

Name of the School CHOTTU RAM SCHOOL GOMANA

Class : 8th

TIME-TABLE

DAY	I	II	III	IV	V	VI	VII	VIII
MON	Eng	Hindi	SSV	Maths	Sanskrit	Home Science	CA	Science
TUE	"	"	"	"	"	"	"	"
WED	"	"	"	"	"	"	"	"
THU	"	"	"	"	"	"	"	"
FRI	"	"	"	"	"	"	"	"
SAT	"	"	"	"	"	"	"	"

Signature

Name of the School CHOTTU RAM SCHOOL, GOMMANDA

Class : 8th

TIME-TABLE

DAY	I	II	III	IV	V	VI	VII	VIII
MON	Kng	Hindi	Sst	Maths	Sanskrit	Home Science	C.A	Science
TUE	//	//	//	//	//	//	//	//
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THU	//	//	//	//	//	//	//	//
FRI	//	//	//	//	//	//	//	//
SAT	//	//	//	//	//	//	//	//

Signature

ATTENDANCE CHART

School

CHOTTU RAM SCHOOL, GOHANA

Class :

8th

Subject :

Home Science

Name & Roll	1/9	2/9	3/9	4/9	5/9	6/9	7/9	8/9	9/9	10/9	11/9	12/9	13/9	14/9	15/9	16/9	17/9	18/9	19/9	20/9	21/9	22/9	23/9	24/9	25/9	26/9	27/9	28/9	29/9	30/9
Surita	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Shalini	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Rajni	P	P	P	S	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Ranjana	P	P	P	U	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Komal	P	P	P	N	P	P	P	A	P	P	S	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Kavita	P	P	P	D	P	P	P	P	P	P	U	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Swita	P	P	P	A	P	A	P	P	P	P	N	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Kamran	P	P	P	Y	P	P	P	P	P	P	D	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Kaalia	P	P	P	P	P	P	P	P	P	P	A	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Meethi	P	P	P	P	P	P	P	P	P	P	Y	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Meenalish	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Ritu	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Konika	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Audra	P	P	P	S	P	P	P	P	P	P	S	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Preeti	P	P	P	U	P	P	P	P	P	P	U	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Akshay	P	P	P	N	P	P	P	P	P	P	N	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Anan	P	P	P	D	P	P	P	P	P	P	D	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Anjali	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Vishaka	P	P	P	Y	P	P	P	P	P	P	Y	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Bittu	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Ritika	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Pallavi	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Seehika	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Bhavona	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Vinola	P	P	P	P	P	P	P	P	P	P	S	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Suresh	P	P	P	P	P	P	P	P	P	P	U	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Sonakshi	P	P	P	P	P	P	P	P	P	P	N	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Amiti	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P

ATTENDANCE CHART

School CHOTU RAM SCHOOL GORHANA

Class : 6th Subject : Homescience

Name & Roll	2/12	3/12	4/12	5/12	6/12	7/12	8/12	9/12	10/12	11/12	12/12	13/12	14/12	15/12	16/12	17/12	18/12
Sinita	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Shalini	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Rajni	P	A	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P
Ramjane	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Komal	P	P	P	P	P	P	P	P	P	S	P	P	P	P	P	P	P
Kavita	P	P	P	P	S	P	A	P	P	P	P	P	P	P	P	P	S
Saurika	P	P	P	P	P	P	P	P	P	N	P	P	P	A	P	P	P
Kamkarn	P	A	P	P	N	P	P	P	P	P	P	P	P	P	P	P	N
Rachha	P	P	P	P	D	P	P	A	P	P	P	P	P	P	P	P	D
Meethi	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	A
Meenakshi	P	P	P	P	Y	P	P	P	P	P	P	P	P	P	P	P	Y
Rishi	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Kanika	P	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P
Jyoti	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Preeti	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	S
Akshay	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Aman	P	P	P	P	S	P	P	P	P	P	P	P	P	P	P	P	N
Anjali	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Vishaka	P	P	P	P	N	P	P	P	P	P	P	P	P	P	P	P	A
Betina	P	P	P	P	D	P	P	P	P	P	P	P	P	P	P	P	Y
Ritika	P	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P
Pallavi	P	P	P	P	Y	P	P	P	P	P	P	P	P	P	P	P	A
Deepika	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Rachna	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Varinda	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Suresh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Sonakshi	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Anadi	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P

INDEX

S.NO.	Date	Lesson No.	Topic	Pages	Sign. of the Supervisor
	<u>Nilin</u>	<u>Teaching</u>	<u>Lesson</u>		
1	7/10/13	1	Body organs -	1	
2	8/10/13	2	different vegetables	5	
3	9/10/13	3	dishes.	7	
4	11/10/13	4	Decoration of plates	13	
5	14/10/13	5	Respiratory	19	
6	19/10/13	1	Eye sights	27	
7	21/10/13	2	Nutrients elements	31	
8	23/10/13	3	cloth production	37	
9	25/10/13	4	Pulao	41	
10	29/10/13	1	Vitamins	45	
11	19/11/13	1	decoration	51	
12	21/11/13	2	Party Related Activities	55	
13	23/11/13	03	decorating plates	59	
14	25/11/13	04	flower decoration	65	
15	7/11/13	1	Healthy body,	71	
16	8/11/13	2	aim of celebrating birthday	77	
17	9/11/13	3	Badam Pak	83	
18	11/11/13	4	sweet dishes	87	
19	12/11/13	5	flower decorations	93	
20	13/11/13	6	professional sketches	99	

INDEX

S.NO.	Date	Lesson No.	Topic	Pages	Sign. of the Supervisor
21	14/11/13	7	gajar halwa	103	
22	15/11/13	8	coffee	109	
23	16/11/13	9	wood burger	115	
24	18/11/13	10	gajar pak	121	
25	19/11/13	11	sweets	125	
26	20/11/13	12	Balanced diet	133	
27	21/11/13	13	Bengal Rasgullas	139	
28	22/11/13	14	Environment	145	
29	23/11/13	15	About drinks	151	
30	24/11/13	16	coffee	157	
31	27/11/13	17	gajar pak with sweets	163	
32	28/12/13	1	flower	167	
33	10		observation ¹⁰ .		
34					
35					
36					
37					
38					
39					
40					

MICRO TEACHING LESSONS

UNITED SECULAR SOCIETY

Date: 7/10/18

Duration of the period: 35 min

Pupil Teacher's Name: Priyanka Nischal

Pupil Teacher's Roll No: 1608

Class: 7th

Average Age of the pupils: 12-13 years

Subject: Home Science

Topic: 'body organs'

General Objectives

- 1) To acquaint the girl-Students with the structure body organs and their activities in order to make them experience that happiness in life depends on the healthy body.
- 2) To acquaint the girl-Students with the Scientific attitude related to their body and to acquaint them with Rules of Physiology.

Specific Aims

To acquaint girl-students with the chief components and breathing activity of Respiratory System.

Teaching Aids:-

- 1) The chart of the Respiratory system.
- 2) Model of lungs
- 3) Model of Respiration

Previous Knowledge

The students know about the constitution and significance of air

②

Teaching point

Teaching Activity

Student Activity

CBLO

The pupil teacher will ask the following questions in order to relate today's knowledge and to inculcate interest and curiosity in students.

Q why is air necessary for our life?

Q what gases form the air?

Q which gas is needed by man to keep healthy?

Q How does oxygen reach our body?

Statement of Aim:-

Today we shall introduce the respiratory system and study the breathing activity in our body.

Presentation

Breathing from the nose.

The girl student tell the names of different parts of the nose.

What are the entry points by which air enters into our body?

Air enters our body through nose and mouth.

The hair inside the nose prevents,

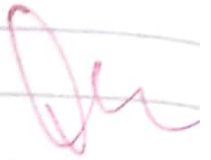
Explanation

Black Board

- 1) Names the different organs in the nose?
- 2) Description of functions of the lungs?
- 3) Effect of Ribs on the chest.

Home Work

- 1) What are the chief organs of the respiratory system and how does respiratory action take place? write in brief?



Date: 21/10/13
Pupil Teacher's Name: Priyanka Nishal
Class: 2A
Subject: Home Science
Duration of the period: 35 minutes
Pupil Teacher's Roll No: 15
Average Age of the pupils:
Topic: different vegetables

General objectives

- 1) The girl-students take interest in works of home science.
- 2) To effect intellectual development of girl-students
- 3) To develop different qualities in girls students.
- 4) To develop qualities in girl students related to cooking, knitting and other tasks.

- 1) To acquaint girl-students with the qualities of different vegetables.
- 2) To acquaint them with different methods of cooking tomatoes.
- 3) To tell the merits and demerits of stuffed tomatoes.

Tomato, potato, Cabbage, green chilly dhania etc

The girl students know about different types of vegetables.

Q With what vegetable is a dry vegetable cooked?

Cabbage, carrot etc.

Q How is lady's finger cooked?

Lady's finger is cooked dry.

Q How are fibre vegetables cooked?

with tomato bean etc.

Q How is a stuffed vegetable cooked?

The girl - students are answer-less.

Statement of Aim:-

Material

The girl students are able to describe the material

needed for cooking

Today we shall study how to cook the stuffed tomato

Q Why do you use tomatoes in vegetables?

It makes the vegetable tasty.

Explanation

material :- The following materials will be needed :-

1) similar medium sized red tomatoes which should not be very soft.

2) A spoonful of maida and ghee.

Method-	The girl students are able to describe the method of cooking stuffed tomatoes.	Now the pupil teacher will cook this as per the method before girl students.	
		Q How will you clean the tomatoes?	By washing

Q what will you do after that?

Tomatoes will be cut.

Q How will you cut the tomatoes?

The girl students are answer less.

Black Board Summary

Material for stuffed tomatoes

- 1) Tomatoes
- 2) Potatoes
- 3) Green chilly
- 4) Green chana
- 5) other Condiments .

Method

First step, Second step, Third step

Dr

Date: 09/10/13

Duration of the period: 35 minutes

Pupil Teacher's Name: Priyanka Nishad

Pupil Teacher's Roll No.:

Class: 8th

Average Age of the pupils: 12-13 years

Subject: Home Science

Topic: dishes

- 1) To effect intellectual development of girl-students.
- 2) To provide technical and general knowledge to girl-students.
- 3) To inculcate interest in girl-students towards home science.

To provide knowledge to girl students for making different dishes.

To inculcate interest in girl-students for different sweet dishes.

Materials

Bread, sugar, milk, coconut, cherry, murabba etc.

Previous Knowledge

The girl-students know about different dishes and sweetmeats.

material

The girl students are able to describe the method of cooking shahi toast.

Today we shall learn the method of making shahi toast from bread.

Presentation :-

Q What is cooked after applying	Bread, pakoras are made.
Q What is cooked by applying besan to palak?	Palak Pakoras are made.
Q What material is needed in making shahi toasts?	The girl student are answerless.

Explanation

List of Material	The pupil teacher will present a list of materials needed for making shahi toast material Sugar:- 6 spoons milk:- $\frac{1}{2}$ litre Large slices of bread: 8 Coconut:- 1 piece Cherry murabba: 8 pieces Yellow Colour:- a little Ghee:- for frying	girl student listen carefully.
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Q How are shahi
toast taste?

They are sweet

Q With what are
shahi toast made?

These are made of
bread.

Q What is the method
of cooking shahi
toast?

The girl student
are answerless.

Explanation :-

Method

The pupil teacher will
cook shahi toast
herself describing the
method of cooking it.

First step - Heat up
milk into semi-solid
rabri.

Second step - In a large
plate, arrange seven
slices in shape of a
star and place a round
piece in middle.

