

**KURUKSHETRA UNIVERSITY**  
**KURUKSHETRA**  
w.e.f. 2012-13

**B.A. III – SYLLABUS HOME-SCIENCE**

**Semester-V**

<b>Course No.</b>	<b>Title</b>	<b>Exam. duration</b>	<b>Max. marks B.Sc./B.A</b>
301	Foods and Nutrition	3 Hrs	50 (45+5*)
	<b>Lab-I</b>	3 Hrs	50

**Semester-VI**

<b>Course No.</b>	<b>Title</b>	<b>Exam. duration</b>	<b>Max. marks B.Sc./B.A</b>
302	Human Development	3 Hrs	50 (45+5*)
	<b>Lab- II</b>	3 hrs	50

\* Internal Assessment

**Instructions for the Examiner :** The examiner will set nine questions in all, selecting four question from each section/unit and one compulsory objective type question.

**Instructions for the Candidate :** The candidate will attempt five questions in all, selecting at least one question from each unit as well as compulsory question.

**B.A. III (Home Science)  
Semester-V  
Foods and Nutrition**

**Course No.:301**

M. Marks – 45  
Int. Assessment – 5  
Time: – 3 Hrs

**Note:** Examiners will set nine questions in all, four questions from each unit and one multiple choice compulsory question covering the whole syllabus. Students will attempt five questions in all, selecting not more than two from each unit and one multiple choice compulsory question.

**Unit-I**

- A. Food: functions of food and classification
- B. Essential food constituents: Carbohydrates, Protein, Fats.
- C. Food source: Functions daily allowances, deficiency and excess intake of followings:
  - Vitamins: A,D,E,K,B1,B2,B3,C,B12. Folic acid.
  - Minerals- Calcium, Iron, Iodine, Sodium, Potassium.
- D. Water functions in the body.
- E. Role of dietary fiber in human nutrition.
- F. Principles and methods of cooking. Advantages of cooking of the food. Effect of cooking on different nutrients.
  - Moist heat            - Boiling, stewing, steaming
  - Dry heat               - Roasting grilling baking
  - Frying                 - Shallow and deep
  - Radiation             - Solar and microwave
- G. Methods of enhancing nutritive value of food stuff.
  - Importance of enhancing nutritive value of food stuffs.
  - Method of enhancing nutritive value of food stuffs, Sprouting fermentation combination and supplementation.

**Unit-II**

- A. Meal planning
- B. Concept of balanced diet
- C. Principles of meal planning, factors affecting it
- D. Principles of meal planning for- children 3 to 5 years old school going child adolescents adults.
- E. Pregnant women and lactating mother
- F. Introduction to therapeutic Nutrition, therapeutic adaptation of the normal diet soft and fluid diet, planning of diet in following conditions.

- Typhoid fever
  - Diarrhea.
  - Constipation
  - Diabetes
  - High Blood Pressure
- G. Food Preservation:
- Importance of Food Preservation
  - Causes of food spoilage
  - Principles of food preservation
  - Methods of food preservation with special emphasis on household methods.

### **Semester – V**

M.M. – 50  
Time – 3 Hrs.

#### **Lab - I**

1. Planning and Preparation of meals for:
  - a) Pre-school and school going child.
  - b) Adolescents boys and girls.
  - c) Adult belonging to low, middle and high income group.
  - d) Pregnant and lactating mother.
  
2. Planning and preparation of invalid diets for the patients suffering from:
  - a) Typhoid fever.
  - b) Diarrhea.
  - c) Constipation.
  - d) Diabetes.
  - e) High blood pressure.

**B.A. III (Home Science)  
Semester–VI  
Human Development**

**Course No.: 302**

Marks – 45  
Int. Assessment - 5  
Time: – 3 Hrs

**Note:** Examiners will set nine questions in all, four questions from each unit and one multiple choice compulsory question covering the whole syllabus. Students will attempt five questions in all, selecting not more than two from each unit and one multiple choice compulsory question.

**Unit–I**

- A. Child Psychology: Definition, aims, subject matter, objectives of studying.
- B. Learning: Meaning, importance, method of learning, factors effecting learning.
- C. Intelligence: Definition, Measurement of intelligence.
- D. Personality Development: Definitions, types and factors affecting the development of personality.
- E. Play: Definition, features and types of play. Difference between work and play. Importance of play in childhood.

**Unit–II**

- A. Stages of the development of the child , characteristics of :
  - Infancy
  - Childhood
  - Adolescence-Problem of an adolescent child, role of parents and teacher in solving them.
- B. The Expectant mother:
  - Sign of pregnancy
  - Discomforts of pregnancy
  - Care of the expectant mother in brief
  - All effects of an early marriage.
- C. Care of newborn infants- Bathing, clothing and hygiene during infancy.  
Feeding of an infant: Breast feeding verses Artificial feeding.  
Weaning: meaning and importance, methods of weaning
- D. Common ailments of childhood:
  - 1. Cold, cough, fever.
  - 2. Digestive disturbances-Diarrhea. Constipation and Vomiting.
- E. Skin infection-prickly heat, allergy.
- F. Convulsions.

## **Semester – VI**

M.M. – 50  
Time – 3 Hrs.

### **Lab - II**

#### **Practical**

- A. Preparation of various dishes under following heads using different method of cooking.
- Desserts
  - Snacks                    -            Using the methods of baking, frying, grilling
- B. Preparation of various dishes under following heads using different method of cooking.
- Salad and salad dressing   -            Indian and continental
  - Packed lunch and picnic lunch.
- C. Food preservation – Pickle, Chutney, Jam, Squash, Morrbbba (at least 2 each)
- D. Party Dishes and their presentation with table setting.
- E. Micro wave cookery.