

KURUKSHETRA UNIVERSITY KURUKSHETRA
w.e.f. 2013-14

B.A. III – SYLLABUS HOME-SCIENCE

SEMESTER-V

Course No.	Title	Exam. duration	Max. marks B.Sc./B.A
301	Foods and Nutrition	3 Hrs	50 (40+10*)
	Lab-I	3 Hrs	50

Semester-VI

Course No.	Title	Exam. duration	Max. marks B.Sc./B.A
302	Human Development	3 Hrs	50 (40+10*)
	Lab- II	3 hrs	50

* Internal Assessment

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

Course No.:301

M. Marks – 40
Int. Assessment – 10
Time: – 3 Hrs

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 two questions from each unit as well as 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 – 40
Int. Assessment - 10
Time: – 3 Hrs

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 two questions from each unit as well as 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, Morrbba (at least 2 each)
- D. Party Dishes and their presentation with table setting.
- E. Micro wave cookery.