



T.P.

Special plate  
Dessertation

T.A.

special plate dessertati-  
-on is done accor-  
-ding to the cu-  
-pation the sheet  
disc.  
If lamps will also  
be made to feel  
by the use of  
the white. But,  
poor the rest  
can be lamps and carefully  
the coconut also  
illaichi powder.  
The pupil teacher  
will.

S.A.

The  
student  
listen

E

T.P.

Demonstr-  
station

T.A.

following question.  
Ques- How use, it  
lamp made,  
It is  
made  
from  
illaichi  
The pupil teacher  
will demonstrate  
on the special  
plate sheet after  
dish in plate  
a drawing from  
-gal rasha tree  
-fed banana leaf,  
stamoli, pattus  
Eif.  
The pot group  
will under for  
dinali.

S.A.

It is  
made  
from  
illaichi

E

Impression

# MICRO SEMPIE

son No. 1.

1

Date.....

Period.....

Subject ..... Home Science..... Duration of Period.....

Topic Special decoration of plates. Average Age of the Pupil.....

General objectives :-

1. To provide knowledge of home science to the girl students.
2. To develop general knowledge in girl students by home science.
3. To trained girl student in home art and make them skilled.

Specific Aims :-

1. To describe the decoration of the plates for formal meal.
2. To study specific matter related to plate decoration.

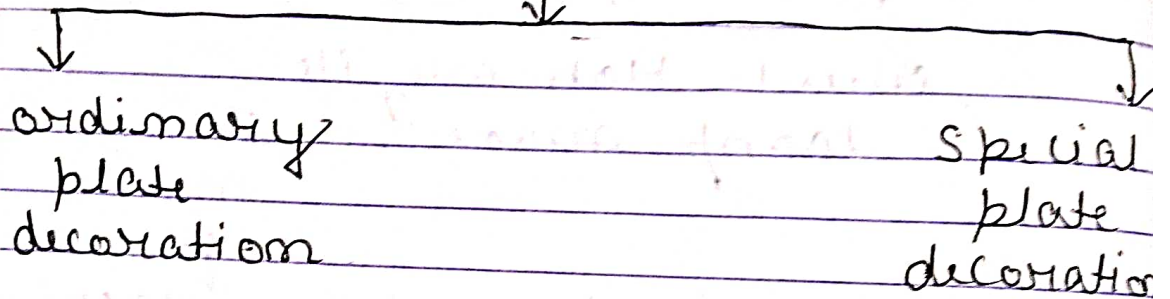
Material :-

Sheet dishes, cherry piece, silver paper.

6

## Black Board Summary 1-

### Plate decoration



### Decoration 1-

### Materials for plate decoration.

i) Furniture 1- Table and chair.

ii) Plates 1-  
1. Kesari  
2. Illaichi  
3. Street dishes

Teaching point	Teacher's activity	Student activity	Evaluation
<p>Introducing <u>questions</u></p>	<p>Ques 1- In which food are carbs -hydrate are found?</p>	<p>Instant, Salad etc.</p>	
<p>Statements of <u>aims</u></p>	<p>Ques 1- Which food are articles can be used for making a rich pulao a police food? carefully</p>	<p>The student listens carefully</p>	
	<p>Today, we shall see how we make pulao is cooked and how it can be balanced diet.</p>		

T.P	T.A	S.P	E
<p><u>Presentation</u> cooking pulao.</p>	<p>Ques 1- What materials are needed for making pulao?</p>	<p>Rice, potato, paneer, etc.</p>	
<p><u>Explanation</u></p>	<p>Ques 1- How much materials are needed for cooking pulao? for eight people?</p>	<p>The girl student listens carefully</p>	
	<p>1 kg rice, 300 gm ghee, 250 gm paneer, 50 gm pea, 100 gm potato etc.</p>		

250 gram Paneer  
500 gram Pea

Training point	Teacher's activities	Student activity	Evaluation
Intro - duborg	Showing the chart.		
<u>Questions</u>	1.) The pupil teacher will ask.	Ques 1- What is the feature of persons diet - am in the picture healthy.	
	Ques 1- What is the cause of imbalance?		
	Ques 1- What types of diet makes the order full built. balanced diet will be need - id for person of different age groups.		

