 **MODERN SCHOOL**

**SYLLABUS 2025-2026**

**CLASS:      XI**

**SUBJECT:  HOME SCIENCE**

# Book prescribed: PREMIER HOME SCIENCE (Part 1 & 2) by LovelyWadhwa,PushpaBalyan,Ira Bhalla

Publication: PREMIER PUBLICATIONS

**Month Wise Syllabus HOME SCIENCE**

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| MONTH | CHAPTER | CHAPTER TITLE |
| APRIL/MAY | Chapter 1  Chapter 2(a)  Chapter 2(b)  Chapter 2(c) | Introduction to home science  Understanding the self  Understanding the self  Understanding the self |
| JULY | Chapter 3  Chapter 4  Chapter 5 | Food, Nutrition, Health and Fitness  Management of resources  Fabric around us |
| AUGUST | Chapter 6  Chapter 7(a)  Chapter 7(b) | Media and communication technology  Nutrition, health and hygiene  Resources , management and availability |
| SEPTEMBER | Chapter 7(c) | Textile traditions in India  REVISION AND HALF YEARLY EXAM |
| OCTOBER | Chapter 8  Chapter 9 | Survival growth and Development  Nutrition, health and well being |
| NOVEMBER | Chapter 10  Chapter 11 | Our apparel  Health and Wellness |
| DECEMBER | Chapter 12  Chapter 13 | Financial management and planning  Care and maintenance of fabrics |
| JANUARY |  | REVISION |
| FEBRUARY |  | ANNUAL EXAMINATION |

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|  | MONTH | SYLLABUS |
| UT-1 | MAY | Chapter 1 Introduction to home science  Chapter 2(a) Understanding the self  Chapter 2(b) Understanding the self  Chapter 2(c) Understanding the self |
| UT-2 | AUGUST | Chapter 3 Food, Nutrition, Health and Fitness  Chapter 4 Management of resources  Chapter 5 Fabric around us |
| HALF YEARLY EXAM | SEPTEMBER | Chapter 1 Introduction to home science  Chapter 2(a) Understanding the self  Chapter 2(b) Understanding the self  Chapter 2(c) Understanding the self  Chapter 3 Food, Nutrition, Health and Fitness  Chapter 4 Management of resources  Chapter 5 Fabric around us |
| UT-3 | NOVEMBER | Chapter 8 Survival growth and Development  Chapter 9 Nutrition, health and well being |
| UT-4 | DECEMBER | Chapter 10 Our apparel  Chapter 11 Health and Wellness  Chapter 12 Financial management and planning |
| ANNUAL EXAMINATION | FEBRUARY | FULL SYLLABUS |

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