

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, B₁ B₂, B₃, 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	15
1. Pressure Cooker	30
2. Patila with Lid	15
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	30
1. Full Plates	30
2. Half Plates	30
3. Quarter Plates	30
4. Cups & Saucers	30

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

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Semester-VI
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FOOD, NUTRITION AND CHILD DEVELOPMENT (Theory)

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Theory : 40

Int. Ass. : 10

Period : 6 Hours/8 periods per week

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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, angers, 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**