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	