T.P	T.A	S.A	E
<u>Prak - maha - on</u>	Ques 1- What are the chief elements in a diet.	vitamins fat etc.	
	Ques 1- What elements in diet provide energy?		
	The pupil teacher will display the table showing different of diet.	They are the different types.	
	Ques 1- Food from which food will you get more calories.	From different elements	
	Ques 1- How much should be ability of the cardio - hydrate in the diet.		
	Ques 1- In which food is fat found.	oil, meat.	

Ans - fat  
 Vitamins  
 etc.  
 =  
 etc.

# TEACHING LESSON SAMPLE

Class ..... Period .....

Subject ... Home ... Science ..... Duration of Period .....

Topic ... Balanced ... Diet ..... Average Age of the Pupil .....

## General objectives:-

To acquaint the girl students with the body and health to include the ability in them to stay healthy.

## Specific objectives:-

1. Telling about the balanced diet to disking balanced diet.
2. To acquaint girl students with the importance of balanced diet in life.

## Teaching aids:-

A chart showing balanced diet.

## Previous Knowledge:-

The girl students are aware and of all due to lack of the diet.

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## Black Board Summary 1-

- 1.) Proportion
- 2.) Balance
- 3.) Flow
- 4.) Pattern
- 5.) Structure
- 6.) Uniforming.

## Home Work 1-

Practice flower decoration at home  
paste picture of different types  
of flower uniformity.

# MEGA/SIMULATED SEMPL

Class ..... Period .....

Subject Home Science ..... Duration of Period .....

Topic cooking, Pulao, curd. Average Age of the Pupil .....

## General objectives :-

1. To include the feeling in the girl student that cooking is no inferior or less.
2. To include another interest in girl students about the pots.

## Special objectives :-

1. To teach the girl students the proper method to cooking pulao.

To acquaint the girl student with of pulao and not to decorate the salad with it.

## Teaching aids :-

The girl students possess the general knowledge of a such production and the use.

T.P

Preparation of pulao making/soaking pulao

T.A

Ques 1- Why is it necessary to soak rice in advance.

S.A

Rice  
Haller.

E

Frying potato pua

The pupil teacher will put pua in a pan and fry pua and potato well.

The girl student listen carefully

T.P

Dormant - aism

T.A

The pupil teacher will the cut aism and put the powder tea potato and fry it salt and garam masala in it. The preparation of the rice and cook it.

S.A

The girl student listen carefully

E

Recapitula - Hon

Ques 1- What material also is used for cooking pulao.

Ques 1- What is the method of cooking pulao.

6

## Black Board Work 1-

1 Kg rice,  
300 gm ghee  
250 gm paneer  
100 gm potatoes  
6 piece lassi etc.

## Necessary items 1-

Plates, pot, Jug.

## Method 1-

cut paneer into pieces and fry it in a little ghee and cool on the lid.

T.P

Effect of season of diet

Ques 1- What are the different types of balanced diet?

Recapitulation

Ques 1- What is the difference between the balanced and the imbalanced diet?

T.A

S.A

E

Introduction  
- study  
- questions

Ques 1- What is the importance of diet in the human nutrition?

They are beautiful.

Statements of aim

Ques 1- What do you understand by balanced diet?

Today, we shall

T.P

Use of the pictures

Ques 1- Which are the different types of pictures used at home?

Written - ity

Generally, the material of plants. They should be also related to each other. For ex - Balanced material by the material.

T.A

S.A

E

Explanation

Ques 1- What material will you need for your decoration?

The girl student will be at the first and asked the answering for Eged to him.