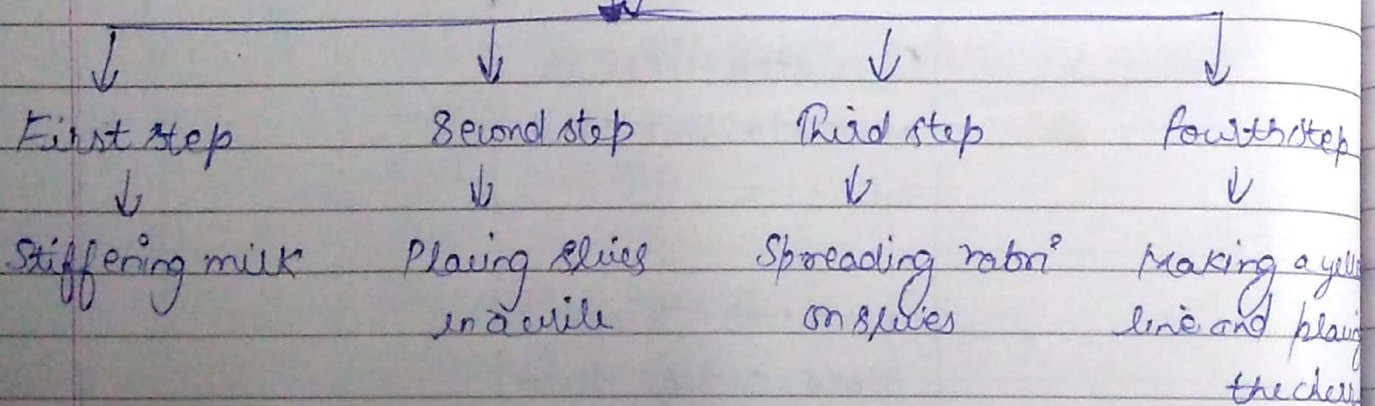
Third step - Now leaving
lemon the sides spread
rabri on the slices.

Fourth step:- After cooking it, make a yellow line round the white rabri and put a cherry piece in the middle of each toast. Here is your toast.

Black Board Summary :-

Shahi toast material : bread sugar milk, coconut yellow colour ghee etc.

Cooking Method



Date: 11/10/13

Duration of the period: 35 m

Pupil Teacher's Name: Priyanka Nigral

Pupil Teacher's Roll No:

Class: 8th

Average Age of the pupils: 12-13 yrs.

Subject: Home Science

Topic: Decoration of plates

General Knowledge

- 1) To Provide knowledge of home science to girl students
- 2) To develop general knowledge in girl-students by home science.

Specific Aims :-

- 1) To provide knowledge to girl-students about general principles of decorating plates.
- 2) To describe the decoration of plates for formal meal.

Materials :-

Sweet dishes, cherry pieces, silver paper, ilaiki powder, Kesar, different sets of plates etc.

Previous Knowledge

The girl students know about methods of serving different types of dishes.

Teaching Activity	Student Activity	Teaching Aids	Evaluation
	Q what is meant by table decoration?	The table is decorated	
	Q what is meant by ordinary plate decoration?	The feast table is decorated	
	Q what is meant by special plate decoration for meals?	The girl- Students are answerless.	

Statement of Aim

Today we shall study special plate decorations for use in meals.

Presentation :-

Q why is table decoration undertaken?	for aesthetics
Q why is plate decoration undertaken?	It makes it look beautiful?
Q what are the aims of plate decoration?	The girl students are answerless.

Statement of Aim :-

Today we shall study special plate decoration for use in meals.

Presentation :-

Q Why is table decoration inevitable?

For aesthetics.

Q Why is plate decoration inevitable?

It makes it look beautiful

Explanation

Aims of Plate decoration

The chief aims of plate decoration are as follows:-

- 1) The work of eating food is made simple
- 2) This is a tradition or practice in meals.
- 3) It satisfies the aesthetic sense
- 4) It makes the food look beautiful.

The girl student listen Carefully

Q In how many forms are plate decorated?

Two types of plate decoration is done:-

- 1) Ordinary plate decoration
- 2) Special plate decoration.

Q What is called the special plate decoration?

The girl student are answerless.

Black Board Summary.

Form of Plate decoration

Ordinary plate decoration

Special plate

Decoration:-

Material for plate decoration:-

- 1) Furniture :- Table and chair
- 2) Plates :- Set of different plates
- 3) Kesar
- 4) Haini
- 5) Sweet dishes

Date 14/10/13

Duration of the period 30m

Pupil Teacher's Name. Prjank Nishal

Pupil Teacher's Roll No.

Class 8th

Average Age of the pupils 12-13

Subject Home Science

Topic Respiratory System

General Objective

- 1) To acquaint the girl students with the structure of different body organs and their activities in order to make them experience.
- 2) To acquaint students with the knowledge of body and health in order to create ability to live a healthy life.

Specific Aims:-

To acquaint girl students with the chief components and breathing activity of respiratory system.

Teaching Aids:-

- 1) The chart of the Respiratory System.
- 2) Model of the Respiratory System
- 3) Model of lungs

Previous Knowledge

The students know about the constitution and significance of air.

Teaching Aims	Teaching Activity	Student Activity	CBW
	The pupil teacher will ask the following question, in order to relate today's knowledge with the previous knowledge and to inculcate interest and curiosity in students		
	Q Why is air necessary for our life?		
	Q What gases form the air?		
	Q How does oxygen reach our body?		

Statement of Aim:-

Today we shall introduce the respiratory system and study the breathing activity in our body.

Presentation

Breathing
from the
nose.

Q what are
the entry points by
which air enter into our
body?

Air enters our
body through
nose & mouth.

Q why is it beneficial
to breath by the nose?

The hair in side
the nose prevents
dust particles from
going inside.
It goes from behind
the tongue.

Q where does air reach
after the nose?

The pupil teacher will
make a picture of the
Spiratory System and
ask the following
questions :

Q vocal cords are the
upper part of which part?

A part of the
wind pipe.

Q In order to prevent
food from coming into
the pipe what is the
arrangement in the
vocal cords?

The students are
answerless.

Black Board Work

- 1) Name of different organs in the nose.
- 2) Description of functions of the lungs.
- 3) Effects of ribs on the chest.

Home work

What are the chief organs of the respiratory system and how does the respiratory action take place? write in brief.

MEGA TEACHING LESSONS

Date... 19/11/13

Duration of the period... 35 minutes

Pupil Teacher's Name... Priyanka Niswal

Pupil Teacher's Roll No.....

Class... 8th

Average Age of the pupils... 12-13

Subject... Home Science

Topic... eye-sights

General Aims:-

- 1) To acquaint the girl-students with the constitution and activities of different body parts and to make them experience the happy life depends on healthy body.
- 2) To acquaint the girl-students with different diseases.

Specific Aims:-

To acquaints girl-students with the causes, symptoms and diagnosis of different types of eye-sight defects, arising due to malfunction in the retina.

Teaching Aids:-

To acquaints girl students:

- 1) Model of eye.
- 2) Concave and convex lenses.

Previous Knowledge :-

The girl-students have studied about the constitution of the eye.

Teaching point

Teaching Activity

Student Activity

CBSE

Showing the eye model, the pupil teacher will ask the following questions

Q. Which are the different screens in the eye?

Q. On which screen is the reflection formed?

Q. What are the screens of the eye?

There are 2 screens.

Statement of Aim:-

Today we shall study the different defects in the eye-sight due to mal-function of the retina and look into their causes and symptoms.

Far-sight-
edness.

Presentation

The pupil teacher will focus the candle real and far from the convex lens and tell that the screen is the retina of eye.

The girl students listen carefully.

Conclusion

1) The rays coming from an object located far are focussed according to the lens.

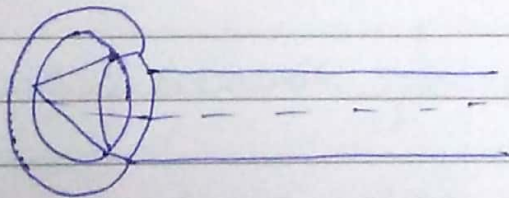
2) Adjustment is needed for objects located very near or very far.

Q How does the eye look each object located at every distance? By adjustment.

Q What do you mean by the adjustment power?

Explanation:-

When this eye looks at a near located object it reverses the spread out rays, which need a little more than average distance for focusing. Naturally, these rays are focused on the inner retina and the reflection becomes clear.



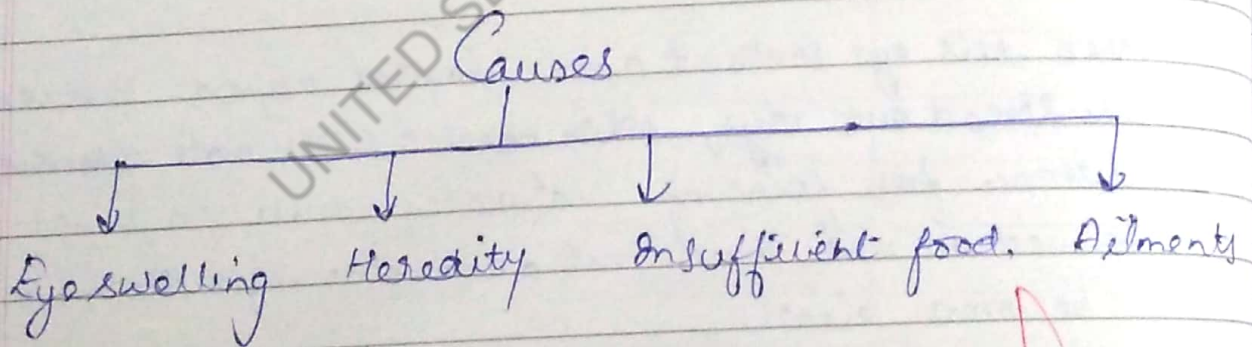
The girl students will make a diagram in their notebook.

Black Board Summary

In myopia the far - located objects is seen unclearly.

Home work

Draw the diagram of near Sightedness and far Sightedness and write the causes symptoms and diagnosis of these defects



Date: 21/12/13

Duration of the period: 35m

Pupil Teacher's Name: Priyanka N. Jadhav

Pupil Teacher's Roll No:

Class: 8th

Average Age of the pupils: 12/13

Subject: Home Science

Topic: nutrients elements

General objective

- 1) To inculcate a feeling in girl students that cooking is inferior task.
- 2) To inculcate interest in girl student about the cleanliness of pots.

Chief Aims :-

- 1) To teach the girl students the proper method to cook pulao.
- 2) To acquaint the girl students with the nutrient elements of pulao as rice, paneer, ghee etc.

Teaching Aids :-

Necessary materials for making pulao ; utensils
chart roller, board etc.

Q Which is the cheap
and abundantly available
vegetable in winters?

Carrot,
Reddish
Cabbage etc

Q Which vegetables are
very good in nutrition?

Carrot-
red, dill etc.

Q What can be made
from Carrots?

Gajar,
vegetable,
gajar, halwa
sweets etc

Q How is gajar halwa
made?

No girls
Students
are answering.

Statement of Aim

Today we shall study how to make
gajar halwa.

Presentation

Materials

Which vitamin is needed for eyes?

Vitamin A

What is the utility of mixing milk with carrot?

Increases nutrition in Gajar.

Q What materials are needed for making Gajar Halwa?

The girl student are answerer.

Materials

The pupil teacher will tell and list each material.

Girl student listen carefully

- 1) Carrot : 1 kg.
- 2) Milk : 1 ltr
- 3) Sugar : 100 gm
- 4) Ghee and butter 2 spoon
- 5) Almond / chays etc.

