

Certificate

Name: Monica Patel

Class: 12-E

Roll No: 22

Exam No:

Institution Dayananti Modi Academy.

This is certified to be the bonafide work of the student in the
Home Science Laboratory during the academic
year 2015 / 2016.

No of practicals certified _____ out of _____ in the
subject of Home Science.

Mrs. Shahla Akbar

Teacher In-charge

Mrs. Suman Jamar

Principal

Examiner's Signature

Date:

Institution Rubber Stamp

(N.B: The candidate is expected to retain his/her journal till he/she passes in the subject.)

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DAYAWATI MODI ACADEMY

RAMPUR (U.P)

SESSION 2015-16

HOME SCIENCE



SUBMITTED TO: -
MRS. SAHAHLA AKBAR

SUBMITTED BY: -
MONICA PATEL
CLASS-12 E

FAS-
T-
EN-
ERS



well Displayed!

2

NO-
T-
B

FASTENERS

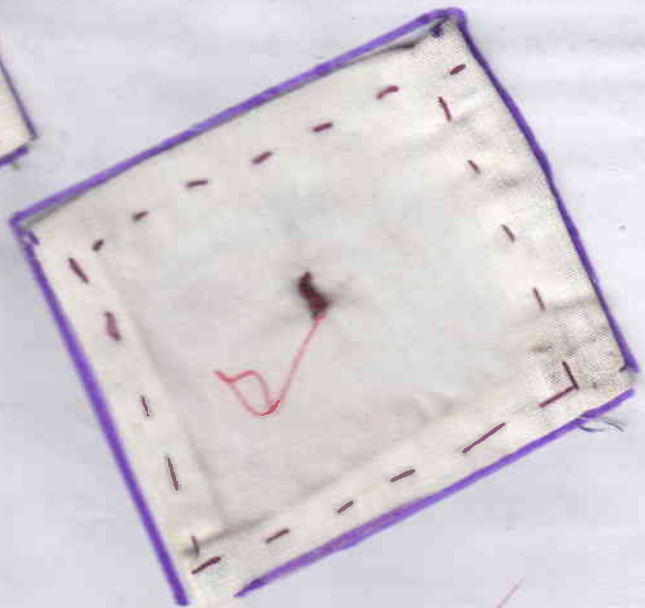
BUTTONS

Some buttons have two holes and some have hooks. The buttons should be sewn on double layer of clothes using double thread so that they did not come out. In modern clothing and fashion design a button is a small fastener, most commonly made of plastic, but also frequently of seashell which secures 2 piece of fabric together. In archaeology, a button can be a significant artifact. In the applied arts and in crafts, a button can be an e.g. → of folk, art, studio craft, or even a miniature work of art.

Button Hole



Hook



Eye

W. 9. 000



Button Hole

Button hole should always be made in double cloth. Make a mark with pencil for button hole. Length of button hole should be $\frac{1}{4}$ " which is more than the width of the button with sharp pointed scissors, cut a slit on this mark. Tack the raw edges of button hole. Do the button hole stitch along the slit.

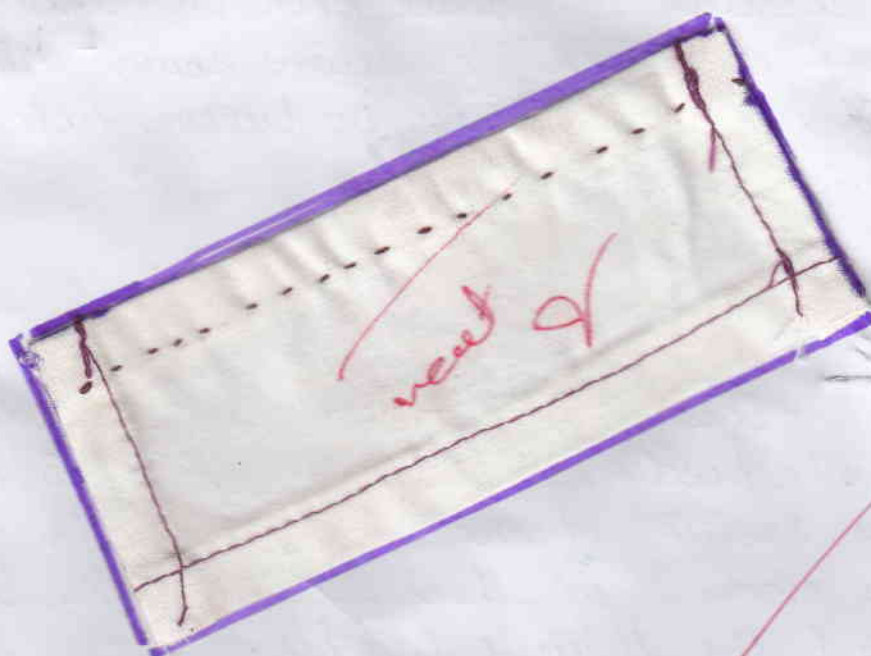
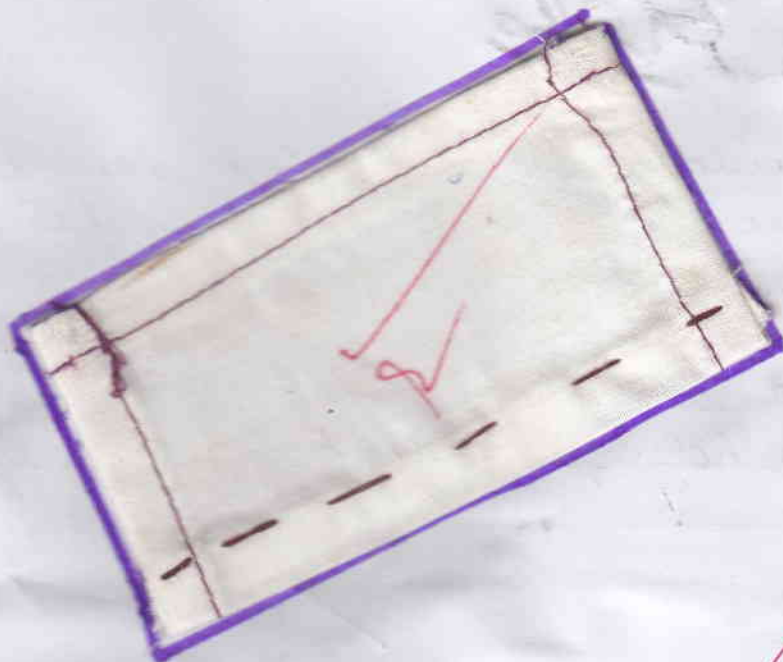
Hook

Hook are made of metal. Mark the point where hook is to be sew in. place hook on this mark. The shank of the hook is sewn down with backstitches to hold it down firmly. Do button hole stitches over the wings of the hook.

Eye

These are made of metal or made with thread. Mark the position of the eye. Make 4, 5 neat backstitches in the position of the eye, long enough for the hook to pass under and then do simple button hole to bind the threads together.

