

# Syllabus

## Home Science

B.A./B.Sc. (General) Third Year Examination, 2017-18

### Semester-V

#### Scheme of Examination

#### Theory

#### Practical

Sr. No.	Name of Paper	No. of Papers	Time in hrs.	Marks allotted	Int. Ass.	No. of Papers	Time in hrs.	Marks Allotted	Ins. Ass.	Total Marks
1.	Food, Nutrition and Child Development	1	3	40	10	1	3	40	10	100
Total										100

Note. 1. Each Practical group will have 12-15 students.

#### FOOD, NUTRITION AND CHILD DEVELOPMENT (Theory)

Max. Marks : 50

Theory : 40

Int. Ass. : 10

Period : 6 Hours/8 periods per week

#### INSTRUCTIONS FOR THE PAPER SETTER :

The question paper will consist of five Sections : A, B, C, D and E. Sections A, B, C and D will have **two** questions from the respective sections of the syllabus and will carry 8 marks each. Section E will consist of objective type questions covering the entire syllabus uniformly and will carry 8 marks.

#### INSTRUCTIONS FOR THE CANDIDATES :

Candidates are required to attempt one question each from the Sections A, B, C and D of the question paper and the entire section E.

#### Section – A

##### I. Importance and Functions of Food :

(a) Physiological ; (b) Psychological ; (c) Social

II. Food Constituents. Carbohydrates, Proteins and Fats— Functions, sources, requirements and deficiency.

III. Methods of Cooking. Boiling, Steaming, Frying, Baking, Roasting and Microwave cooking.

#### Section – B

IV. Functions, recommended allowances, deficiency, excess and food sources of the following food nutrients :

(a) Vitamins—A, B<sub>1</sub> B<sub>2</sub>, B<sub>3</sub>, Vit. C, Vit. D.



(b) Minerals—Calcium, Phosphorous, Iron, Sodium, Iodine.

## **V. Balanced Diet**

(a) Concept

(b) Classification of food based on the five/seven food groups.

## **Section – C**

### **VI. Pregnancy**

1. Signs and symptoms of pregnancy

2. Discomforts and Complications.

3. Care during pregnancy

4. Preparation for delivery

5. Post natal care-Importance of breast feeding, bottle feeding, weaning and different types of weaning foods

### **VII. Methods of family planning**

## **Section – D**

### **VIII. Definition and importance of Child Development.**

(a) Differences between growth and development;

(b) Principles of development.

### **IX. Development tasks at various stages of development**

## **PRACTICAL**

**Max. Marks: 50**

**Practical : 40**

**Int. Ass : 10**

**Teaching Periods : 6 Periods/Week**

## **Section – A**

I. Preparation of following dishes using various methods of cooking

(a) Soups – stimulating and nourishing (any two)

(b) Snacks – savory and sweet (two each)

(c) Salads – decorative and nutritious (two each)

(d) Bakery items (any two)

(e) Preparation with cereal pulse combination (any two)

(f) Desserts (any two)

II. Hot and cold beverages (at least two each).

III. Preparation of low cost nutritious recipes (at least two)

IV. Recipes—enhancing nutritive value (at least two)

V. Project

• Survey of Food Labels in order to study their nutritional facts

or

• Survey of eating habits of five students

Reports to be submitted



## List of Equipments for a practical group of 12-15 students :

1. Gas Burners	15
2. Cooking Range	01
3. Ovens	05
4. Mixers and Grinders	05
5. Weighing Scales (for food)	05
6. Gas Lighters	15
7. Dustbin-Small	15-Big-1
8. Vegetable Racks	02
9. Plate Racks	15
10. Storage Jars and Containers	25
11. Refrigerator	01
12. Icing Sets	05

### Cooking Utensils

1. Pressure Cooker	15
2. Patila with Lid	30
3. Kadahai	15
4. Parat	15
5. Tawa	15
6. Chakla-Belna	15
7. Grinding Stone	15
8. Saucepans	15
9. Karchhi	15
10. Palta	15
11. Poni	15
12. Soup Strainers	15
13. Sieves	15
14. Enamel Bowls	15
15. Baking Trays and Tins	15
16. Cookie Trays	15
17. Serving Trays	15
18. Cutting Knives	15
19. Peelers	15
20. Jelly Moulds	15