Method

Q What should be the chief dish in the menu for a children's breakfast?

There should be gajar halwa. It is liked by everyone.

Q How is gajar halwa considered to be?

This is very good nutritious and also tasty.

⇒ The pupil teacher will describe and prepare gajar halwa.

At first take a kg of carrot and peel it. And wash it. Then reduce it to thin strands with a kadai.

1ltr milk. Let it boil 4-5 times and then let it cook on medium heat. Add ghee and butter and or two spoonfuls and cook until water and milk are dried on some heat.

Then take it out on a plate and decorate with almonds, raisins.

Blank Board Summary

material

Carrot, milk, khoya, Sugar, almond raisin
kishmish etc.

UNITED SECULAR SOCIETY

Date: 23/10/13

Duration of the period: 35 minutes (37)

Pupil Teacher's Name: Priyanka Nizhal

Pupil Teacher's Roll No.:

Class: 8th

Average Age of the pupils: 12-13 yrs.

Subject: Home Science

Topic: Cloth production

General Objectives

- 1) To acquaint the girl-students with the make-characteristics and utility of different types of clothes.
- 2) To make students understand that their washing method depends on their 'Scientific' constitution quality and structure.

Specific Aims:-

To acquaint girl-students with the types of silk, their origin, characteristics, constitution, precautions etc.

Teaching Aids:-

Maps showing the chief centres of cloth production.

Necessary materials:-

Tub, jug, pan, silk cloth, Towels, Lux powder, Acetic acid, ammonia.

Previous Knowledge

The girl students possess general knowledge of the centres of cloth.

Teaching
point

Teaching
Activity

Student
Activity

CBW

In order to draw
the attention of girl
Students to the present
lesson the pupil teacher
will present the map
showing centres of
cloth production.

Q What types of clothes
are used? cotton & silk
etc.

Q Where is cotton produced
in India? North and
Central India.

Statement of Aim

Today we shall study the types, structure, origin, of silk
and how to save time and money in maintaining the beauty
of silk clothes and how to wash silk clothes at home.

Q What are the types of
silk? Two types.

Q What is meant by genuine
silk? The girl students are
answerless.

Explanation

Types and
make

Genuine silk is made by
the silkworm. The silk
prepared from its strand
is called genuine silk.

The girl listens
carefully.

The pupil teacher will
explain that genuine silk

Home work

1) Write Types of make up.

Date: 25/10/13

Duration of the period: 35m

Pupil Teacher's Name: Priyanka N'shop

Pupil Teacher's Roll No.:

Class: 8th

Average Age of the pupils: 12.13

Subject: Home Science

Topic: Pulao

General objectives

- 1) To inculcate a feeling in girl-students that cooking is no inferior task.
- 2) To inculcate ability in girl-students to provide balanced and tasty food to family members with less expenditure.

Chief Aims:-

- 1) To teach the girl-students the proper method to cook pulao.
- 2) To acquaint the girl-students with the nutrient elements of pulao as rice, ghee etc.

Teaching Aids

Necessary materials for making pulao, utensils chart, roller board etc.

Previous Knowledge

The girl student possess general knowledge of rice production and use.

Teaching point	Teaching Activity	Student Activity	CBW
	Q In which food are Carbohydrates food?	In curd, Salad etc.	
	Q Which food articles can be used for making rice pulao a balanced food?	The girl students are answerless.	

Statement of Aim

Today we shall see how cheese pulao is cooked and how it can be made a balanced food along with Salad curd, chutney etc.

Presentation

Cooking pulao	Q What materials are needed for making pulao?	Rice, panner, potato, pea onion, Salt etc.
	Q How much materials are needed for cooking pulao for eight people?	The girl students are answerless.

Carbohydrates

Wheat	Sweet potato
Rice	Beet
Potato	Date
Groundnut	Radish
Raw Banana	Current
Raw Apple	Sugar cane.
Corn	Milk
Bayra	Apple
Dal chana.	Grapes.

Explanation

1 kg Rice 300gm ghee, 200 paneer, 500gm pea, 100gm potato 200gm onion, species of garkhi etc.

Q what type of rice should be used for cooking pulao?

Ans Old Rice Dehradun or Basmati Rice.

Preparation of Pulao: washing pulao, soaking

BlackBoard

Cooking Pulao

Recipe:- 1kg Rice 300gm ghee, 250gm paneer
50gm peas 100gm potato 200gm onion 6 pieces
garlic Salt garam masala Lejapatra almond/ lousin
Cardamom etc.

Homework

The pupil teacher will get the utensils cleaned
by the girl students and placed at their
proper places.

DISCUSSION LESSONS

UNITED SECURITY SOCIETY

Date 29/10/13

Pupil Teacher's Name Priyanka N. S. uaf

Duration of the period 35m

Class 8th

Pupil Teacher's Roll No.

Subject Home Science

Average Age of the pupils 13-13

Topic vitamins

General Objective

- 1) To make girl students practice home science and to develop their intellectual abilities-
- 2) To inculcate aesthetic sense in girl students by home science

Specific Aims :-

- 1) To acquaint girl-students with different types of vegetables-
- 2) To tell vitamins obtained from vegetables.

MaterialsCarrot, ~~pea~~, green chilly, ~~okra~~, Cabbage, Chukondal, ~~Pumpkin~~ etc.

Req. Point	Teaching Activity	Student Activity	Obs
1	What are the chief green vegetables	Carrot Red cush turnip etc.	Students listen carefully.
2	What is found in these vegetables	Vitamins	

Statement of Aim 1-

Today we shall study the lesson pertaining to
Cooking of vegetables rich in proteins.

Presentation

Form and
characteristics

Q How are vegetables
rich in proteins?

This vegetable is
nutrient.

Q How do vegetable
rich in protein look?

They look beautiful

Q In which vegetable
is protein found?

Pea, chilly, carrot etc.

Explanation

1) These vegetables are
rich in protein

The girl student listen
carefully.

2) These vegetables are
nutritious

3) These vegetables are
beautiful to look at

4) These vegetables decorate
the dining table.

Explanation

The following materials are needed for cooking it.

The girl student listen carefully.

1) Moong chuli 1 bowl

2) Green peas 1 bowl

3) Panner 1 bowl

4) Green chilly

The girl student listen carefully.

5) Salt, chilly, haldi.
Must give as may be needed.

Method

The pupil teacher will describe the method of its cooking.

At first the dal should be boiled in water so as to dry up the water. Add Salt, haldi, Red, chilly in it.

Second Smash the beans
fry in a pan with green
chilly and ghee. cook with
a little water and salt. Dry
up on sim heat and take down.

The pupil teacher will ask
the following:-

Q How many colour food are
ready with you now?

Three colour
things.

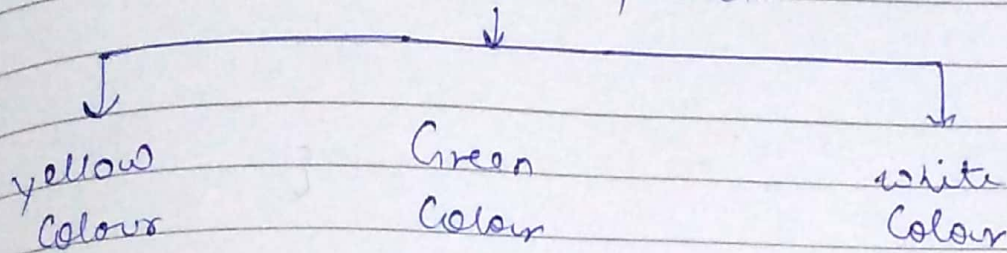
Q what are three foods?

yellow dal, green
peas and white paneer.

Q Now how will you
make a three colour
vegetable rich in protein?

~~The girl student - listen
carefully.~~

Three - Colour vegetable rainbow protein



Black Board Summary:-

yellow colour:- yellow dal,

Green colour:- ~~Green~~ peas,

white colour:- white paneer.

Carrot:- Flowers and sticks

Bowls:- Place white paneer on top green dal at the bottom and after it is set, it is placed upside down in the plate and decorated.

SIMULATED TEACHING LESSONS

Date.....

19/10/13

Lesson No : 1

57

Pupil Teacher's Name.....

Priyanka Nigam

Duration of the period..... 35m

Class.....

8th

Pupil Teacher's Roll No.....

Subject.....

Home Science

Average Age of the pupils..... 12-13

Topic..... decoration

General Objective :-

- 1) To make girl - students practice home science and to develop their intellectual abilities -
- 2) To provide general knowledge to girl - students with the help of home science.

Specific Aims :-

- 1) To acquaint girl students with the general principles of table decoration
- 2) To provide knowledge to girl-students about table decoration for a formal meal.

Teaching Aid

Dining table, chairs, table cloth, crockery, glass ware, flowerpot, straw, candle, stand, salt pot, napkin rings

Previous Knowledge

The girl students possess knowledge about different types of meals and the methods of serving them.

Teaching point	Teaching Activity	Student Activity	CBW
Q what is meant by table decoration?		The table is decorated.	
Q what types of different table decorations will you use for a meal?		The girl student is answerless.	

Statement of Aim :-

Today we shall study different types of table decorations used for meals.

Presentation :-

Q what are the chief aims of table decoration?

The girl student is answerless.

Explanation

Aims of table decoration

The girl student are able to describe

the aims of a table decoration.

1) To make eating food easy

2) To maintain some rules of eating and traditions -

3) To satisfy aesthetic sense

Form of table decoration

The girl student listen carefully,

Q. what do you understand by formal table decoration?

Explanation

Formal table decoration

The girl student are able to recall the forms of formal table decoration.

The chief characteristics of formal table decoration are:-

1) Table cloth is spread on table.

2) Napkin is used.

3) Separate crockery and cutlery are used for each course of meal.

4) The person is served from the left.

Decoration

- 1) Furniture :- dining table chairs
- 2) Table linen :- table cloth, table mats, napkin.
- 3) Cutlery :- forks, knives, spoons, big
- 4) Crockery :- full plates, soup bowls, quarter plates, dessert bowls.

UNITED SECULAR SOCIETY

Date: 21/10/13

Pupil Teacher's Name: Priyanka N. Patel

Class: 8th

Subject: Home Science

Duration of the period: 35 m

Pupil Teacher's Roll No.

Average Age of the pupils: 12-13 yrs

Topic: party Related activities

General Aims

- 1) To effect intellectual development in girl students by the medium of home science.
- 2) To provide general knowledge to girl students by home science.

Specific Aims

- 1) To acquaint girl students with the party related activities
- 2) To gather material for birthday party.

Teaching Activity	Student Activity	CBW
Q When are children of the same age invited?	In a party or function	
Q When are candles lit on a cake?	on the birthday of a child	
Q What else is done on a birthday?	A birthday party is organised.	

Statement of Aim

Today we shall study about party on a birthday.

Explanation

The chief aims of Celebrating a birthday party are:-

- 1) To inculcate enthusiasm and novelty in children.
- 2) To bring children in contact with the peer group.

Activities
of a birthday

Q Who are invited on
a birthday?

Peer age children.

Q What is done after
Cake Cutting?

The girl & student
are answerless.

Explanation

After Cake Cutting Ceremony all people congratulate and give good wishes to all child to be sides the birthday party is organised.

Arrangement
of a birthday
party:

Q Why are peer group
friends of child is
invited?

So that children
can enjoy themselves.

Q Who other children are invited?

The same age children in neighbourhood.

Q What do children learn on this occasion

The children learn how to mix up one another.