Good work
D



Lord will
R

Hemming

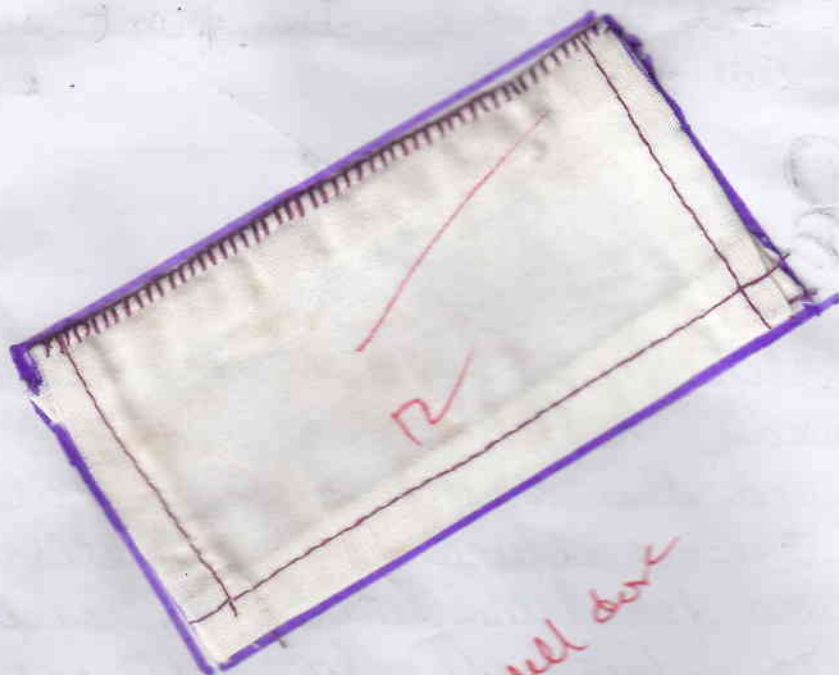
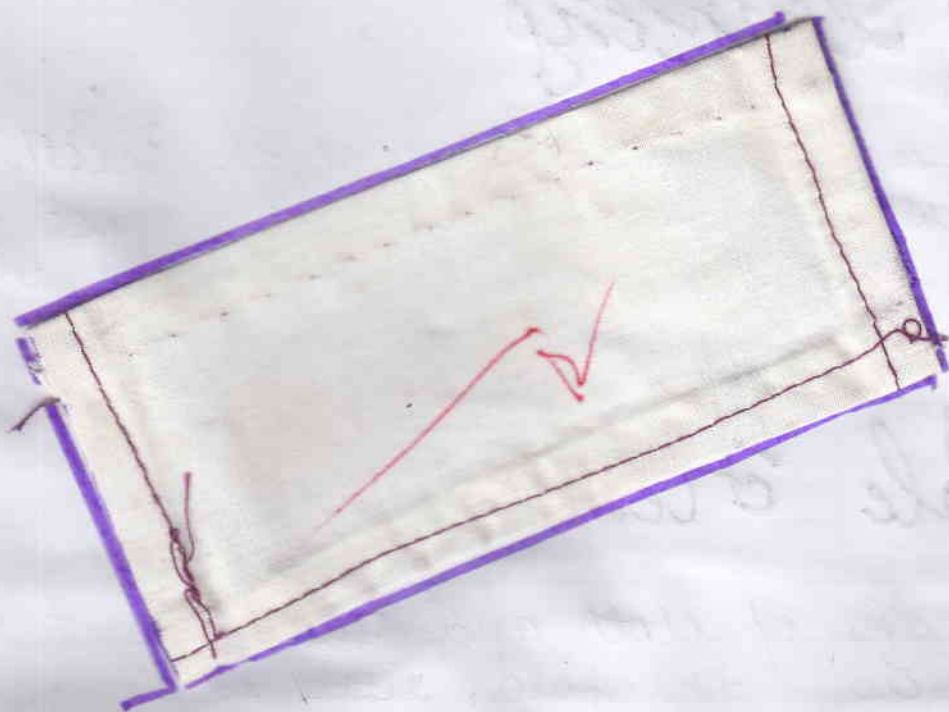
This stitch is done on back side of the cloth. It is used to fasten a raw edge which must be turned in. It is worked from right to left. Hemming is of 2 types. ***

Visible Hemming

Fold the edges of cloth and tack. Insert the needle below the fold, little to the left, making a slanting, stitch. The stitches must be clear and defined on the front side as on the back side. ***

Back stitch

This stitch is more firm than running stitch, in the needle inserted at A out at B. Take the needle at B and this stroke comes out at X, and so on. There are no spaces b/w back stitches. This stitch is used for hand stitching, repair of seams and to put zip, lace etc. ***



well done

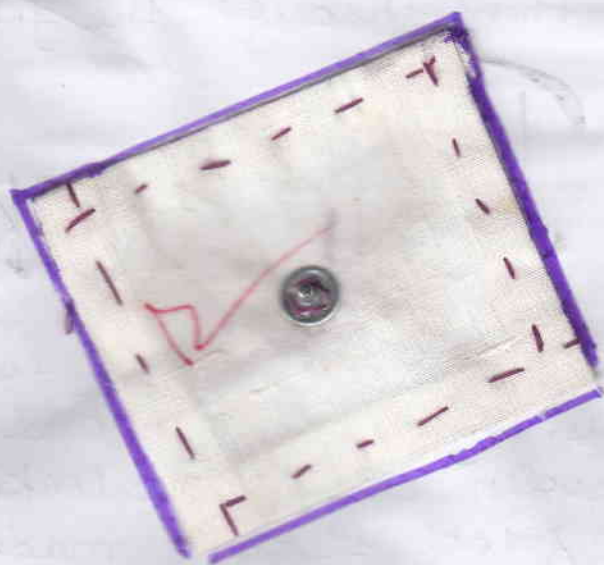
INVISIBLE HEMMING

This type of hemming is used to fold straight edges. fold the edges and tack. pass needle through 1, 2 threads just below the fold, then pass the needle through fold. Again pass needle through 1, 2 threads and then through the fold and so on ...

INTERLOCKING

It is essential to finish raw edges. for every fine clothes, edges are folded and tacked. but for thick or woollen cloth, interlocking is done to finish the edges. A loop stitch is made by allowing the thread to go under the needle while taking a stitch through the material. space b/w the stitches depends upon the texture of cloth. In fine cloth the space is less and in rough and thick cloth the space is more

Good work



Good ✓

Press Button

They are made up of metal. This consists of 2 parts the disc with the knob and the cup into which the knob fits. Do button holes stick on holes of button. A circular lip under one disc enters a groove on the top of the other, holding them fast until a certain amount of force is applied. They are often chosen for children's clothing as they are relatively easy for use.

Good work



2.9 and Display

Practical: 2nd..

Aim:- To check the quality of Readymade garments.





Garment's Check points Result

5
K
I
R
T

Fabric:- It should be comfortable - easily washable, durable and Per shrunk.

Drape:- It should be well fit, It gives a smart look size should be appropriate

Hemming:- It should be well spaced, invisible, matching thread should be used ~~folding~~ for hemming have enough space for alterations

Seams:- It should be even double, well spaced, matching thread with fabric

A

Good

Workmen

Ship...



Garment's	Check points	Result
-----------	--------------	--------

5
H
T
R
T
5

Fabric - It should be comfortable easily washable, durable, ~~Be~~ ~~shrink~~, moisture absorbant and acc. to season.

Drape - It should be well from collars. size should be appropriate.

collars - It should have tapering ends, equally cut. thick material should be used to give it a smart look.

A good
workmen
ship *

8/1000



Handwritten in red ink: 12



Garments Check Points Result

Fabric:- It should be comfortable, durable, easily washable, moisture absorbant

Designing:- It should be trendy, fashionable, attractive & appealing

Drape:- It should be well fit & smart.

Hem:- It should be well spaced, matching thread should be used.

A
Good
workmen-
ship

Good



Garments	Check points	Result
----------	--------------	--------

B

Fabric:- It should be comfortable, easily washable, durable, moisture absor.

A

L

Buttons:- It should surely attached, extra button should be provided

Good

H

Drape:- It should be well fit, it gives a good & smart look.

Workmen
ship

Z

Padding:- It should be firm & appropriate.

E

meat well

R



Garments

Check point

Result

FOR COC

Designing:- It should be trendy, fashionable, attractive and appealing.

Fabric:- It should be durable, comfortable, easily washable, not dry absorbant.

Hemming:- It should be well spaced, invisible & matching thread should be used for hemming. It should have enough space for alteration.

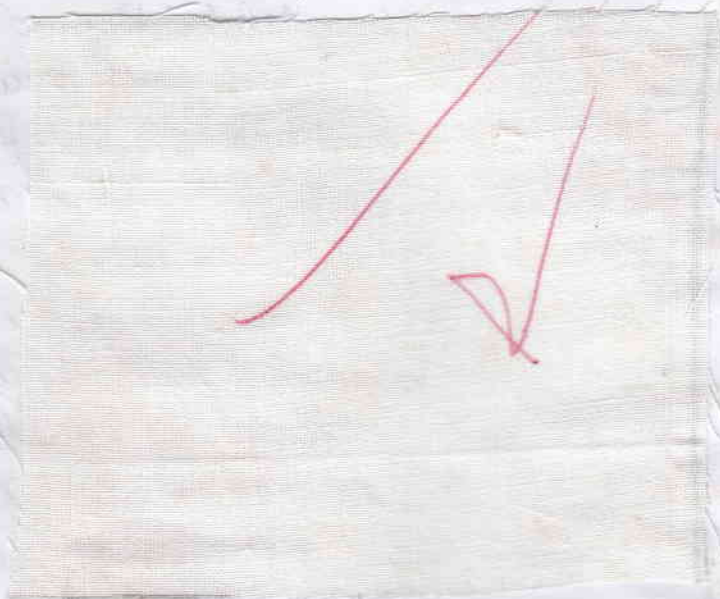
Trimming:- There are lines, pipings & facills. they are colourfast, perished, securely attached similar to fabric, easily replaceable.

