy Food and Personal Hygiene, Meal Planning, Food Safety and Consumer Education Care and Maintenance of Fabrics and Apparel