Recapitulation

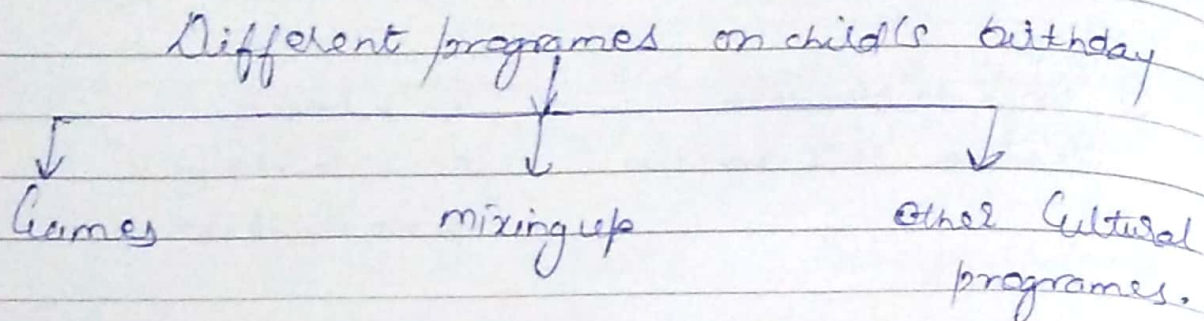
Q Why is a birthday celebrated?

Q Who are invited on a birthday?

Q Why do the elderly bless the children on a birthday?

Q What dishes are prepared in birthday party for children?

Black Board Summary



Other programmes

- * To prepare list of dishes.
- * To select proper dishes for the party.
- * To include entertainment programmes in the party.
- * To arrange light in intellectual competition.

h

Date 23/11/13

Pupil Teacher's Name Priyanka N. Shah

Duration of the period 35m

Class 8th

Pupil Teacher's Roll No.

Subject Home Science

Average Age of the pupils 12-13 yrs

Topic decorating plates

General Knowledge

- 1) To Provide knowledge of home science to girl students
- 2) To develop general knowledge in girl students by home science.

Specific Aims

- 1) To Provide knowledge to girl students about general principles of decorating plates
- 2) To describe the decoration of plates for formal meals.

Material

Sweet dishes cherry pie, silver paper, ilaichi powder
Kesar

Previous knowledge

The girl students know about method of serving different types of dishes.

Teaching Activity	Student Activity	Teaching Aids	Evaluation
	Q what is meant by table decoration?	The table is decorated	
	Q what is meant by ordinary plate decoration?	The feast table is decorated	
	Q what is meant by special plate decoration for meals?	The girl student are answerer.	

Statement of Aim

Today we shall study special plate decoration for use in meals

Presentation

Q why is table decoration undertaken?	For decoration
Q why is plate decorated undertaken	stone penic look beautiful
Q what are the aim of plate decoration	The student are answerer

Presentation

(61)

Why is table undertaken?

For aesthetics.

Explanation

Aims of
plate
decoration

The chief aim of
Plate decoration
are
follows:-

- 1) The work of eating food is made simple
- 2) This is tradition or practice in meals
- 3) It satisfies the aesthetic
- 4) It make the food look beautiful

The
girl student-
listen
carefully,

Q In how many forms are plate decorated

Two types of plate decoration

1) ordinary plate

2) special plate

Q What is called the special plate decoration?

The girl student are answerless

Black Board Summary

Form of Plate decoration

Ordinary
plate
decoration

Special
plate
decoration

Decoration :-

material for plate decoration

- 1) Furniture :- Table & chairs
- 2) Plates :- set of different plates
- 3) Kesar
- 4) Maichi
- 5) Sweet clusters

Date 25/10/13 Lesson No : 4 (3)
Pupil Teacher's Name Priyanka Nischol Duration of the period 33m
Class 8th Pupil Teacher's Roll No.
Subject Home Science Average Age of the pupils 12-13
Topic flower decoration

General Objectives

- 1) To train girl-Students for use of principles of art
- 2) To inculcate the sense of aesthetics in girl student.

Specific Aim

To provide knowledge to girl students about flower decoration its principles rules and precaution to be exercised.

Teaching Aid

Rolling Board, Flowers and petals flowerpot and other material

Previous Knowledge :- The girl students possess some knowledge about flower decoration.

Teaching point

Teaching Activity

Student Activity

(30)

Q What is the importance of flowers in room decoration?

They make it beautiful

Q What do you understand by flower decoration?

The girl student are answerless.

Statement of Aim

Q Which are the different types of flowers used at home?

The girl student are answerless.

Q What should be the ratio of flowers and flowerpot?

The girl student are answerless

Use of picture

With the help of a picture?

Explanation

Proportion

Generally the material for plant for flower decoration should be 12 times of height of the flower pot or 1 time of a wide flower pot. The depth of flower pot should be in addition

The Japanese style in which there are three chief lines in which the highest one is 21 times

For example in a Regular triangle we can decorate 6 flowers we should be careful towards the shape of wide decoration because it should be according to the place where it be kept.

Demonstration

The pupil teacher will keep in view all principles and Rules of flower elucidation and demonstrate a flower demonstration.

Precautions

The girl student are able to describe them

Which things will you pay special attention to when cutting flowers

The girl student listen carefully.

Flowers will be cut in the morning

b) The leaves should be filled in order to reduce the rate of evaporation is more than the water entering in the stem.

Q. What precautions will you take while establishing stems in the pin holder?

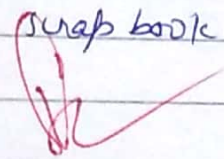
Black Board Summary

Principles of flowers decoration.

- 1) Proportion
- 2) Balance
- 3) Uniformity
- 4) Flow
- 5) Emphasis
- 6) Structure
- 7) Pattern

Home work

Practice flower decoration at home
paste pictures in your scrap book.



**SCHOOL TEACHING
PRACTICE LESSONS**

Date: 7/11/13

Duration of the period: 30m

Pupil Teacher's Name: Priyanka Nisad

Pupil Teacher's Roll No:

Class: 8th

Average Age of the pupils: 12-13.

Subject: Home Science

Topic: healthy body

General objective

- 1) To acquaint the girl-students with the rules of hygiene and make them experience that happy life depends on healthy body.
- 2) To acquaint girl students with the body and health and to inculcate the ability in them to stay healthy.

Specific objectives

- 1) Telling about the balanced diet
- 2) To acquaint girl-students with the importance of balanced diet.

Teaching Aids

- 1) A chart showing balanced diet.
- 2) A chart showing amount of food for different age groups.

Previous Knowledge

The girl students are aware about the significance of food
Constitution of elements.

Teaching point	Teaching Activity	Student Activity	CBW
----------------	-------------------	------------------	-----

Q. What is the feature of the persons drawn in the picture?

They are not fully healthy.

Q. What is the cause of this imbalance?

Deficiency of nutrient elements

Q. What type of diet should be taken in order to make the body well built?

The girl students are answerless.

Statement of Aim

Today we shall study the balanced diet and see the importance of balanced diet in life and how much diet will be needed for persons for different age groups.

Presentation

Chief
element
of
diet

Q What are
the chief
elements in diet?

Vitamins Carbohydrates

Q Which elements
in diet provide
energy

fat and Carbohydrates

Q Which element
is needed for
building bones?

Need salt elements

Explanation

It has been
observed in an
experiment that
on deficiency of
vitamin in diet of
mice, the third
generation mice
suffered loss of
health.

The girls student
listen carefully.

Recapitulation

Q What is a balanced diet?

Q What is the difference between a balanced and imbalanced diet?

Q What are the causes for difference in the quantity of diet in different persons?

Q What is the effect on the health of a child on not getting a balanced diet?

Black Board Summary :-

Element of Balanced diet	Functions
1) Carbohydrates	To give energy
2) Fats	To give energy
3) Proteins	Repairing of damaged tissues
4) Water	To make food liquid
5) Vitamins	To make healthy

Quantity of elements and food to get them

Elements	Calories	gm	Foods
Carbohydrates	1620	208	Potato, Ravi water, Sugar
Fats	120	74	Butter, ghee, oil
Proteins	260	73	Egg, milk, wheat, Peas etc.

Date...

8/11/13

Lesson No : 2

(17)

Pupil Teacher's Name...

Priyanka Nishad

Duration of the period...

30m

Class...

8th

Pupil Teacher's Roll No.

Subject...

Home Science

Average Age of the pupils...

12-13

Topic...

aims of celebrating birthday

General Aims :-

- 1) To effect intellectual development in girl-students by the medium of home science.
- 2) To provide general knowledge to girl students by home science.

Specific Aims

- 1) To acquaint girl-students with the party-related activities.
- 2) To gather material for birthday party.

Teaching point	Teaching Aims / Activity	Student-Activity	CBQ
Q	When are children of the same age invited?	In a party or function.	
Q	When are Candles lit on a cake?	On the birthday of a child.	

Statement of Aim :-

Today we shall study the party on a birthday.

Presentation

To describe
the girl
Aims of Students
celebrating the aim of
birthday. Celebrating a
birthday party.

Q why is a birthday
celebrated for
children?

This is a
social
tradition.

Q What activities
are undertaken on
a birthday?

A party is
organised on
a birthday.

Q What are the
chief aims of
celebrating a birthday?

The girl
Student-
are answer
less.

Explanation

(19)

The chief aim of celebrating a birthday party

1) To inculcate enthusiasm and novelty in children.

2) To bring children in contact with the peer group

Q Who are invited on a birthday?

Peer age children and the elderly are invited.

Q What is done first in birthday party?

Lit Candles are placed on the cake.

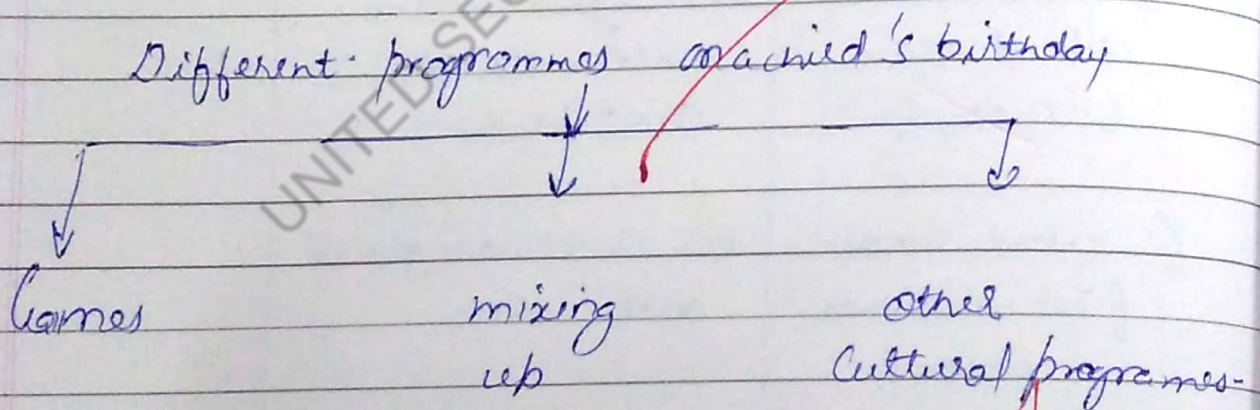
Q What is done after cake cutting ceremony?

The gift & student are answerless.

Recapitulation

- Q Why is a birthday celebrated?
- Q Who are invited on a birthday?
- Q Why do the elderly bless the children on a birthday?
- Q What dishes are prepared in birthday parties?

BlackBoard Summary



Date.....

9/11/13

Pupil Teacher's Name.....