Good
Workmen
ship

Stained



fresh
Dry



Stain Removal

Practical - 3

Clothes can get stain of Grease, Blood, tea/coffee and ink spills. It is very important that you remove the stain while fresh. The stain removal should be systematic and methodical it should be remembered that many dilute application and better than one concentrated treatment strong chemical and damage the fabric.

Condition Method of Cure

Tea/Coffee

fresh dry: * Pour boiling water on stain. Steam in glycerine, until stain is removed.

* Spread borax unfused.

↑ Good Display

Stained

Fresh Dry

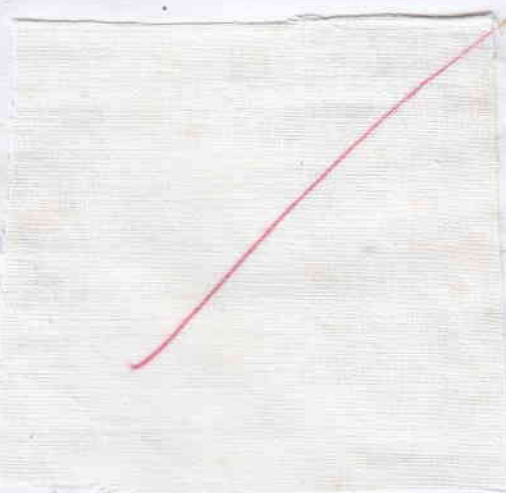
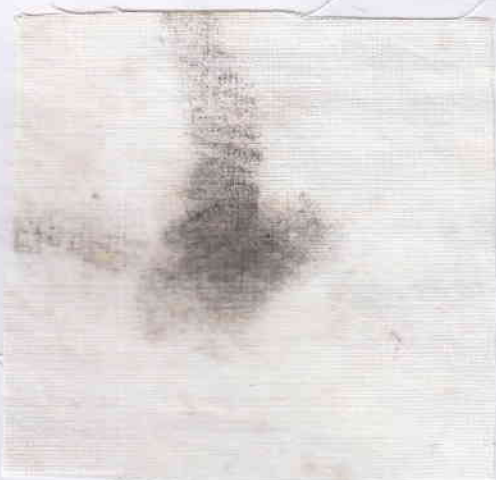


Blooded Cloth

Clean Cloth

Stained

Fresh Dry



Greased Cloth

Clean Cloth

Condition Method of Cure

Blood

Fresh Dry: * Soak in cold water and wash with mild ammonia

* Soak in cold soapy solution till the stain well removed.

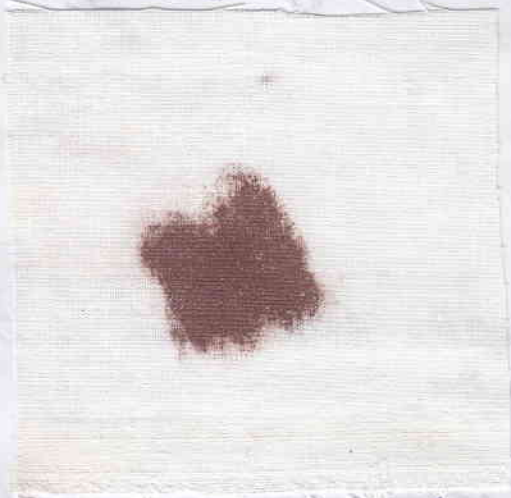
Grease

Fresh Dry: * Wash with hot water and soap

* Treat with grease solvent (Petrol, methylated spirit) wash with hot water and soak.

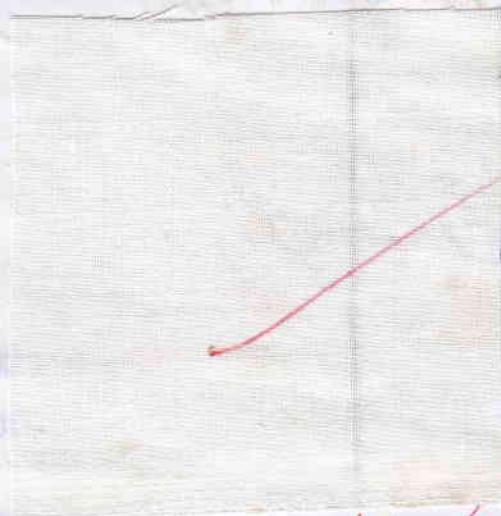


Stained



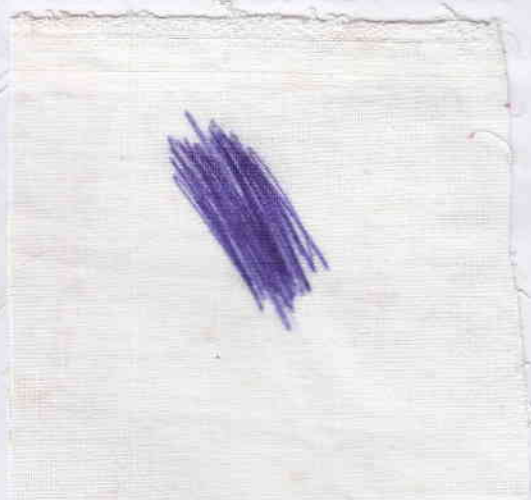
Lipstick stained
cloth

fresh
Dry



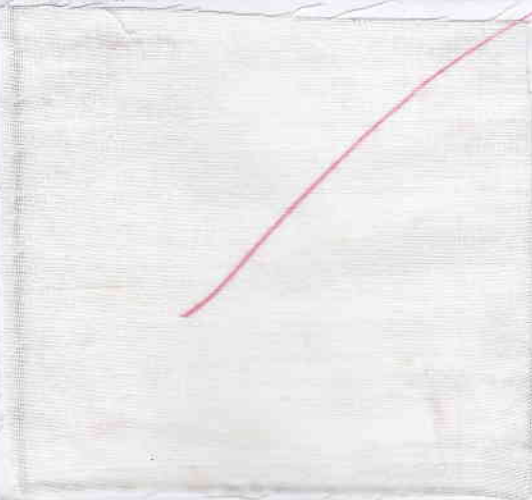
clean cloth

Stained



Ball Pen Ink stain
cloth

fresh
Dry



clean cloth

Condition

Method of Cure

Lipstick

fresh Dry

* Stup in Methylated spirit and wash with soap and water.

* Moisten and soften by working glycerine on the stain.

* leave for a short while and rinse with hot water.

