

Home Science

- 16 Food
- 17 Importance and functions of food
- 18 " " " "
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- 20 " " " "
- 21 Practical work
- 22 Sunday
- 23 Energy giving food Nutrient
- 24 " " "
- 25 Effects of deficiency of carbohydrates
- 26 " " " "
- 27 Body Building Nutrient - Protein
- 28 " " "
- 29 Sunday
- 30 Daily Requirement of Proteins
- 31 Sahed udham singh's Jayanti
- 1 Kwaadhiarkar, Marad Mud.
- 2 learn work
- 3 Energy giving Nutrients - fat and Lipids
- 4 " " "
- 5 Sunday
- 6 Effects of deficiency of fats
- 7 Body Building Nutrients - minerals
- 8 " " "
- 9 " " "
- 10 " " "
- 11 Mehendi Competition
- 12 Sunday

- 13 Factors Helping in Iron Absorption.
- 14 " " " "
- 15 Protective nutrients Vitamins
- 16 " " "
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- 18 Nicotinic Acid
- 19 Sunday
- 20 Functions of Vitamin C
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- 22 Eid-al-Adha
- 23 Test
- 24 Protective Nutrient - water.
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- 26 Sunday
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- 28 Dietary Fiber.
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- 31 Principles and methods of cooking food
- 1 " " "
- 2 Sunday
- 3 Different methods of cooking food
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- 5 Cooking by Radiation
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- 8 Test
- 9 Sunday

- 10 Methods of Enhancing Nutritive value  
 11 of food stuff  
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 15 Food Preservation  
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 20 Bactericidal methods  
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 24 Balanced Diet  
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 26 Food Groups  
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 1 Meal planning for pre-school children  
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 5 meal planning During Adolescence  
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- 8 meal planning for Adults
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- 10 Maharaja Agrasen Jayanti
- 11 Test
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- 14 Sunday
- 15 meal planning for a lactating mother
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- 17 Therapeutic Adaptation of the Normal
- 18 Diet " "
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- 21 " " " "
- 22 meal planning in Digestive Disorders
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- 24 Maharishi Valmiki's Birthday
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- 26 meal planning during Diabetes mellitus
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- 31 meal planning during high Blood pressure
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- 3 Test
- 4 Sunday

Zakia