Priyanka Nisual

Duration of the period..... 35m

Class.....

8th

Pupil Teacher's Roll No.....

Subject.....

H. Sciences

Average Age of the pupils.....

107.3 yrs

Topic.....

Badam Pal

General Objectives

To inculcate interest in girl-students towards washing clothes and to do this work scientifically to get good Results.

To make girl students understand their washing method depends on their scientific constitution quality and structure.

Specific Aim

To acquaint girl-students with the types of silk, their origin characteristics constitution precautions etc.

Teaching Aids

Maps showing the chief centres of cloth production.

Necessary materials.

Tub, jug, pan, silk, cloth, towels, Lux powder, Aftershave, ammonia, borax etc.

Teaching point	Teaching Activity	Students Activity	(B.L.O)
	Q Which Sweets do you make when you have a function at home?	Gajar, Kheer, burfi, badam.	
	Q When should Salted Siranji and beans thuyis should be made?	They should be made in the breakfast.	

Statement of Aim :-

Today we shall study the method of making badam pak.

The girl Student listen Carefully,

Presentation

material for making badam Pak

The girl Student listen Carefully.

What types of sweet is badam pak?

Badam pak is nutritious sweet.

What material are needed for making it?

Girl Student are answering

Explanation

1) Almond Seed: 500gm

2) Pure ghee: 250gm

3) Sugar: 1kg

4) Milk: 500gm

5) Stain and silver paper

girl student
listen
carefully

Method

Describing the method the pupil teacher will prepare badam pak her self before the girl student.

- 1) Soak almond seeds in milk when it peels, sweets, just remove them.
- 2) Make powder of these seeds
- 3) Prepare Sugar paste. Add to it the fried almond seeds until a uniform mixture is got.
- 4) When the mixture has thickened paste some fat on a plate.

Blackboard Summary

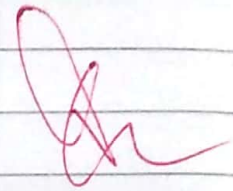
Almond, seeds, milk, Sugar, pure ghee.
clay, silver paper etc.

(Bring your own material)

Method

- 1) Peel almond seeds after soaking them in milk.
- 2) - Grind them into powder

UNITED SECULAR SOCIETY



Lesson No : 94

(87)

Date..... 11/11/13

Duration of the period..... 35m

Pupil Teacher's Name..... Rupa K. N. S. S.

Pupil Teacher's Roll No.....

Class..... 8th

Average Age of the pupils..... 12.3 years

Subject..... Home Science

Topic..... Sweet dishes

General objective

To effect intellectual development in girl students by the medium of home science.

To provide technical and general knowledge to girl students.

Specific Aim

- 1) To provide knowledge to girl-students for making different dishes
- 2) To inculcate interest in girl students for different sweet dishes.

Teaching Aids

Bread, sugar, milk, coconut, cherry, murrabba etc.

Previous Knowledge

The girl student know about different dishes.

Teaching point-

Teaching Activity

Students
Activity

Class

Q What do you take in
breakfast?

Bread and
milk

Q What do you apply
to the toast of bread?

We apply
butter to
bread

Q How are shahi toasts
made from bread?

girl students
are and workers

Statement of Aim

Today we shall learn the method of making shahi
toast from bread.

Presentation

Q What is cooked
after applying
butter to bread?

Bread packages are
made

Explanation

List of material

The pupil teacher will present a list of material needed for making shahi chaur.

material

Sugar :- 6 spoons

Milk :- $\frac{1}{2}$ litre

Large slice of bread

Coconut :- 1 piece

Yellow colour :- a little

Ghee :- for frying

Explanation

The pupil teacher will cook shahi chaur herself describing the method of cooking it.

First step - Heat up milk into semi-solid rabri. Mix Sugar and cut coconut and take it down.

Second step - In a large plate, arrange seven slices in the shape of a star.

Third step - Now leaving ~~don~~ on the sides spread rabri on the sides when it cool two small spoonful Sugar two spoonful water and yellow colour.

Fourth step - After cooling it make a yellow line round the white rabri put a cherry piece in the middle of each toast. Here is your shahi toast.

Now ask the pupil teacher will ask the following questions.

Q What is the chief task in first step?

Stiffen the milk

Q What has to be done in second step?

Placing seven slices in the plate in a round shape

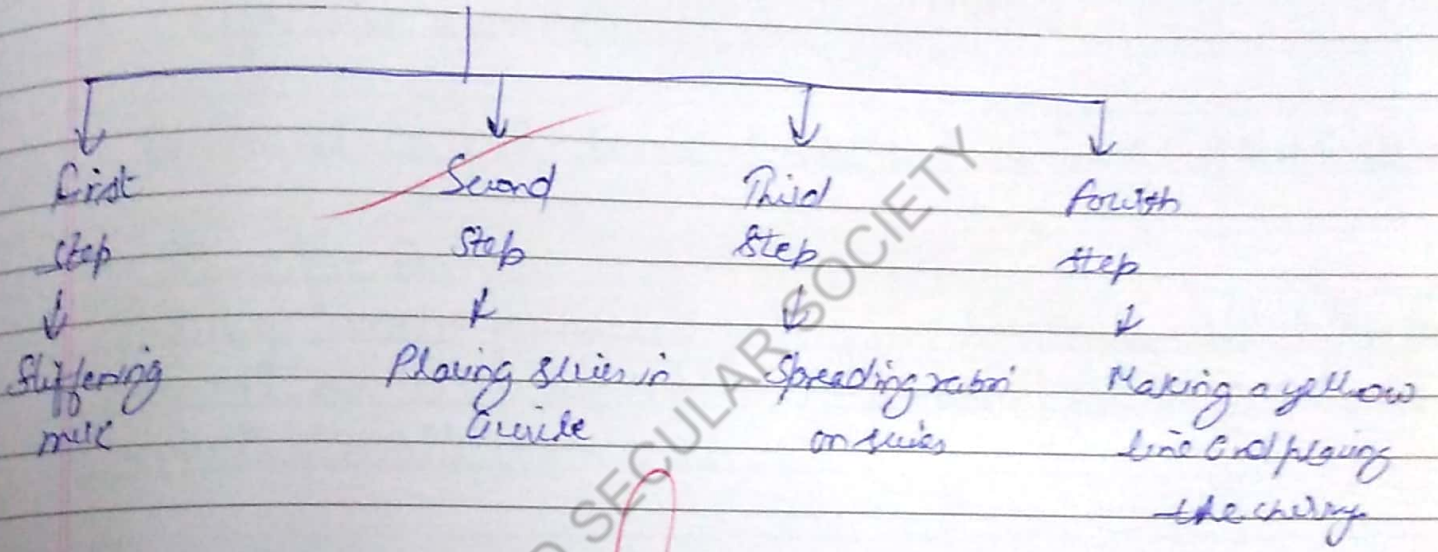
Q What activity has been done in third step?

Spreading rabri on slices and yellow colour is made.

Black Bread Summary

Shahi toast material: bread, Sugar, milk, colour, ghee etc.

Cooking Method



Date: 12/11/13

Pupil Teacher's Name: Prigenta Nisdey

Duration of the period: 35m

Class: 8th

Pupil Teacher's Roll No.

Subject: Home science

Average Age of the pupils: 12-13

Topic: flower decoration

General Objectives:-

(i) To train give students for the use of principles of art in daily life.

To train give students in decorating the rooms in an effective manner.

To inculcate the sense of aesthetics in give students.

Specific Aims:-

Rolling board knowledge to give students about flower decoration, its principles, rules and precautions to be exercised while doing it.

Previous knowledge:-

The girl students possess some knowledge about flower decoration.

Teaching Point

Pupil-teacher's Activities.

Girl-Students Activities

Teaching Aids.

Q. What is the importance of flower in room decoration?

They make it beautiful.

Q Ans

Q. What do you understand by The girl students are

Q Ans

flower decoration? are answer less.

which are the different types of flower pots used at home? The girl students are answer less

what should be the ratio of flowers and flower pot? The girl students are answer less.

Use of picture.
with the help of a picture.

1. Proportion → The girl Students are able to distinguish the proportion between flowers and flower pot.

Explanation → Generally the material for plant for flower decoration should be 12 times of the height of the flower pot. The depth of flower pot should be in addition. The Japanese style in which there are three chief lines height one is 81 times the middle one 1 time and the lowest line is as long.

(93) 2

The lowest line as long as the width of the flowerpot and the depth of the flowerpot should be in addition to his odd numbers but this is no law.

For example in a regular triangle we can decorate 6 flowers. we should be careful to decide the shape of the whole decoration because it is according to the place where is it to be kept.

2. Balance → The give Explanation → (i) what do you understand by the balance in flower decoration?
Students are able to balance flower decoration.

(ii) How will you achieve balance in flower decoration?

Ans (i) To keep flowers in a proper manner.

Ans (ii) The give students are answer less.

Explanation → the essential elements of balance and

far and colour, and they should be related to each other closely. with the help of an Ex. Balance can be achieved by two methods.

The student listen (iii) Explain balance in flower decoration carefully.

(i) The balance achieved by weight is achieved by distributing the weight equally on both side from an imaginary middle line.

The girl
students listen
carefully.

(ii) The balance achieved from the visual effect though both sides may be irregular in form and shape. Shades are used in more measure.

Q. (i) What do you understand by uniformity of flower decoration?

(Ans) To keep flowers in a proper manner.

How will you create uniformity in flower decoration?

The girl students are answerless.

A picture will be shown.

Explanation - Uniformity should be established among lime and flowers leaves and flowerpot and flower colours and climate.

Q. (i) How can the effect of flow be produced in flower decoration?

Uniformity should be established among the line and flowers leaves and flowerpot and flower colours and climate.

The girl student listen carefully.

Explanation by picture.

4. Flow : The girl students are able to describe the flow in flower decoration.

Q. How can the effect of flow be produced in flower decoration

The girl - students listen carefully.

Explanation by picture.

The effect of Flow can be produced by using some such lines which direct the vision so that the shape of the whole flower decoration can be seen and assimilated.

Explanation by picture.

5. Emphasis - The girl students are able to describe the flow in flower decoration.

Q. How is emphasis used in flower decoration?

It will be displayed by a picture.

6. Structure → Q. what difference do you see in the structure of difference types of flowers and leaves?

Explanation → flowers and leaves are of different type of shape, size. Hard leaves are placed with soft flowers and soft leaves are put with hard flowers.

Q. In which pattern or shape is decoration done generally?

Explanation → whatever pattern of decoration is taken,

it should be balanced measure and ratio and uniformity. Decoration should be related closely with the place and work for ex flower decoration for dining table should be small low and multi-dimensional while for a drawing room it should be large and one-dimensional. The material used for decoration also has effect.

The girl students listen carefully.

Q. In which pattern is flower decoration carried out.

Rules → Q. what precaution will you exercise to stabilize the stem in the

Date 13/11/13

Lesson No : 6

(95)

(4)

Pupil Teacher's Name Riyanka Nisraf

Duration of the period 35 m

Class 4th

Pupil Teacher's Roll No.

Subject Home Science

Average Age of the pupils 12-13

Topic Professional Qualities

General Objective

1. To inculcate interest in girl students towards home science.
- To effect mental development of girl students.
- To inculcate artistic attitude in girl students by different arts.
- To develop professional qualities in girl students.

Specific Aim

1. The girl students are interested in Bengali Rasgullas.
- To acquaint girl students about the material needed for Bengali Rasgullas.
- To impart knowledge to girl students about the method making Bengali Rasgullas.

Material

Milk, Sugar, Lemon, Syrup, Ghee, water etc.