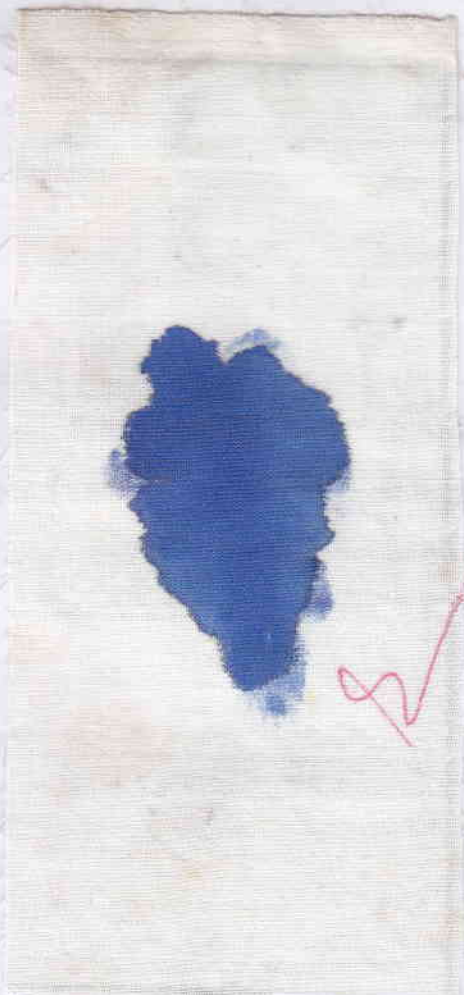
Ball Pen Ink

fresh Dry

* Stup in methylated spirit and wash with soap & water

Well Done

Stained

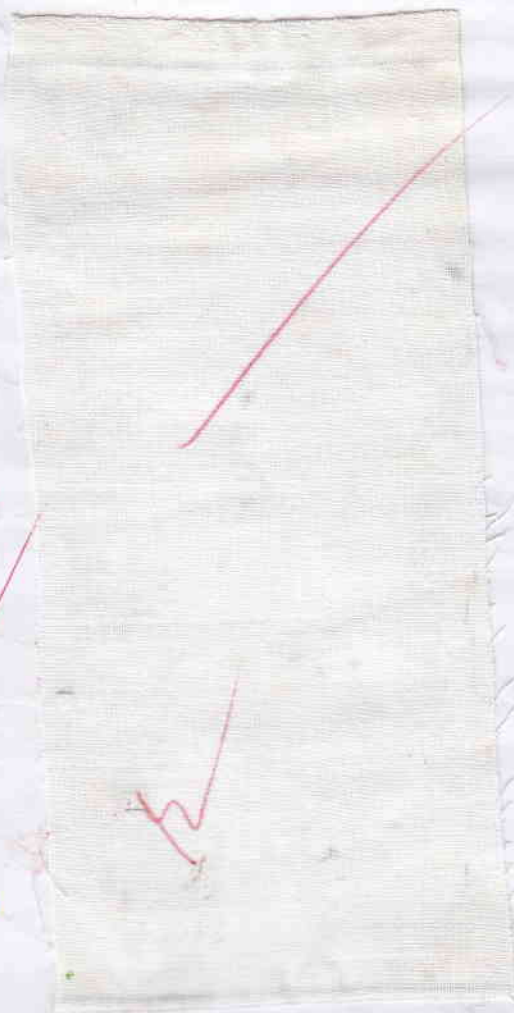


brush
Dry

Inked cloth

2nd alk

Clean
cloth



Condition Method of Cure

Link

fresh dry: * Rub the stain with a cut tomato and salt.

* soak the stain immediately in sour milk / rub for $\frac{1}{2}$ hour & wash it.

* apply salt and lemon juice and then leave it for $\frac{1}{2}$ hour and wash it.

* try above 2nd and 3rd with prolonged treatment.

meal



Practical :- 4

Nutrition for Self, Family and Community

Aim:- 1 A sample menu of a day's diet for a six months old infant ○○○○

Details :-

Age	-	6 month
Name	-	Vanya
Sex	-	Female
Food habit	-	Vegetarian

Nutrients Required :-

Calcium	500 mg
Proteins	20.5 / kg
Calorie	108 / kg
Vitamin A	350 mg



सदियों से..

Meal Time.	Menu.	Amount.	Nutrients
Breakfast.	Milk	1 C Small Bottle)	Calcium
Lunch.	Mashed Apple	Half (1/2)	Iron
Evening	Dalia	3/4 Katori	Calcium/ Iron
Dinner.	Khichdi ^o + Curd	3/4 Bowl	Protein/ Calcium.
Bed Time.	Milk.	1 C Small Bottle)	Calcium



Aim - 2

To plan a day's diet for an Adolescent Girl.

Details

Name - Anica
Age - 17 Years
Sex - Female
Habit - Vegetarian
Activity - Moderate



Nutrients Required.

Calories	2060
Proteins	63 gm
Calcium	500 gm
Iron	300 gm
Fat	22 gm

Well Done



Meal Time	Menu	Amount	Nutrients
Breakfast	Banana Milk Shake / Poha	1 mug 1 Plate	Vit A + Calcium Iron
Tiffin	Daal Stuffed Paratha	2	Carbohydrates Protein
Lunch	Rajmah Boiled Rice Aloo matar Boondi / Raita Chapati	1 Katori 1/2 Plate 3/4 Bowl 1/2 Bowl 2	Protein, Carbo. Protein Carbohydrate Protein Carbohydrate
Evening	Fruit Juice Tomato Sandwich	1 Glass 2 pieces	Vitamins & Minerals.
Bed Time	Kheer	1 Bowl	Calcium & Carbohydrates



Aim - 3

Plan a Day's diet for a Pregnant Woman

Details -

Name - Mrs. Arni
Age - 31 years.
Food Habit - Vegetarian
Activity - Moderate
Pregnancy stage - 11 Trimester

Nutrients Required -

Calories - 2525
Proteins - 65 gm.
Iron - 30 mg.
Calcium - 1000 mg.
Vitamins - 2400 mg.



Two presentations

Meal Time	Menu	Amount	Nutrients
Early Morning	Dry-fruit Custard &	1 Bowl	Thiamin B ₁ Calcium
Breakfast	Omllet, cheese sandwich + Mint chutney	1 2 1 t.spoon	Protein Calcium Iron
Lunch	Chapati Lady finger Boiled Rice cheese Curry Moong Daal Cucumber Raita Salad	2 1 Bowl 1 Plate 1 Bowl 3/4 Bowl 1/4 Bowl half Plate	Carbohydrates Pro. + Calcium Calories Calcium Protein Iron + Calcium Vit C
Evening	Fruit Juice Idli + inspit. of Coconut chutney just give mint Chutney with Idli	1 Glass 2 or 3 pieces half Tea spoon.	Vit C Calories Iron.



Dinner

Spinach	2	Iron +
chapati		Carbohydrates
Aloo - Bhature	1 Bowl	Calories + Vit A
Channa	1 Bowl	Protein
Salit	half Plate	Vitamins &
(Cucumber + Tomato)		minerals

**Bed
Time**

Kesar milk	1 Glass	Calcium
------------	---------	---------

meal



Aim - 4

Plan a Day's Diet for a Lactating Mother @.@.@.@.

Detail's

Name - Mrs. Shaifali
Age - 30 Years
Food Habit - Vegetarian
Activity - Moderate
Lactating Stage - 0-6 Months.

Nutrients Required

Calories - 2775
Proteins - 75 mg.
Calcium - 1000 mg.
Vitamin - A - 450 mg.



Points To be Considered....

1. Lactating mother needs more nutritious food than a pregnant lady. Lactation is not different from that in pregnancy. But more amount of food is needed for milk secretion.
2. Food should be nutritious and balanced lactation so that it may fulfill the increased demand of the infant.
3. Meals should contain more ~~protein~~ protein and calories.
4. Meals should contain more Calcium but additional iron is not required because it is not secreted in milk.
5. More Vit. D should be given as it is secreted in the milk & Day diet for a lactating mother.



Aim - 5

Plan a Day's Diet for an Old Person

Details

Name - Mr. Kailash
Age - 65 yrs.
Gender - Male
Weight - 60 kg
Activity - Sedentary
Food Habits - Vegetarian.

Nutrition Requirements

Calorie's - less than normal
fat ~~fat~~ - less than normal
fibre - more than normal.



Meal Time	Menu	Amount	Nutrients
Early Morning	1 Slice Rusk Tea	1 1 Cup	Carbohydrates
Break fast	Milk Poha	1 Glass 1 Bowl	Calcium Iron.
Mid Morning	Apple Juice & Grapes	1 Glass 1 Bunch	Iron Vit C
Lunch	Rice Aachar Daal Potato Mithi Veg. Cucumber Raitha Tomato Chutney	half Plate 1 Bowl. 1 Bowl 3/4 Bowl 1 T. Spoon	Carbohydrates. Protein Carb. + Iron + Calc.
Evening	Tea Idli	1 Cup 2 or 3	Sugar Calories



Dinner	chapatti	2	Carbohydrates
	Toori	1 Bowl	Pro + Iron
	Aloo-Bhature	1 Bowl	Calories + Vit A
	Salit	5-6 Pieces	Vit & Minerals
	Plain Curd	1/2 Bowl	Calcium

Bad
Time

Dalia	1 Bowl	Calcium + Protein
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Points to be Considered.

1. Meals should be Nutritious and Balanced.
2. In old age, no. of changes take place in the body, hence few changes are required in the type, amt. and no. of meals.
3. Food should be soft, properly cooked, mashed & finely chopped.
4. Food should be given in small quantities and at frequent intervals.
5. Fried and fat rich food should be avoided.
6. To avoid Constipation, more fibrous food should be included in the diet.
7. More of liquid should be avoided.

Food



Aim - 6

Prepare a Day's Menu for a Diarrhoea Patient.

