

Table of Contents

Unit 1 - Nutrition and Health	1
Unit 2 - Food Technology	11
Unit 3 - Principles and Methods of Food Preparation.....	15
Unit 4 - Self and Family Awareness	16
Unit 5 - Consumer awareness	18
Unit 6 - Textile Technology	21
Unit 7 - Fashion Sense	27
Unit 8 - Design & Creativity through Textiles	30
Test 1	41
Specimen 2020	45
2021	51
2022	55
2023	60
2024	66