Previous knowledge

The girl students know about Bengali Rasgullas.

Teaching Points	Teaching Aims	Pupil teacher's Activities	Girl-students Activities	Teacher Aids
		Introducing questions		
		Q. Which Sweet dishes do you like?	Peda, burfi etc.	Q/A
		Q. Which others do you like more?	Rasgulla Jalebi etc.	Q/A
		Q. How is Bengali Rasgulla prepared?	The girl students are answerless.	Q/A

Statement of Aim:

Today we shall study the recipe of Bengali Rasgulla.

The girl students listen carefully. Statement

Presentation:

<u>Materials</u>	The girl Students are able to decorate on the material Bengali Rasgulla.	Q. What are the colours of Rasgulla?	Ans) Red, Black, white
<u>method.</u>		Q. What are white Rasgullas made from?	By splitting milk.
		Q. What is its colour?	of white colour.

method →

(101)
The pupil teacher will describe the method and make Bengali Masgullas before the girl students. At first, milk is split by lemon and this chaina (250gm) is added with two spoonfuls of Suji and rub them well. Divide it into 15-16 small rounds.

Small pieces of mishui in each round. Now prepare sugary paste with 400 gm sugar of one tar (strand). Divide it into two parts.

Black Board.

materials :-

milk, Suji, chaina, mishui, sugar, etc.

method :-

- (i) make rounds.
- (ii) Prepare sugary paste.
- (iii) Divide sugary paste into two parts.
- (iv) Cook rounds sprinkle rose water.

Q. What is the Colour of the Bengali rasgulla? This is of white Colour.

Q. What materials are needed for making Bengali rasgullas? The girl - Students are answer less.

Explanation.

The pupil teacher will acquaint with different types of materials.

materials.

Sugar, milk, khoya, lemon, Syri, channa, rose, water etc.

what materials are needed for making Bengali rasgulla?

Q. When are Bengali rasgulla prepared? on the occasions parties.

Q. Why is it called a Bengali rasgulla? This is liked mostly.

Q. How are made Bengali rasgulla? The girl - Students are answer less.

Date 14/11/13

Duration of the period 35 minutes

Pupil Teacher's Name Priyanka Nischol

Pupil Teacher's Roll No.

Class 8th

Average Age of the pupils 12-13

Subject Home Science

Topic gajar halwa

General Objective

- (i) To augment thinking and imaginative power in girl students by home science and encourage them.
- (ii) To create proper Environment at home so that resources for balanced developed can be created for family members.
- (iii) To provide professional knowledge to girl students related to home science and to enable the for home running.

Specific Aim

- (i) To inculcate interesting girl-students about gajar (Carrot) halwa.
- (ii) To impart knowledge about the materials needed for gajar halwa.
- (iii) To provide knowledge about the method of making gajar halwa.

materials.

Carrot, milk, Sugar, almond etc.

Previous knowledge :-

The girl-students already know about gajar halwa.

Teaching Points	Teaching Aims	Pupil teacher's Activities.	Students Activities	Teacher Aids.
		<u>Introductory questions :-</u>		
		Q: which is the cheap and abundantly available vegetable in winters	Carrot and dish Cabbage etc.	
		Q: which vegetables are very good in nutrition?	Carrot reddish etc.	
		Q: what can be made from Carrots?	Gajar vegetable gajar halwa mayta, etc.	
		How is gajar halwa made?	The girl students are answerless .	
		<u>Statement of Aim:-</u>	The girl students listen carefully.	Statement
		Today we shall study how to make gajar halwa.		

(105) ⑦

materials → The girl
students are able
to describe the
materials needed
for making gajar
halwa.

Presentation.
Q. which vitamin is
needed for eyes?

Q. what is the utility of
mixing milk with
Carrot?

Q. what materials are
needed for making gajar
halwa?

Ans
Ans vitamin A
Increase nutrition in gajar.

Ans The girl students are answer less.

Ans The girl listen carefully.

materials:-

The pupil-teacher will tell and list each material.

- 1) Carrot (washed): 1kg.
- 2) milk: 1 ltr.
- 3) Sugar: 100gm
- 4) Ghee and butter: 2 Spoonfuls.
- 5) Raisin and kaju: as needed.
- 6) Almonds kheya, etc as needed.

Q. When did tea start in our country?

During British rule.

Q. Where is tea produced the most in our country?

In Assam.

Q. What is the method of making tea?

The girl students are answerless.

Statement of Aim:-

Today we shall learn the method of making tea.

Presentation:-

Q. One what type of land is tea grown?

Tea is grown on sloping hills.

materials → The girl students are able to describe the materials for making tea.

Q. How many people in our country drink tea?

Almost 80% people drink tea.

Q. What materials are needed for making tea?

The girl students are answerless.

Explanation:-

The pupil teacher will describe the materials for making tea.

materials.

(107)

- 1) Tea leaf.
- 2) milk
- 3) Ginger, laichi and black pepper.
- 4) Sugar.

method of making tea → The students are able to describe the method of making tea.

The pupil teacher will describe the method of making tea. Also she will demonstrate how to make tea. → The girl student listen carefully.

Q. What has to be done for making tea at first? water has to be heated.

Q. How is tea made? The girl students are answer less.

Black Board.

materials ← Tea leaf, milk, sugar, ginger, black pepper etc.

method of making.

1. Boil water in a kettle
2. Add tea leaf when water boils.
3. Pour boiling kettle water into the pot on tea leaf.
4. Cups and add sugar and milk.
5. The tea is ready.

Date... 15/11/13 Lesson No : 8 (109) (8)

Pupil Teacher's Name... Priyanka Mishra Duration of the period... 35 minutes

Class... 8th Pupil Teacher's Roll No...

Subject... Home Science Average Age of the pupils... 12-13 years

Topic... Coffee

General Objectives

- (i) To inculcate interest in girl students arrangement.
- (ii) To inculcate interest towards home science.
- (iii) To develop different mental facilities in girl students.

Specifications

- (i) To inculcate interest in girl students for drinks.
- (ii) To inculcate interest in girl students for coffee.
- (iii) Materials used in coffee and how to make it.

Materials

Sugar, milk, Coffee, powder, Zeera, etc.

Previous knowledge

The girl students already know about coffee.

Teaching Aims	Teaching Activity	Students Activity	Teaching Aids
	<u>Introductory questions</u>		
	Q. Which hot beverages are used other than tea?	Coffee.	
	Q. When is coffee used?	one weddings and feasts, before or after food.	

Teaching Point	Teaching Aims	Teaching Activity	Student Activity	Evaluation
		<u>Statement of Aim:-</u> Today we shall study the method of making Coffee. <u>Presentation:-</u>	The girls students listen carefully	
materials for making Coffee.	the girls students are able to describe the materials for making Coffee.	Q: which leaf is used in coffee? Q: what materials are needed for making Coffee? <u>Explanation:-</u> Instant Coffee. milk Sugar Fried Zeera <u>Black Board Summary.</u> Instant Coffee milk Sugar fried Zeera etc.	Coffee leaf. The girls students are listen carefully. The girls students listen carefully.	Q: What materials are needed for making Coffee?

Date: 16/11/13

Pupil Teacher's Name: Priyanka Nischal

Duration of the period: 35 minutes

Class: 8th

Pupil Teacher's Roll No:

Subject: Home Science

Average Age of the pupils: 12-13 years

Topic: Urad Burfi

General Objective

- 1) To develop different mental faculties in girl students.
- 2) To inculcate interest in girl students towards study of home science.

Specific Aims

- 1) To inculcate interest in girl students for drinks.
- 2) To inculcate interest in girl students for coffee materials used in coffee and how to make it.

Materials

Sugar, milk, coffee powder, zeera etc.

Previous Knowledge

The girl student already know about coffee.

Teaching point	Teaching Activity	Student Activity	CB
	Q Which hot beverages are used other than tea	Coffee.	

Today we shall
Study the method
of making coffee

Which leaf is
used in coffee

Coffee leaf

What materials
are needed for
making coffee?

Girls
Students
listen
Carefully.

Explanation

Instant coffee
milk
Sof
fried zeera

Black Board Summary

Instant Coffee milk sugar fruit cereals

UNITED SECULAR SOCIETY

Date 18/11/23

Duration of the period 35 minutes

Pupil Teacher's Name Priyanka Nisad

Pupil Teacher's Roll No.

Class 8th

Average Age of the pupils 12-13 years

Subject Home Science

Topic gajar pak.

General Objectives.

- To make give students domestic tasks.
- To develop different types of by the teaching home science.
- To enable girls students that they able to qualities of peace beautiful house.
- To enable to girls students for house management by the professional related to home science.

Specific Aim.

- The give student are able to gajar pak.
- The give students describe to gajar pak.
- The give students recall the method making gajar pak.

Teaching Aids.

Carrot ghee milk dry fruits Raisin Pesar etc.

Previous knowledge:

The give students already know different types of sweets made from gajar.

Teaching Points	Teaching Aims	Teaching Activity	Students Activity	Teaching Aids
		Q: what are the nutritious sweets of winter?	Nutrients	

Teaching Point	Teaching Aims	Teaching Activity	Student's Activity	Teaching Aids	Evaluation
			of winters cure gon pap, gojar pap etc.		
		which vitamin is found in Carrots - 1	vitamin A which is beneficial for eyes		
		Why it is liked during winters?	This is not in abundance in winters and is cheap.		
		How is gojar pap cooked?	The girl student - are answers less		

Statement of Aim

Today we shall study the method of making gajar
pane
(girl student - listen carefully).

Presentation

materials
for
making
gajar
pane

The girl
students
are able to be
describe the
materials
needed for
making
gajar pane.

Q₁ what is the
characteristic of
gajar pane?

This is very
good in
nutrition

Q₂ what quality is
added when milk
is added to carrot?

It adds
nutrition to it

Explanation

Materials

- | | |
|------------------|-------|
| 1) Fresh carrot | 1 kg |
| 2) Ghee | 2 kg |
| 3) milk | 1 ltr |
| 4) Raju Pink mus | 2 kg |
| 5) sugar | 2 kg |

Blackboard Summary

materials

Milk, carrot, sugar, dry fruits, raisins
ghee, kefir, etc.

UNITED SECULAR SOCIETY

Date: 19/11/13

Duration of the period: 35 minutes

Pupil Teacher's Name: Priyanka Nishal

Pupil Teacher's Roll No:

Class: 8th

Average Age of the pupils: 12-13

Subject: Home Science

Topic: Sweets

General Objective

- 1) To develop different mental faculties in girl students.
- 2) To inculcate interest in girl students towards the study of home science.

Specific Aim

- 1) To inculcate interest in girl students towards sweets.
- 2) To provide knowledge to girl students of materials.

Materials

Wheat dal flour, sugar, ghee, itaari, Silver paper etc.

Previous Knowledge

The girl students already know about sweets.

Teaching point

Teaching Activity

Student-
Activity

(B-3)

Q What dishes are prepared from besan and rice at home?

Namkin
Bread
Pakora etc.

Q How is bread-pudding cooked?

It is made from bread milk & sugar

Q How is urad burfi prepared?

The girl student-
are answering.

Statement of Aim

Today we shall study the method of urad burfi
(girl student- listen carefully)

Presentation

Q How is Coconut burfi made?

It is made from Raw Coconut etc.

Explanations

Materials :-

- 1) urad dal flour :- 500gm
- 2) sugar :- 500gm
- 3) Ponghee :- 250gm
- 4) ilaichi :- 10 pieces
- 5) Dry fruits
- 6) Silver paper.
- 7) Kesari

The pupil teacher will describe the method of making urad burfi and demonstrate how to make it.