Details -

Name	-	Mrs. Soni
Age	-	36
Gender	-	Female
Activity	-	Moderate
Food Habit	-	Eggarian
Disease	-	Diarrhoea

Nutrition Required:

Liquid	-	10-12 Glass
Energy	-	2500 Calories
Protein	-	60 gms.
Vit B & C	-	more than normal
Sodium & Potassium	-	more than normal

Meal Time	Menu	Amount	Nutrients
Breakfast	Skimmed milk + Biscuits	1 Glass 2	Calcium Calorie and Carbohydrates
Pre-Lunch	Soft-cooked Egg.	2	Iron + Proteins
Lunch	Khichri Curd (Steamed veges (Potato etc.)	1 Plate 1 Bowl 3/4 Bowl.	Carbohydrates Vit + Minerals. Iron.
Dinner	Rice Moong Daal Potato Curd	1 Plate 1 Katori 3/4 Bowl	Carbohydrates Vit + Minerals Iron.
Bed Time	Lemon Juice	1 Glass	Vit C



Aim 7

Diet Plan for patient suffering from fever @@@@

Details

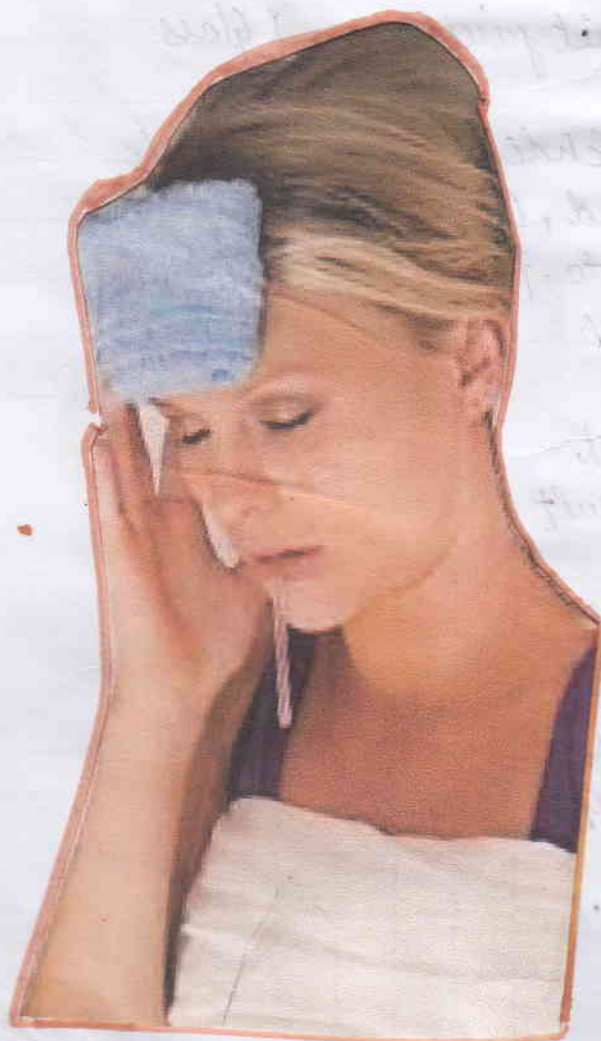
Age	35 years.
Gender	Male
Name	Kiran
Stage of fever	High or Moderate
Food Habit	Vegetarian.

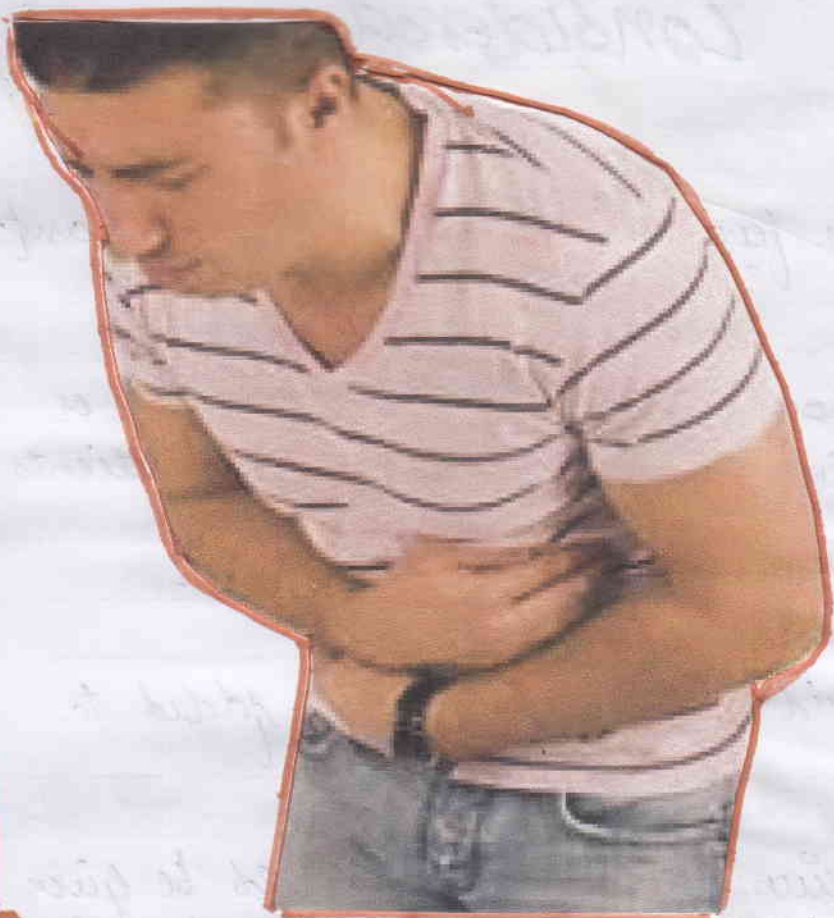
Nutrition Required..

Liquid	-	6-7 glasses
Energy	-	7% increase in calories per 1° F rise in temperature.
Protein	-	100-125 gm
Vit A, B & C	-	more than normal
Sodium & Potassium	-	more than normal
Fibre	-	Very less



Meal time	Menu	Amount	Ingredient
6. a.m	milk	1 Cup	milk, Sugar
Breakfast	Bread	2 Slice	Bread, Butter,
	with		milk suji, sugar,
	Butter, suji	1 Bowl	orange, apple
	Kheer, light	1 Cup	moong dal.
	tea.		
10:30 am	Fruit juice	1 Glass.	Orange, Apple
Lunch	Khichdi	1/2 Plate	Moong dal, rice
	Curd, Boiled	1 Bowl	Curd, Potato
	Potato, Tomato	1, 1	Tomato, onion
	Soup	Cup	
Evening	milk	1 Glass	milk, Sugar
	Biscuit	3-4	Carbohydrates.
Dinner	Auhaar Dal	1 Bowl	Arhar Daal,
	Vegetable Soup	1 Bowl	Vegetables,
	Boiled Rice	1/2 Plate	Carbohydrates,
	Chapati, Milk Pudding	2, 1 Bowl.	wheat flour.
Bed time	milk	1 Cup	Milk, Sugar





Aim - 8

Diet plan for a patient for suffering from ~~from~~ Constipation o.o.o.o.

Detail's

Name - Sona
Age - 17 years
Gender - Female
Food Habit - Vegetarian.

Nutritional Requirement o.o.o.o.

