



# Loreto Convent Intermediate College

Lucknow

## Home Science Class 12– (2026-2027) HOLIDAY HOMEWORK

1. Prepare a project on the following topic: "Indian Textiles"

Include states as per your syllabus and study their traditional weaves, prints, usage making, origin costumes etc. use pictures for visual appeal.

2. Following practical based assignments to be done in punch sheets.

Practical 1: Plan a balanced menu for an occasion e.g. Birthday party/ Wedding Anniversary/ Family get together etc. Prepare any two dishes from the planned menu using different methods of cooking.

Practical 2: Plan a balanced menu for a packed lunch for a trip, picnic, short journey etc. Prepare any two dishes from the planned menu using different methods of cooking.

Practical 3: Plan a day's menu for an individual with special conditions -Diabetics Obesity, Hypertension etc. Prepare any two dishes from the planned menu.

Practical 4: Design and develop a suitable label for food items. The label should include the following information: nutritive content, net content, use of additives and preservatives if any; manufacturing and expiry date, instruction of use, MRP, Standardization mark, Veg/Non-Veg mark, name and address of the manufacturer. (Any six points to be included).

Size of the label should be of 6 x 6 inches..

3. Learn and revise the topics discussed in the class.

 99, Mahatma Gandhi Marg, Lucknow, Uttar Pradesh - 226001

 0522-2237222, +918009881030  [loretocollege@yahoo.com](mailto:loretocollege@yahoo.com)  [www.lucknowloreto.com](http://www.lucknowloreto.com)