

CLASS VI
VOCATIONAL TRAINING SYLLABUS

Culinary

April – May

- Unit 1: Introduction to Food
- Unit 2: Kitchen Awareness
- Practical: Fruit Salad,

July – September

- Unit 3: Safety & Hygiene
- Unit 4: Nutrition Basics
- Practical – Lemonade/Buttermilk

October – December

- Unit 5: No-Fire Cooking
- Unit 6: Table Etiquette & Food Waste
- Practical -Vegetable Sandwich

January – February

- Practical -Sprouts Salad
- Revision

Tailoring

April-May

- Understand different thread types.
- Practice safe scissor handling.
- Master threading a needle.
- Practice tying basic knots.
- Learn the running stitch.
- Practice straight line sewing.
- Sew on paper patterns.
- Maintain even stitch spacing.

July- September

- Learn the backstitch technique.
- Understand temporary basting stitches.
- Compare stitch strength differences.
- Practice securing seam ends.
- Learn the blanket stitch.
- Practice stitching fabric edges.
- Prevent raw edge fraying.
- Introduce colorful embroidery threads.

Buttons & Fasteners

- Sew two-hole flat buttons.
- Sew four-hole flat buttons.
- Practice basic button alignment.
- Learn safe seam ripping.

October- December

- Understand felt fabric properties.
- Trace simple paper templates.
- Cut shapes out neatly.
- Plan a small project.
- Design a felt bookmark.
- Cut felt base shapes.
- Apply decorative running stitches.
- Assemble pieces together securely.

(Keychain / Pouch)

- Construct a small pouch.
- Join two fabric layers.
- Use backstitch for seams.
- Turn the project inside-out.

January- February:

- Add buttons to pouches.
- Attach keychain ribbon loops.
- Fix loose thread ends.
- Evaluate clean stitch work.
- Review all stitch techniques.
- Fix mistakes on projects.
- Organize a classroom display.
- Share final craft items.

Jewellery Making

April - May

- Introduction to Jewellery Making
- Safety Rules and Tool Handling
- Identification of Beads, Wires and Findings
- Colour Combination and Design Basics

July - September

- Bead Stringing Techniques
- Making Bracelets and Friendship Bands
- Simple Necklace Making
- Practical Assessment

October - December

- Basic Wire Jewellery Techniques
- Earrings and Pendant Making
- Jewellery Finishing Techniques
- Creative Designs with Mixed Materials

(January - February)

- Packaging and Presentation
- Basic Entrepreneurship and Pricing
- Revision

- Practical Assessment: Complete Jewellery Set
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Food Preservation

April- May

- Theory: What is food preservation? Why food spoils
- Practical: Washing, peeling, cutting fruits (salad making)
- Theory: Hygiene & cleanliness in kitchen
- Practical: Sprout making (moong, chana)

July- September

- Theory: Methods – Sun drying
- Practical: Drying coriander, mint, and simple chips (potato)
- Theory: Preservation using salt
- Practical: Simple lemon pickle
- Theory: Preservation using sugar
- Practical: Jelly preparation

October- December

- Theory: Safe storage of food
- Practical: Fruit juice / lemon squash
- Theory: Healthy snacks vs junk food
- Practical: Roasted snack mix
- Theory: Importance of seasonal foods
- Practical: Amla candy (sun-dried)

January- February

- Theory: Revision
 - Practical: Repeat best recipes
 - Practical: Exhibition preparation
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