Liquid - 10-12 glasses
Fiber - 10-15
Fat - more than normal
Vit B Complex - more than Normal
Protein minerals,
Calories - Normal

Well Done

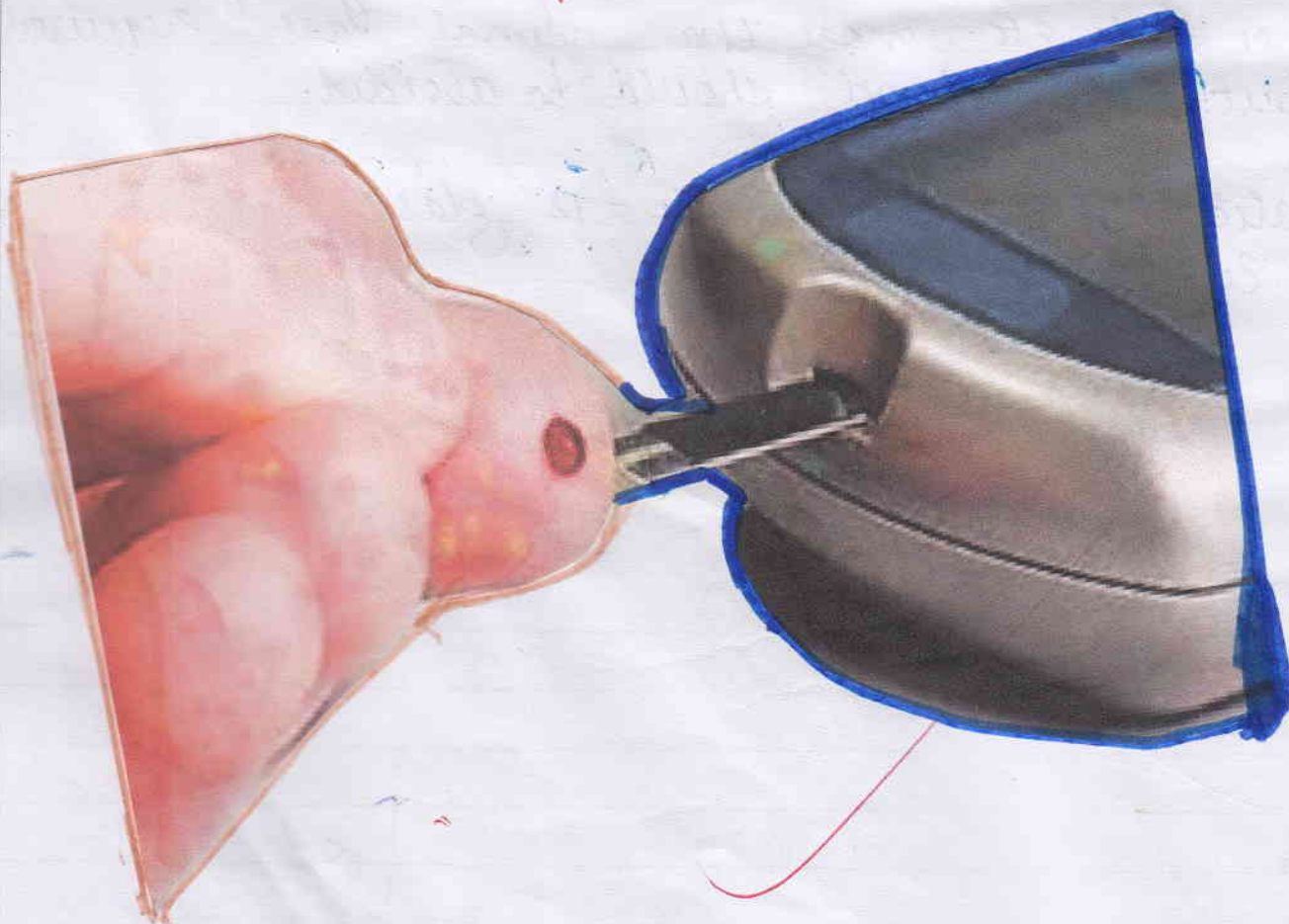


Meal of the day	of the day	Amount	Nutrients.
Early Morning	Luke warm water with Lemon Dalia	1 Glass 1 Bowl.	
Break fast	Dalia Sprouted	1 Bowl.	
Mid Morning	Apple, Grapes	1 1 Bunch	
Lunch	Season Ka Saag, makke Ki Roti Curd, Salt	1 Bowl. 2 1 Bowl/2 pieces	
Evening	Tea	1 cup	
Dinner	whole mason Dal, Carrot peas vegetable chapati	1 1/2 Bowl. 1 Bowl. 2	
Bed Time	Ruhpza milk	1 Glass	



Points to be Considered @@@

1. 1 to 2 glasses lukewarm water should be taken Empty stomach in the morning.
2. Nutritious diet @ scheduled time should be taken & it must be chewed properly.
3. Extra amt. of Carbohydrates in the form of fibre should be given
4. To lubricate the stools and for easy defecation ghee, oils etc. more than normal are required but fried food should be avoided.
5. Patient should take 10-12 glasses of water Everyday.



Aim :- 9

To Plan a Day's diet for a person suffering from diabetes.

Details

Name	Mr. Avinash
Activity	Moderate
Gender	Male
Age	32 Years
Food Habit	Vegetarian.

Nutrient Required

Carbohydrates	=	200 gms.
Protein	=	100 gms.
Fats	=	85 gms.
Vit. B Complex	=	more than normal
Potassium	=	more than normal



Meal Time	Menu	Amount	Nutrients
Early Morning	Tea without Sugar & Salty Biscuits	1 Cup 3-4 pieces	Calcium & Carb. + Iodine
Breakfast	Milk Dalia without Sugar	1 Bowl	Calcium & Protein
Mid Morning	Roasted Namkeen Peanuts, Papaya and Blackberry.	1/2 Bowl 2 Bunch.	
Lunch	Whole Green Gram Bathua, Raita Chapati	1 Bowl 1 Bowl 2 or 3.	Iron Calcium Carbohydr.
Evening	Pomegranate Juice	1 Glass	
Dinner	Palak Soup Soyabn Veg. Makke ki Roti	1 Cup 1 Bowl 2	Iron
Bed Time	Almond Milk	1 Glass	Calcium +



Aim To

To Plan a day's diet for a person suffering from jaundice

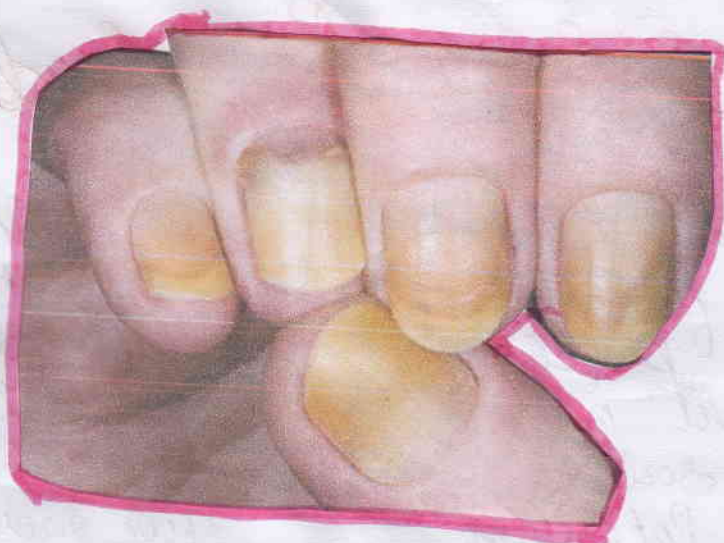
Details

Name	Miss Chaya
Age	28 Years
Gender	Female
Food Habit	Vegetarian
Stage of Jaundice	High
Activity	Moderate

Nutrition Required

Carbohydrates	=	High Carbohydrates
Fats	=	Restricted
Protein	=	High protein
Vit B, C, E	=	more than Normal
Sodium	=	Restricted
Potassium	=	Give more than normal

Well Done



Meal time	Menu	Amount	Nutrition
Early Morning	1 Glass of water	1 Glass	Mineral
Breakfast	Fresh Apple juice Dalia	1 Glass 1 Bowl	Iron Protein Calcium
Mid Mor. + Lunch	Grapes juice Khichdi Cucumber Salad Butter milk	1 Glass 1/2 Plate 6-8 Pieces 1 Glass	Vit C Carbohy Iron Calcium
Evening	Coconut water Orange	1 Glass 1	Vit C
Dinner	Tomato Carrot Soup, whole wheat chapati Aloo methi Veg. pineapple Salad	1 Bowl 2 1/2 Bowl 5-6 Pieces	
Bed Time	Skimmed milk	1 Glass	Calcium



Aim 11

To plan a day's diet for a person suffering from hypertension.

Details

Name	Miss Meher
Age	2
Gender	Female
Food habit	Vegetarian
Stage of disease	Moderate

Nutrition Required

Calorie	-	as for Normal person
fat	-	5-10 gms.
Sodium	-	500 mgm. / day



Meal time	Menu	Amount	Nutrition
Early Morning	Light tea Bread Butter Sprouted Moth	1 Cup 2 Slices 1/2 Bowl.	Sugar Carbohydrates
Mid Morning	Toned Milk Grape. Banana chat	1 Glass 1 Plate	Calcium Vit C + Vit A
Lunch	Pulao Chapati Pumpkin Veg. Rajma / Salit	1/2 Plate 2 1/2 Bowl 1 Bowl 5 pieces	Carbohydr. Carbohydr. Vit A Protein
Evening	Fruit Juice Baked french fries.	1 Glass 1/2 Plate	Vit C Carbohydr.
Dinner	chapati, Arhar Dal Potato Brinjal Veg. Salit, chutney	3, 1/2 Bowl 1/2 Bowl 6-8 Pieces	Carb. + Protein Iron
Bed time	Makhana Kheer	1 Bowl	Calcium + Protein



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Practical : 5

Money Management and Consumer Education!