Girls student listen carefully and also note down in their notebooks at the same time.

The girls student listen carefully,

Method

method of
making
wad
burfi

1) Put ghee on sim heat
and add wad dal flour
to it and fry until
it becomes brown.

The girls student
listen carefully

2) cut and add dry fruits to it
3) Prepare a sugar paste of
two tars -

4) Add fried flour to sugar
paste and stir until uniform
mixture is made.

5) Now set it in a large plate
and put silver paper on it.

Black Board Summary

Materials:- wad dal flour sugar ghee, dry fruits
etc

Date.....

20/11/13

Lesson No 12

133

Pupil Teacher's Name.....

Priganka N. S. Jot

Duration of the period..... 35m

Class..... 8th

Pupil Teacher's Roll No.....

Subject..... Home Science

Average Age of the pupils..... 12-13 years

Topic..... Balanced diet

General Objective

- 1) To acquaint the girl students with the Rules of hygiene and make them experience that happy life depends on healthy body.
- 2) To acquaint girl student with the body and health and to inculcate the ability in them to stay healthy.

Specific objectives

- 1) Telling about balanced diet
- 2) To acquaint girl students with importance of balanced diet.

Teaching Aids

- 1) A chart showing balanced diet.
- 2) A chart showing difference between sufficient and insufficient diet.
- 3) A table showing quantity of elements in a healthy person's diet.

Previous Knowledge

The girl students are aware about significance of food, constitution of elements, Resouces ailments arising due to lack of diet

Teaching points

Teaching Activity

Student Activity

CBW

Q What is the feature of the persons drawn in the picture?

They are not fully healthy

Q What is cause of the imbalance?

Deficiency of nutrient elements

Q What type of diet should be taken in order to make the body well built?

The girl students are answerless.

Statement of Aim

Today we shall study the balanced diet and see the importance of balanced diet in life and how much diet will be needed for persons of different age groups.

Presentation

Chief-
element of
diet

The girl
students are
able to
describe
chief elements

Q What are the
chief elements in
diet?

Vitamins
fat etc

Q Which elements in
diet provide energy?

Fat and Car-
bohydrates

Q Which element is
needed to Repair and
make up tissues in body?

Protein

Q What are the other
functions of protein?

Other function
of protein is
clude making
of five juices.

Explanation

Thus we can see that different elements are necessary in diet in order to meet different types of need in the body.

Q What is a diet called which has all necessary elements?

It is called balanced diet.

Q What is the need of balanced diet for us?

To keep healthy.

The pupil teacher will display the chart of a healthy person who has received all necessary elements of diet.

Q How many calories in total does a healthy person need?

2800 Calories are needed.

Quantity of Elements in the diet of a healthy person.

Elements	Calories	Gm	Foods
Carbohydrates	1820	208	Potato, Rice, wheat
Fats	820	74	Sugar Butter, ghee, paneer
Proteins	260	73	Egg, milk, wheat
Vitamins & salt	100	10	Milk, butter, fruits

Effect of work on diet

Q. What is the difference between the work of a clerk and labourer? Mental and Physical

Q. What type of food does a labourer need? Fat and Carbohydrate etc

Q. How many calories will a worker need? 260

Black Board Summary

Elements of balanced diet

Functions

Carbohydrates

To give energy and heat

Fats

To give energy and heat

Proteins

Construction of damaged tissues

Water

To make food liquid

Date... 21/11/13

Pupil Teacher's Name... Priyanka Nisarg

Duration of the period... 35m

Class... 8th

Pupil Teacher's Roll No...

Subject... Home Science

Average Age of the pupils... 12-13 years

Topic... Bengali Rasgullas

General Objectives

- 1) To inculcate interest in girl students towards Home science.
- 2) To effect mental development of girl students.

Specific Aims:-

- 1) The girl-students are interested in Bengali Rasgullas.
- 2) To acquaint girl-students about the material needed for Bengali Rasgullas.

Teaching Aids

Milk, Sugar, lemon, Suga, rose water etc.

Previous Knowledge

The girl students know about Bengal Rasgullas.

Teaching point	Teaching Activity	Student-Activity	CBW
Q which sweet-dishes do you like?		Peda, burfi, rasgulla etc.	
Q which other do you like most?		Rasgulla, mishti etc.	
Q How is Bengali rasgulla prepared?		The girl students are answerless.	

Statement of Aim:-

Today we shall study the Recipe of Bengali Rasgullas.

(girl student listen carefully)-

Presentation

Materials	Q what are the colours of Rasgullas?	Red black and white
Method	Q what are white rasgullas made from?	By splitting milk
	Q what is its colour?	of white colour

Explanation

1241

The pupil-teacher will acquaint with different types of materials.

Materials Sugar, milk, khoya, lemon, suji, chana, Rose water etc.

Method :-

The pupil teacher will describe the method and make Bengali Rasgullas before the girl students.

At first milk is split by lemon and this chana. (250 gm) is added with two spoonfuls of suji and rub them well. Divide it into 15-16 small rounds.

Put a small piece of mishti in each round. Now prepare sugary paste with 400 gm sugar of one tar (stand). Divide it into two parts: leave rounds in half of it and cook for some time so that the sugary paste is dried up. Then cook them down in the other sugary paste.

Chana :- 250gm
Suji - 2 spoonfuls
Rounds - 15-16
Mishri - one piece each.

Blackboard Summary

Materials :- Milk, Suji, chana, mishri, sugar, etc.

Method:-

- 1) Make Rounds
- 2) Prepare sugar paste
- 3) Divide sugary paste into two parts
- 4) Cook rounds and Cool down

Date: 22/11/13

Pupil Teacher's Name: Priyanka Nisarg

Duration of the period: 30 minutes

Class: 8th

Pupil Teacher's Roll No: 143

Subject: Home Science

Average Age of the pupils: 12.13

Topic: Environment

General objectives:-

To augment thinking and imaginative power in girl students by home science and encourage them.

To create proper environment at home so that resources for balanced development can be created for home running.

To inculcate interest for making beautiful, clean and proper home.

Specific Aims:-

To inculcate interest in girl students about gajar carrot halwa.

To impart knowledge about the materials needed for gajar halwa.

To provide knowledge about the method of making gajar halwa.

Materials:-

Carrot, milk, khoya, ghee, raisin, almond sugar etc.

Previous knowledge:-

The girl students already know about gajar halwa.

Teaching Point	Teaching Aims	Pupil Teacher's Activities	Students Activities	Teaching Aids
		<u>Introductory questions:-</u>		
		Q: which is the cheap and abundantly available vegetable in winters?	Carrot and dish Cabbage etc.	
		Q: which vegetables are very good in nutrition?	Carrot and dish etc.	
		Q: what can be made from Carrots?	Gajar vegetable gajar halwa Jayta etc.	
		Q: How is gajar halwa made?	The girl students are answerless.	
		<u>Statement of Aim:-</u>		
		Today we shall study how to make gajar halwa	The girl student listen carefully.	Statement
		<u>Presentation:-</u>		
The girl student to		Q: which vitamin is needed for eyes?	Vitamin A	

Teaching Point	Teaching Aims	Pupil Teacher's Activities	Students Activities	Teaching Aids
	describe the materials needed for making gajar halwa.	Q: what is the utility of mixing milk with Carrot? Q: what materials are needed for making gajar halwa? <u>materials!</u> The Pupil Teacher will tell and list each material	Increases nutrition in gajar. The girl students are answerless. The girl students listen carefully.	
		1) Carrot washed: 1kg 2) milk 1ltr 3) Sugar: 100gm. 4) Ghee and butter: 2 Spoon-fuls 5) Raisin and kaju as needed. 6) Almond khoya etc as needed.		list of materials
Method.	The girl students are able to	Q: what should be the chief dish in the menu for a delicious breakfast?	There should be gajar halwa. It is liked by every body.	what materials are needed for making gajar halwa?

Q: How is gajar halwa considered to be?

This is very good, nutritious and tasty.

Q: What is the method of cooking gajar halwa?

The given students are answerless.

method.

The Pupil-teacher will describe and prepare gajar halwa. At first, take a kg of Carrot and peel it and wash it. Then reduce it to thin shreds with a kadai (peeler). Now put on fire on.

The given students listen carefully.

Description of method

1 litre milk let it boil 4-5 times and then let it cook on medium heat. Add ghee and butter one or two spoonfuls and cook until water and milk are dried on Sim heat.

Black Board Summary.

1/49

materials.

Carrot, milk phoya Sugar almond raisin etc.

method.

- (i) Peel and wash Carrot.
- (ii) Boil milk and Carrot.
- (iii) Cook on medium heat.
- (iv) Add Sugar and Cook on Sim heat.
- (v) Add ghee and butter as may be needed
- (vi) Dry up water and milk.
- (vii) Take it down and decorate it with Raisin kaju and almond seeds.

Date

20/11/13

Duration of the period

35m

Pupil Teacher's Name

Priyanka Niswal
8th

Pupil Teacher's Roll No.

157

Class

Average Age of the pupils

12-13

Subject

Home Science

Topic

About drinks

General objectives.

To develop aesthetic attitude in girl-students by different arts.

To develop different mental faculties in girl-students.

To inculcate interest in girl-students towards home science.

To inculcate interest in girl-students for beautiful, well arranged and clean home.

Specific Aims

To inculcate interest in girl students about drinks.

To create their interest and aptitude for tea.

To arouse their special interest for benefits of tea and its nature.

materials - Sugar, tea leaves, milk, ginger, Sona, black pepper etc.

Previous knowledge :-

Teaching Points	Teaching Aims	Pupil-teacher's Activities	Students Activities	Teaching Aids.

Teaching Points	Teaching Aims	Pupil-Teacher's Activities	Students Activities	Teaching Aids
		<u>Introductory questions:-</u>		
		Q: what are the chief drinks?	chief drinks are tea, coffee milk etc.	
		Q: when did tea start in our country?	During British Rule	
		Q: where is tea produced the most in our country?	In Assam.	
		Q: what is the method of making tea?	The give students view carefully.	
		<u>Statement of Aim:-</u>		
		Today we shall learn the method of making tea.		
		<u>Presentation:-</u>		
		Q: on what type of land is tea grown?	Tea is grown on sloping hills	

Teaching Points	Teaching Aim	Pupil-Teacher's Activities	Students Activities	Teaching Aids
		Q. How many people in our Country drink tea?	Almost 80% people drink tea.	
		Q. What materials are needed for making tea?	The girl students are answer less.	
		<u>Explanation.</u>		
		The Pupil Teacher will describe the materials for making tea.	The girl students listen carefully.	
		<u>materials.</u>		
		(1) Tea leaf		
		(2) milk.		
		(3) Ginger allachi and black pepper.		
		(4) Sugar.		
		<u>method of making tea.</u>		
<u>Method</u>	The Students are able to describe method of making tea.	The Pupil teacher will describe the method of making tea also she will demonstrate how to make tea.		

Q. what has to be done for making tea at first?

water has to be heated.

Q. How is tea made?

The girl students are answering less.

Black Board Summary.

materials.

Tea leaf milk sugar ginger Black pepper etc

method of making.

Demonstration.

- 1) Boil water in a kettle
- 2) Add tea leaf when water boils
- 3) Pour boiling kettle water into the teapot on the tea leaf.
- 4) when tea leaf has settled at the bottom.
- 5) The tea is ready.

