



Loreto Convent Intermediate College

Lucknow

Home Science Class 12– (2025-2026) HOLIDAY HOMEWORK

1. Prepare a project on the following topic:

Select any three states in India and study their traditional weaves, prints etc. (any three textiles per state) and costumes.

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 apacked 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 like 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..

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