Aim 1

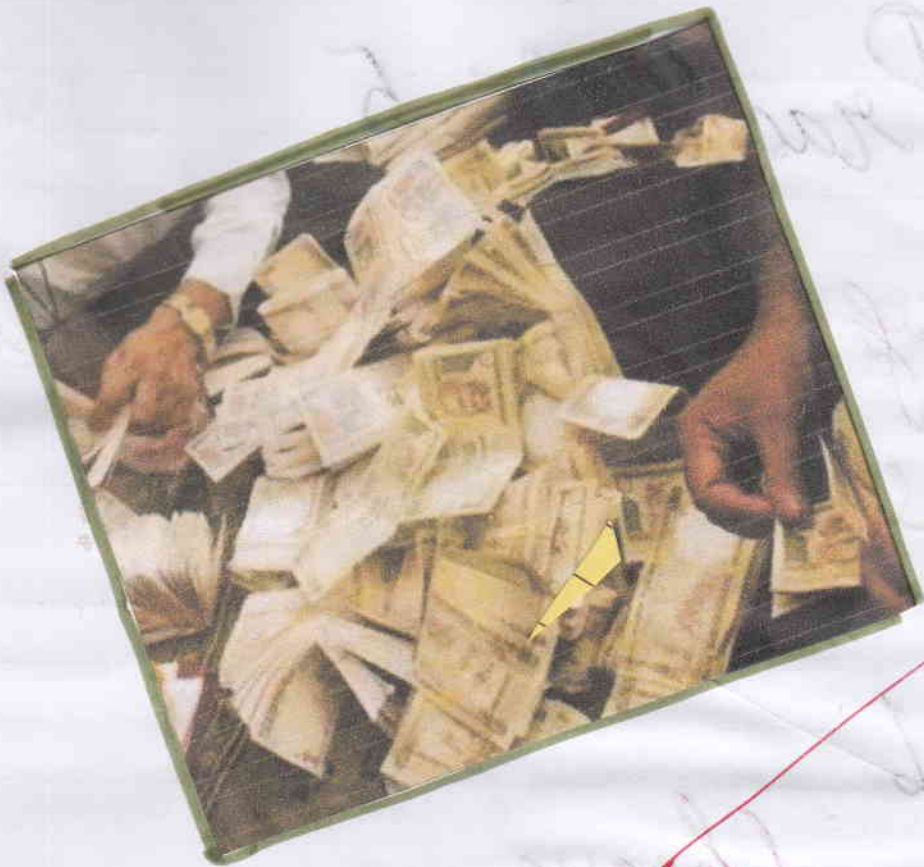
Cheque

Material Required = Cheque of a Bank

Procedure:

- ① → Get the cheque from the Bank
- ② → fill it up without making mistake
- ③ → fill the
 - Name of account holder
 - Date of withdrawal
 - Account No.
 - Amt to be withdrawn in
 - words & figure.

Teacher's Signature : _____



Precaution

1. Fill the cheque carefully because money can not be withdrawn by incomplete or wrongly filled up cheque.
2. Signature on the cheque should match the specimen signature otherwise bank will not make the payment.
3. Date, month, year, amount, etc No. & signature should be clearly visible on the cheque.
4. Amount filled in cheque should not exceed saving in the bank.

Withdrawal form.

इस आहरण-पत्र के साथ पास-बुक अवश्य प्रस्तुत करें।
 PASS BOOK MUST ACCOMPANY THIS WITHDRAWAL FORM
 भुगतान केवल खाताधारी को किया जाएगा, किसी अन्य को नहीं।
 PAYMENT SHALL BE MADE TO ACCOUNT HOLDER ONLY
 AND NOT TO ANY THIRD PARTY
 बचत बैंक खाता सं. / Savings Bank Account No.

7 9 8 5 4 0 0 1 3 9 2

स्टेट बैंक ऑफ पटियाला
 STATE BANK OF PATIALA
 RAMPUR शाखा / BRANCH

दिनांक / DATE 29-May-2015

लघु हस्ताक्षर / INITIALS

रुपये अदा करें / ONLY

हस्ताक्षर / SIGNATURE (1)

नाम / NAME KATAL GUPTA

हस्ताक्षर / SIGNATURE (2)

नाम / NAME

रु 10,000 / - तक का भुगतान किया जायेगा

IN SB-CHEQUE BOOK OPERATED ACCOUNTS

अदा करें / PAY

प्रबन्धक / MANAGER

रु 5,000/-

खब चं / Partion No

लघु हस्ताक्षर / Initials

चैक बुक संचालित खाते में इस निकासी फार्म के माध्यम से केवल रु 10,000/- ONLY IN SB-CHEQUE BOOK OPERATED ACCOUNTS

PAYMENT THROUGH WITHDRAWAL FORM UP TO ₹10,000/- ONLY IN SB-CHEQUE BOOK OPERATED ACCOUNTS

Aim :- 2

Withdrawal Slip...

Target:- To fill up a withdrawal slip of a Bank.

Introduction:- Money can be drawn from bank by filling a withdrawal form prescribed by the bank. There are some conditions for withdrawing money.

- 1.) Limited transaction can be made in a given time.
- 2.) In case of additional withdrawal, some charges are applied.
- 3.) Only a specific amount can be drawn at a time.
- 4.) If money is to be drawn by withdrawal from passbook is must.

Material Required :-

- 1.) Get a withdrawal slip from the bank, read it carefully and fill it.
- 2.) fill in,



- Date of withdrawal
- Name of account holder
- A/c No.
- Amt to be withdrawn it should be mentioned both in words & figures.
- finally put the signature

(3) Paste this form in your file

Precautions

- 1) Fill the form Carefully. Money can not be drawn on incomplete or Wrong form.
- 2) Signature should match specimen signature in Bank
- 3) Money to be drawn should not Exceed Savings in the Bank.
- 4) Money should not exceed the amt. fixed by the bank.
- 5) Fill the form neatly so that it would be visible.

901030 535048 >

U
Hindustan Unilever Limited
LEVERCARE-QUERY / FEEDBACK
TOLL FREE: 1800-10-22-221
PO BOX 14760, MUMBAI 400 099
LEVERCARE@HINDUNILEVER.COM

WAMP Reg. (incl. of all taxes),
GRT & Batch No.

[illegible]

NET WEIGHT: 500 g

Nutritional Information*		PER SERVING	% DAILY VALUE
Serving Size 1 Bag (20 g)		37g	57
ENERGY (Cal)		37g	0.1
PROTEIN (g)		4.1	8.1
CARBOHYDRATE (g)		13.0	13.0
OF WHICH SUGARS (g)		19.4	19.4
DIETARY FIBRE (g)		0.2	0.2
TRACE			
SATURATED FAT (g)		0%	0%
TRANS FAT (g)		0%	0%
CHOLESTEROL (mg)		< 1%	< 1%

*PERCENT DAILY VALUES ARE BASED ON A DIET OF 2,000 CALORIES PER DAY.

ADULTS ONLY
GUIDELINE ONLY

kissan
SINCE 1934

SINCE 1934 —

MIXED FRUIT

- I AM -

**Per Serving
(20 g)**

57

3%

GDA

www.facebook.com/kissanindia

Enjoy Yummy Kissan Roll!



CONTENTS

fssat

(G) HERSHEY INCORPORATE, SPRING
 No. 5, NEW INDUSTRIAL AREA NO. 1,
 DUTT, RAJESH, MUMBAI 400054 -
 FSSAI No. 100500250041897
 FSSAI No. 100500250041897

NO. 1007761001 ON
MUMBAI 400 092, INDIA

IS A PUNISHABLE OFFENSE

AND PRESERVATION OF THE CHARACTER OF BATCH NO. AND SEE BELOW.

