

Punjab Board

SYLLABUS

2024-2025

HOME SCIENCE

Class –XII

SYLLABUS (2024-25)

(THEORY)

SECTION – A

(Food and Nutrition)

1. Food, Nutrition and Health

i. Definitions: Food, Nutrition, Health, Nutrients, Nutrient density, Malnutrition, Recommended Dietary Allowances, Nutritional Status, Functional Food, Nutraceuticals, Antioxidants, Geriatrics, Probiotics.

Functions of food

ii. Classification of Food groups based on the recommendation of ICMR

iii. Balanced Diet

iv. Food Guide pyramid

2. Nutrients and nourishment

Carbohydrates, Proteins, Fats, Minerals (calcium, Phosphorus, iron, zinc, iodine, fluorine), Vitamins (A,D,E,K,B and C) and Water

i. Functions and sources

ii. Health effects of too little and too much of nutrients

iii. Enhancing nutritional value of foods

3. Meal Planning

i. Meaning, importance and principles of meal Planning

ii. Planning meals for the family- Children (Infants, pre schoolers and school going children), adolescents (boys and girls), adults (men and women), pregnant women, lactating mothers and elderly.

4. Food selection, storage, preparation and preservation at home

i. Food selection and storage

ii. Preparation of food: Different methods of cooking

iii. Food preservation at home – importance and methods

5. Food Safety

i. Food hygiene

ii. Food Adulteration

iii. Removal of the pesticide residues from food by different methods.

6. Diet therapy

i. Principles of diet therapy

ii. Adaptation of normal diet for therapeutic purpose

SECTION –B
(Human Development)

1. Beginning of Motherhood

i. Signs, discomforts and warning signs of pregnancy
ii. Antenatal care of expectant mother (diet, rest, exercise, medical check-ups and immunization)
iii. Alternative reproductive methods (in vitro fertilization, gamete intrafallopian transfer, zygote intrafallopian transfer and Surrogacy

2. Prenatal Physiological Processes

i. Stages of prenatal development (germinal, embryonic and fetal)
ii. Fetal monitoring techniques (ultrasound, chorionic villus sampling, amniocentesis and foetoscopy)
iii. Environmental influences on prenatal development (teratogens, diseases, harmful drugs and x-ray)

3. Birth process

i. Stages of birth process (dilation, expulsion and placental stage)
ii. Types of child birth (natural, instrument, breech and caesarean)
iii. Categories of new born babies (pre term, term and post-term)

4. Postnatal care of mother

i. Meaning and purpose of postnatal care
ii. Aspects of postnatal care
iii. Effects of parenthood on mother, father and other family members

5. Care of newborn

i. Characteristics of new born
ii. Neonatal reflexes
iii. Feeding, bathing and clothing of newborn
iv. Immunization
v. Developmental milestones and delays

6. Infant stimulation

i. Mother-child interaction
ii. Developmentally appropriate play material
iii. Common childhood ailments

SYLLABUS (PRACTICAL)
Section-A (Food and Nutrition)

1. Preparation of list of foods available in your home according to food groups.
2. Preparation of
   a) Healthy salads
   b) Dishes enhancing nutrition value of food (by Combination of cereals, pulses and vegetables, fermentation and sprouting)
   c) Protein rich snacks and desserts.

3. Freezing and sun drying of blanched vegetables.
4. Preparation of ORS solution.
5. Simple tests for checking adulteration in :
    a) Cereals : rice, semolina (suji).
    b) Pulses : Bengal Gram (channa dal)
    c) Milk
    d) Tea leaves
    e) Coriander powder
    f) Turmeric powder
    g) Powdered sugar
    h) Black pepper

Section-B
(Child Development and Mother Craft)

1. Showing a documentary on neo-natal reflexes and care and management of pre-term babies (http://www.vhai.org/ceo/filmsforchange.php)
2. Recording of immunization schedule of infants and children
3. Demonstration on feeding, bathing and clothing of newborn
4. Preparing developmentally appropriate play material
5. Demonstration on sterilization of feeding bottles and disinfecting clothing of infants
6. Preparation of weaning foods- liquid and semi-solids
7. Preparation of visual aids related to developmental milestones of infancy
8. Showing a documentary on family planning methods (http://www.vhai.org/ceo/filmsforchange.php)

Films: • Aparajita
• Anant

Oriented videos: • Neo-Natal
` • Aaj Ki Na Samajhi Kal Ki Pareshani

Study Materials

aglasem.com

Model Papers

Sample Papers

Half Yearly Sample Papers

Important Resources

Periodic Table

Writing Skills / Formats

Maps of India / World

Notes

- [ ] Class 6 Notes
- [ ] Class 7 Notes
- [ ] Class 8 Notes
- [ ] Class 9 Notes
- [ ] Class 10 Notes
- [ ] Class 11 Notes
- [ ] Class 12 Notes

Books and Solutions

NCERT Books

NCERT Book Solutions

HC Verma Chapter Wise Solutions

RD Sharma Solutions

CGBSE Solutions