

RECORD OF WORK COVERED

Grade 10 Home Science • Term II

WEEK 1

TERM	WEEK	DATES	MON	TUE	WED	THU	FRI
II	1						

SUBJECT & GRADE	DAY	PERIOD	STRAND & WORK COVERED	REFERENCE / MAIN BOOK(S) AND PAGES	REMARKS
Home Science — Grade 10			Home Management — Hygiene During Puberty: Physical, hormonal and emotional changes Explained the physical changes that occur during puberty in boys and girls, drew and labelled diagrams of physical changes, and connected puberty changes to personal experiences and those of peers.	MTP Home Science LB pg. 94	
Home Science — Grade 10			Home Management — Hygiene During Puberty: Personal hygiene practices; menstrual hygiene management Explained personal hygiene practices during puberty, demonstrated proper practices such as bathing and hair care, and applied them to maintain cleanliness and confidence.	MTP Home Science LB pg. 97 & 100	
Home Science — Grade 10			Home Management — Hygiene During Puberty: Infections associated with poor hygiene Identified infections and diseases associated with poor hygiene, described the causes, signs and prevention of dandruff, scabies, ringworm and athlete's foot, and related poor hygiene to real health consequences.	MTP Home Science LB pg. 98 & 102	
Home Science — Grade 10			Home Management — Safety in the Home: Contents of a First Aid kit; burns and scalds Identified the contents of a First Aid kit, described the uses of each item, and connected the items to real emergency situations at home and school.	MTP Home Science LB pg. 105 & 107	
Home Science — Grade 10			Home Management — Safety in the Home: First Aid for burns and scalds Described the steps for administering First Aid for burns and scalds, simulated the procedures, and applied the knowledge to respond appropriately to burn emergencies.	MTP Home Science LB pg. 108	

GENERAL COMMENTS (IF ANY)	HEAD MASTER	DATE

WEEK 2

TERM	WEEK	DATES	MON	TUE	WED	THU	FRI
II	2						

SUBJECT & GRADE	DAY	PERIOD	STRAND & WORK COVERED	REFERENCE / MAIN BOOK(S) AND PAGES	REMARKS
Home Science — Grade 10			Home Management — Safety in the Home: Cuts and bruises Explained the causes and preventive measures for cuts and bruises, simulated First Aid procedures for them, and connected prevention to safe handling of sharp objects.	MTP Home Science LB pg. 109	
Home Science — Grade 10			Home Management — Safety in the Home: Fractures and sprains Differentiated between open and closed fractures, simulated First Aid including applying slings and splints, and related prevention to safe physical activities and sports.	MTP Home Science LB pg. 111	
Home Science — Grade 10			Home Management — Safety in the Home: Fainting and drowning Explained the causes and preventive measures for fainting and drowning, simulated the First Aid procedures, and connected drowning prevention to water safety practices.	MTP Home Science LB pg. 114	
Home Science — Grade 10			Home Management — Safety in the Home: Choking and suffocation Explained the causes and preventive measures for choking and suffocation, simulated First Aid for adults and infants, and applied the knowledge to safe eating habits and baby care.	MTP Home Science LB pg. 117	
Home Science — Grade 10			Home Management — Safety in the Home: Shock and nose bleeding Explained the causes and preventive measures for shock and nose bleeding, simulated the First Aid procedures, and connected shock recognition to responding calmly in emergencies.	MTP Home Science LB pg. 120	