MF5, BY (A) HINDUSTAN
AT PLOT NO. A-6/9, MIDC INDUSTRIAL ESTATE,
22/103 NASHIK

MAHARASHTRA, ESSA LIC. No. 1001202200021

(9) HINDUSTAN UNILEVER LIMITED, 22, FORT ROAD,
LOCAL POINT, RAJAPURA, DISTT - PATIALA, PUNJAB.
Registration No. 1200025.

140-401, PISA Lic. No. 10014053003349.

Label

Aim :- 3

To collect the label of any three product & compare them with mandatory requirements

Procedure

Name of the Product and see if it has got all the information recommended by Indian Standard Institute.

Product Name	Jam
Brand Name	Kissan Mixed fruit Jam
Trade Name	Kissan
Manufacturer's Name and Address	Hindustan Unilever Ltd, A-5 St plot no. 4-8/9 MOC Industrial Estate Maligaon, Guwahati.
Standard Mark	FPO
Manufacturing Date	September 15
Expiry Date	September 16
Lic No.	L0012022000217
Batch No.	KB2B0050
M.L.P	150
Ingredients	Sugar, Mixed fruit pulp Blend, Thickener, Acidity Regulator, Vitamin B3 and Preservatives.

Second Product Butter

Name of the Product Butter

Brand Name Anul

Trade Name Anul Butter

Manufacturer's Name and Address Banaskantha District Co-operative Milk Producers Union Ltd. Mehsana

Standard Mark AGMARK

Manufacture Date August, 15

Expiry Date Best before 12 months from Manufacture

Lic No. 10012021000071

Batch No. -

MRP. ₹ 37

Ingredients Butter, Common Salt.

Storage Conditions:
STORE IN A COOL, HYGIENIC AND DRY PLACE.
 Temperature and humidity changes may cause rancidity to develop in the whitish layer, without affecting its fitness for consumption.
TEST BEFORE 9 MONTHS FROM PACKAGING.
 Do not store above temperature of 25° C.

PRODUCT QUALITY If you are not satisfied with the product quality return the container to Mondelēz India Foods Private Limited, Consumer Care Wing C, Indulgence Floor, Call Unit No. 2007, 20th Floor, Tower B, Mumbai - 400 033. email at suggestions@india.mondelez.com. **1-800-22-7080**

Mondelēz International Group keeps your health

	Per 100g	Per 100g
Energy kcal	435	10.7
Protein g	3.3	10.1
Carbohydrate g	72.3	0.1
(of which Sugars g)	55.4	2.1
Sodium g	154	

10

Lose yourself in the yumminess,
chocolaty layers of
5 Star
ICE CREAM

5th

**Lose yourself, become a fan @
www.facebook.com/cadburysstar**

[illegible]

MS1013 B1
10/13/15
PR 13:015

901233 019642 >

M.P. Rs. 20.00 (incl. of all taxes)

Guideline daily amount for energy 2000kcal

[illegible]

Third Product Chocolate

Product Name 5 star

Brand Name Cadbury

Trade Name 5 Star chocolate

Manufacturer's Name and Address Flat No. 25 Industrial Area, Village Gurikha, Tehsil-Gohad; Dist-Bhind, M.P.

Standard mark

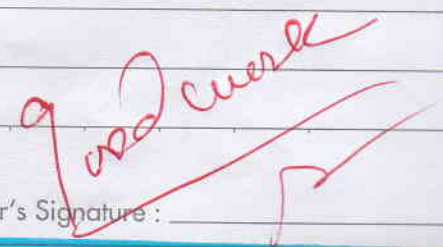
Manufacturing Date

Lic. No. LG024022002711

Batch No. -

M.R.P. ₹ 20

Ingredients. Nougatine, Caramel, Liquid glucose, Sugar, Invert sugar, Cocoa Solids, Milk Solids, Hydrolysed Vegetable Protein, Salt, Emulsifier, Cocoa butter, Milk chocolate.

Teacher's Signature : 

Third Product Chocolate



Pure



Impure.



Pure



Impure

Aim: 4

To Detect Adulteration

Food

Adulterants

Confirmation Test

Milk

+ water

Lactometer test Measures the specific gravity of milk with the help of a lactometer. The normal value falls b/w 1.030 to 1.034. If the density is less than it is adulterated.

CHANA
DAL

+ Stone chips,
dust, sand etc

↳ Metanil yellow
colour

Take 100 gms of grains in plate (thali) and weed out stone chips etc with hand. Separate sand and chut by winnowing.

Shake 2-3 gms of suspected pulses with 5-ml. of alcohol in a test tube. Add few drops of HCl. Pink colour shows the presence of Metanil Yellow.

Sheet

Teacher's Signature: _____



Impure



Pure



Pure



Impure



Pure



Impure



Pure

Tea leaves + Iron filings

Artificial
sepa

magnet

The iron

clings to

+ Artificial Colour

but some tea

meets filtering paper

colour will colour the
filtering paper.

Black pepper whole + Papaya Seeds

Put a bit of black
pepper whole in water
the papaya seed will
float and black pepper
will settle down at
the bottom.

Turmeric Powder + Metanil Yellow

Add 5 ml of alcohol to
2-3 gm of turmeric powder
in a test tube and add
2-3 drops of dil. HCl. Pink
colour shows the presence
of metanil yellow.

Dhania powder + Horse dung powder and rice husk

Add dhania powder to water.
Dhania powder will settle down
and the sediments will
float on surface.

Teacher's Signature : _____



In-bure



Pure

Bura
Sugar

+ Sand and
most insoluble
impurity.

Dissolve some
in water you will
the impurities settle down

+ chalk powder
and washing
soda

In a small amount of
sugar in a test tube
add small amount of
dil. HCl. Brisk effervescence
of CO_2 shows the presence
of chalk powder and
washing soda.

Practical No. 6

Human Development Lifespan Approach

Objective :- observe the needs and problems of an aged person.

Name of the person

Mrs. Kokila

Age

72

Sex

Female

Family

(i) Living alone ☐

(ii) Living with spouse ☐

(iii) Living with children ☒

Financial status

(i) Working ☐

(ii) Retired ☒

Needs should be observed as under:

- (a) Physical needs
- (b) Psychological and emotional needs
- (c) Financial needs
- (d) Social needs

Physical needs: should be assessed on the basis of -

- (i) Health of the person - Normal
- (ii) Physical dependency/independent - Independent
- (iii) if dependent - how much the person is dependend, totally/Partially - Not Dependent
- (iv) can the person do ~~the~~ his personal work like going to - toilet, eating, bathing, dressing. Yes
- (v) Does he/she need assistance? No
- (vi) Does she suffers from any life style disease? No

Psychological and Emotional needs:

She lives with her family

- (i) Do the family members spends time with her? Yes
- (ii) Do grand parent children respect & play with her? Yes
- (iii) Is she included in family outings? Yes
- (iv) Does she welcomed in family decisions? Yes, of course
- (v) Does she feels secure and happy? Definitely
- (vi) Does she feels satisfied and waited? Yes

Financially needs

Is the person financially independent? No
Does she gets assistance from children? Some time
Does she gets enough finance for her needs? Yes
Does she feels financially secured? Yes

Social needs

Does he/she feel socially alienated? Yes
has she any social circle? Yes, very large one.
Does she get invited to social functions often? Always.
Do they have supportive neighbours? ofcourse
Does she participate in any social functions? Always
Does she feel socially secure? Yes
Does she feel harassed and troubled by neighbours or
servants? Never
Do they play active, important role in a Society? Yes.

Over All Mrs. Kokila is well behaved, physically fit and satisfied from all dimensions i.e emotional and psychological, financial and social needs.



Practical No :- 7

To Evaluate water Potability And Hygiene ...

Aim :- To Evaluate the water probability & hygiene of the given sample of water of a school.

Material required :- A jug of water, microscope, Soap

Method :- (1) Evaluation for water potability :-

following points should be evaluated for water Potability.

(a) Physical Evaluation

- ★ Colour of water
- ★ Odour of water
- ★ Taste of water
- ★ Transparency
- ★ Presence of solid constituents.



(b) Chemical Evaluation

- * Freezing points of water
- * Boiling points of water
- * pH of water
- * Hardness of water formation of foam with soap.

(c) Biological Evaluation

- * Presence of pathogenic Bacteria.
- * Presence of other harmful Bacterias.

B. Hygiene of water

Following points should be considered

- (a) Hygiene the source of water.
- (b) Hygiene during transport.
- (c) Hygiene during storage.
- (d) Hygiene during consumption.