Date: 26/11/13

Duration of the period: 30m

Pupil Teacher's Name: Priyanka Nishad

Pupil Teacher's Roll No.:

Class: 8th

Average Age of the pupils: 12-13

Subject: Home Science

Topic: Coffee

General objective:-

- (i) To inculcate interest in girl students towards Construction of domestic arrangement.
- (ii) To inculcate interest in girl students towards home science.
- (iii) To develop different mental faculties in girl student.
- (iv) To develop skill in girl student under home science.

Specific Aims:-

- (i) To inculcate interest in girl students for drinks
- (ii) To inculcate interest in girl students for Coffee
- (iii) To provide them knowledge of materials used in Coffee and how to make it.

materials:-

Sugar milk Coffee powder Soft, fried Zeera etc.

Previous knowledge:-

The girl students already know about Coffee.

Teacher's Points	Teaching Aims	Pupil Teacher Activities	Student Activities	Teaching Aids
		<u>Introductory Questions.</u>		
		Q: which other drinks are used other than tea?	Coffee.	
		Q: when is coffee used?	on wedding and feasts, before or after food	
		Q: what is the method of making coffee?	The girl students are answerless.	
		<u>Statement of Aim.</u>		
		Today we shall study the method of making coffee.	The girl students listen carefully.	State
		<u>Presentation:-</u>		
materials for making coffee.	The girl students are describe the materials	Q: which leaf is used in coffee?	Coffee leaf	
		Q: what materials are		

needed for making coffee?

The girl students are answer less.

Explanation.

- 1) Instant Coffee.
- 2) Milk
- 3) Sugar
- 4) Fried Zeera.

The girl students listen carefully. Q. What materials are needed for making coffee?

Method of Making Coffee.

The girls students are able to describe method of making coffee.

The Pupil-Teacher will demonstrate the method of making coffee herself and make coffee before the girl students.

Q. How does coffee taste as compared to tea?

Coffee taste delicious

Q. What is the method of making coffee?

The girl students are answer less.

Black board Summary.

Instant Coffee milk Sugar fried Zeera etc.

Method.

- (i) Clean the pot first.
- (ii) Stir two Spoonfuls of Coffee and four spoonfuls of milk.
- (iii) Add three cups of water and one cup of milk.
- (iv) Pour boiled milk into the coffee and pot cover.
- (v) Pour in cups and add milk and sugar to taste.

Date..... 27/11/13.....

Duration of the period..... 35m.....

Pupil Teacher's Name..... Rupinko Nisda.....

Pupil Teacher's Roll No.....

Class..... 6th.....

Average Age of the pupils..... 12.13 years.....

Subject..... Home Science.....

Topic..... gajar pak sweets

General objective.

- (i) To make girl students comprehend domestic tasks.
- (ii) To develop different types of experiences in girl teaching of home science.
- (iii) To inculcate artistic attitude in girl students by the teaching of home arrangement.
- (iv) To enable girl students for house management by the professional knowledge home science.

Specific Aims:-

- (i) The girl students are able to describe the importance of gajar pak.
- (ii) The girl students are able to describe the materials for gajar pak.
- (iii) The girl students are able to recall the method of making gajar pak.

Teaching Aids:-

Carrot ghee milk dry fruits Resa etc.

Previous knowledge.

The girl students already know different types of

Sweets made from gajar.

Teaching Point	Teaching Aims	Teaching Activity	Student Activity	Teaching Aids.
		<u>Introductory question.</u>		
		Q: what are the nutrients Sweets of winter?	Nutrients. Sweets of winter are gond pak. Wael burfi gajar pak etc	
		Q: which vitamin is found in Carrot.	vitamin A which is beneficial for eyes.	
		Q: why is it liked during winters?	This is got in abundance in winters and is cheap	
		Q: How is gajar pak Cooked?	The girl student are answer less.	

Statement of Aim.
Today we shall study the
method of making gajar pap.

The girl
Students
listen
carefully

What is the characteristic of
gajar pap?

It adds
nutrients
to it

Black Board Summary.

materials.

milk Carrots Sugar dry fruits ilachi ghee
kesari etc.

CRITICISM LESSON

Date..... 23/12/13

Duration of the period..... 35m

Pupil Teacher's Name..... Priyanka Misra

Pupil Teacher's Roll No.....

Class..... 8th

Average Age of the pupils..... 12-13

Subject..... Home Science

Topic..... flower.

General objectives

- 1) To train girl-students for use of principles of art.
- 2) To inculcate the sense of aesthetics in girl students.

Specific Aim

To provide knowledge to girl students about flower decoration, its principles, rules and precaution to be exercised.

Teaching Aid

Rolling Board, flowers and petals, flower pot, pink paper and other material.

Previous Knowledge

The girl students possess some knowledge about flower decoration.

Teaching point	Teaching Activity	Student-Activity	CBQ
	Q. what is the importance of flowers in room decoration?	They make it beautiful.	
	Q. What do you understand by flower decoration?	The girl student are answerless.	
	<u>Statement of Aim</u>		
	Q. Which are the different types of flowers used at home?	The girl student are answerless.	
	Q. What should be the ratio of flowers and flowerpot?	The girl student are answerless.	
	Use of picture		
	With the help of a picture Q.		

Explanation

Proportion

Generally the material for plant for flower elevation should be 1st times of height of the flowerpot or 1 time of a wide flowerpot. The depth of flowerpot should be in addition -

The Japanese style in which there are three chief lines - in which the highest one is 1st times

For example in a regular triangle we can decorate 6 flowers. We should be careful towards the shape of whole elevation

because it should be according to the place where it to be kept.

Explanation

Pattern -

Flowers and leaves are of different shape, size and type. Hard leaves are placed with soft flowers and soft leaves are put with hard flowers.

Demonstration

The pupil - teacher will keep in view all principles and rules of flower decoration and demonstrate a flower decoration.

Precautions

171

The girl student are able to describe them

Q which things will you pay special attention to when cutting flowers?

The girl student listen carefully

a) Flowers will be cut in the morning.

b) The leaves should be felled in order to reduce the rate of evaporation i.e. more than the water entering in the stem.

Q what precautions will you take while stabilizing stems in the pin holder?

Blackboard Summary

Principles of flower decoration

- 1) proportion
- 2) Balance
- 3) uniformity
- 4) flow
- 5) Emphasis
- 6) Structure
- 7) Pattern

Homework

Practice flower decoration at home.
Paste pictures in your scrap book.

OBSERVATION LESSONS

Observation Lesson No. 1

(173)

Date.....

Pupil Teacher's Name Sinda

Class 8th

Subject Homescene

Duration of the period 35 minutes

Pupil Teacher's Roll No. 1880

Average Age of the pupils 12-13

Topic.....

- 1) The voice was clear
- 2) P.K Testing was done
- 3) class was under control
- 4) The students showing interest
- 5) Homework was given

Sign. of Pupil Teacher

Sign. of Supervisor

Observation Lesson No. 2

Date.....

Pupil Teacher's Name Rajda

Class 8th

Subject Homescene

Duration of the period 35m

Pupil Teacher's Roll No. 1790

Average Age of the pupils 12-13

Topic.....

- 1) The voice was clear
- 2) P.K Testing was done
- 3) class was under control
- 4) The students showing interest

Sign. of Pupil Teacher

Sign. of Supervisor

Observation Lesson No. 3

Date.....
Pupil Teacher's Name.. Radha.....
Class.. 8th.....
Subject.. Home Science.....

Duration of the period... 30m.....
Pupil Teacher's Roll No. 1690.....
Average Age of the pupils.. 12-13.....
Topic.....

- 1) Voice was clear.
- 2) PK Testing was done systematically
- 3) Considine was satisfactory
- 4) Re-ampulation was done.
- 5) Popu was clear.
- 6) Homework was given.

Sign. of Pupil Teacher

Sign. of Supervisor

Observation Lesson No. 4

Date.....
Pupil Teacher's Name.. Soni.....
Class.. 8th.....
Subject.. Home Science.....

Duration of the period... 30m.....
Pupil Teacher's Roll No. 1606.....
Average Age of the pupils.. 12-13.....
Topic.....

- 1) PK Testing was done at proper time
- 2) Students Response was more good.
- 3) Popu was announced at proper time.
- 4) The voice was clear.
- 5) Black Board was done.
- 6) Home work was given.

Sign. of Pupil Teacher

Sign. of Supervisor

Observation Lesson No. 09

13

Date.....

Pupil Teacher's Name..... Seema

Class..... 8th

Subject..... Home Science

Duration of the period..... 30m

Pupil Teacher's Roll No..... 1809

Average Age of the pupils..... 12.12

Topic.....

- 1) The voice was audible and clear.
- 2) P.K Testing was done.
- 3) Topic was announced at right time.
- 4) Black Board was done.
- 5) class was under control.
- 6) Home work was given.

Sign. of Pupil Teacher

Sign. of Supervisor

Observation Lesson No.

Date.....

Duration of the period.....

Pupil Teacher's Name.....

Pupil Teacher's Roll No.....

Class.....

Average Age of the pupils.....

Subject.....

Topic.....

Sign. of Pupil Teacher

Sign. of Supervisor

Observation Lesson No. 5

Date.....

Duration of the period..... 35m

Pupil Teacher's Name..... Rishi

Pupil Teacher's Roll No..... 1610

Class..... 8th

Average Age of the pupils..... 12-13

Subject..... Sanskrit

Topic.....

- 1) Students was taking interesting
- 2) P.K Testing was done systematically
- 3) Black Board was done
- 4) Examples work was done.
- 5) Question Answer method was adopted
- 6) Homework was given.

Sign. of Pupil Teacher

Sign. of Supervisor

Observation Lesson No.

Date.....

Duration of the period.....

Pupil Teacher's Name.....

Pupil Teacher's Roll No.....

Class.....

Average Age of the pupils.....

Subject.....

Topic.....

Sign. of Pupil Teacher

Sign. of Supervisor

Observation Lesson No. 67

177

Date.....

Duration of the period..... 30m

Pupil Teacher's Name..... Savita

Pupil Teacher's Roll No..... 1607

Class..... 8th

Average Age of the pupils..... 12.3

Subject..... Home Science

Topic.....

- 1) P.K Testing was done.
- 2) Popul was announced at proper time.
- 3) Examples were done.
- 4) Black Board was done.
- 5) The student were looking interest.
- 6) Home work was given.

Sign. of Pupil Teacher

Sign. of Supervisor

Observation Lesson No.

Date.....

Duration of the period..... 30m

Pupil Teacher's Name..... Radha

Pupil Teacher's Roll No..... 1690

Class.....

Average Age of the pupils..... 12.3

Subject.....

Topic.....

- 1) P.K Testing was done
- 2) Popul was announced at proper time
- 3) Examples were done
- 4) The student all looking interest

Sign. of Pupil Teacher

Sign. of Supervisor

Observation Lesson No. 9

Date.....
Pupil Teacher's Name..... Mohini
Class..... 8th
Subject..... Home Science
Duration of the period..... 35m
Pupil Teacher's Roll No..... 1507
Average Age of the pupils..... 12.13
Topic.....

- 1) Question method was made early
- 2) chart showing it's a topic
- 3) view was clear
- 4) P.K Testing was done
- 5) Home work was given

Sign. of Pupil Teacher

Sign. of Supervisor

Observation Lesson No. 10

Date.....
Pupil Teacher's Name..... Breeti
Class..... 8th
Subject..... Home Science
Duration of the period..... 35m
Pupil Teacher's Roll No..... 1506
Average Age of the pupils..... 12.13
Topic.....

- 1) Question method was made early
- 2) chart showing it's a topic
- 3) view was clear
- 4) P.K Testing was done
- 5) Home work was given

Sign. of Pupil Teacher

Sign. of Supervisor