

Class X
Cookery [2024- 2025]

UNIT TEST:-

UNIT I: Choice and cost of seasonal food: merits. and intelligent use of convenience foods

UNIT II: Meal planning and balance diet: use of five food groups as suggested by ICMR

FIRST TERM:-

UNIT III: Therapeutic diets and planning meals

UNIT IV: Food preservation and storage

[CHAPTER FROM UNIT TEST TO BE INCLUDED]

FINAL TERM:-

UNIT V: Kitchen Planning

UNIT VI: Kitchen Hygiene

UNIT VII: Kitchen Equipment

[FINAL EXAMINATION INCLUDES ENTIRE SYLLABUS. AS PER ICSE SCOPE OF SYLLABUS]