

PRACTICALS FOR CLASS XII

UNIT II NUTRITION, FOOD SCIENCE AND TECHNOLOGY

1. Modification of normal diet to soft diet for elderly person.
2. Development and preparation of supplementary foods for nutrition programme.
3. Planning a menu for a school canteen or mid-day meal in school for a week.
4. Design, prepare and evaluate a processed food product.
5. Qualitative test for food adulteration in: pure ghee, tea leaves, whole black pepper, turmeric powder, milk, asafoetida.

UNIT III HUMAN DEVELOPMENT AND FAMILY STUDIES

6. Preparation and use of any one teaching aid to communicate socially relevant messages for children/ adolescents /adults in the community.

OR

Preparation of any one toy for children (age appropriate) using locally available and indigenous material

UNIT IV FABRIC AND APPAREL

7. Preparation of any one article using applied textile design techniques; tie and dye/batik/block printing.
8. Remove different types of stains from white cotton cloth –Ball pen, curry, grease, ink, lipstick, tea and coffee.

UNIT V RESOURCE MANAGEMENT

9. Evaluate any one advertisement for any job position.
10. Develop a leaflet/pamphlet for Consumer Education and Protection on any one of the following-
 - a) Consumer Protection Act (CPA)
 - b) Consumer responsibilities
 - c) Consumer organization
 - d) Consumer Problem

PROJECT

ANY ONE OF THE FOLLOWING PROJECT MAY BE UNDERTAKEN AND EVALUATED-

1. Study of an integrated community based, nutrition/health programme being implemented in own area, with reference to-
 - a) Programme objectives
 - b) Focal Group/Beneficiaries
 - c) Modalities of implementation
2. Visit to the neighbouring areas and interview two adolescents and two adults regarding their perception of persons with special needs.
3. Profile any two person (child/adult) with special needs to find out their diet, clothing, activities, physical and psychological needs.
4. Planning any five messages for nutrition, health and life skills using different modes of communication for different focal groups.
5. Market survey any five processed foods with their packaging and label information.

SCHEME FOR PRACTICAL EXAMINATION -30 Marks

1. Project (5 marks)

2. Modification of any one family meal for elderly person. Preparing any one of the modified dish. **(5 marks)**

OR

Development and preparation of any one supplementary food for pre- schooler (2-6 years) nutrition programme.

OR

Planning a menu for school canteen and preparing any one nutritious dish.

3. Identify adulterant using chemical test in any one of the following- pure ghee, tea leaves, whole black pepper, turmeric powder, milk, asafoetida. **(2 marks)**

4. Prepare a sample using applied textile design techniques tie and dye/batik/block printing. **(4 marks)**

5. Remove any one of the stain from white cotton cloth –Ball pen, curry, grease, ink, lipstick, tea, coffee. **(2 marks)**

6. Develop a leaflet/pamphlet for Consumer Education and Protection on any one of the following- **(5 marks)**

- a) Consumer Protection Act (CPA)
- b) Consumer responsibilities
- c) Consumer organization
- d) Consumer Problems

7. File (5 marks)

8. Viva (2 marks)