### Crockery and Cutlery

1. Full Plates	30
2. Half Plates	30
3. Quarter Plates	30
4. Cups & Saucers	30

5. Soup Bowls	30
6. Glasses	36
7. Katoris (Vegetables Bowls)	30
8. Dongas	30
9. Forks	30
10. Table Knives	30
11. Table Spoons	48
12. Tea Spoons	48
13. Serving Spoons	24
14. Tea Sets	05
15. Dinner Sets	05
16. Borosil Bowls	15
17. Casseroles	15

**Home Science**  
**B.A./B.Sc. (General) Third Year Examination, 2017-18**  
**Semester-VI**  
**Scheme of Examination**

**Theory**

**Practical**

Sr. No.	Name of Paper	No. of Papers	Time in hrs.	Marks allotted	Int. Ass.	No. of Papers	Time in hrs.	Marks Allotted	Ins. Ass.	Total Marks
1.	Food, Nutrition and Child Development	1	3	40	10	1	3	40	10	100
<b>Total</b>										<b>100</b>

**Note.** 1. Each Practical group will have 12-15 students.

**FOOD, NUTRITION AND CHILD DEVELOPMENT (Theory)**

**Max. Marks : 50**

**Theory : 40**

**Int. Ass. : 10**

**Period : 6 Hours/8 periods per week**

**INSTRUCTIONS FOR THE PAPER SETTER :**

*The question paper will consist of five Sections : A, B, C, D and E. Sections A, B, C and D will have **two** questions from the respective sections of the syllabus and will carry 8 marks each. Section E will consist of objective type questions covering the entire syllabus uniformly and will carry 8 marks.*

**INSTRUCTIONS FOR THE CANDIDATES :**

*Candidates are required to attempt one question each from the Sections A, B, C and D of the question paper and the entire section E.*



## Section – A

### I. Food Preservation :

- (a) Definition, Importance & Principles,
- (b) Causes of food spoilage.
- (c) Household methods of food preservation – sun drying, use of salt, oil, spices, sugar & chemical preservatives.

### II. Meal Planning

- (a) Definition
- (b) Importance
- (c) Principles of meal planning (physical, psychological and economical)

## Section – B

### III. Therapeutic Diets & Modification of Normal Diet :

- (a) Principles of therapeutic diets.
- (b) Concepts of soft, bland, liquid diets with examples.

### IV. Therapeutic diets in the following conditions with principles involved :

- (a) Fever
- (b) Diarrhoea
- (c) High blood pressure/Hypertension
- (d) Diabetes Mellitus.

## Section – C

### V. Emotional Development of the child from infancy up to 6 years

- (a) Characteristics of children's emotions.
- (b) Common childhood emotions – Fear, anger, jealousy, curiosity love and affection.

### VI. Language Development

- (a) Stages of language development
- (b) Factors affecting language development

## Section – D

### VII. Play

- (a) Significance of play.
- (b) Types of play.
- (c) Play materials/equipment required for various age groups.

### VIII. Common behavioural problems and their remedies – Bed wetting, thumb sucking, nail biting, temper tantrums.

## PRACTICAL

Max. Marks : 50

Practical : 40

Int. Ass. : 10

Teaching Periods : 6 Periods/Week

### I. Planning & Preparation of diets for the following :

- (a) Pre-Schooler;
- (b) School going/packed lunch;
- (c) Adolescent;
- (d) Pregnant and lactating woman.

II. Cooking and serving of the following : Soft, liquid, fluid diets (two each)

III. Preservation – preparation of pickle, jam, chutney and squash (one each)

IV. Project

- Safety measures of play equipment
- or
- Visit to a nursery school
- or
- Preparation of any one play item

Reports to be submitted

• **List of Equipments for a practical group of 15 students : Same as of Semester V**