

16 Home Science

Examination Scheme in each Year

- Each Theory paper will contain nine questions having three questions from each unit. Candidates are required to attempt five questions in all selecting at least one question from each unit. Each question will be of 10 marks.

BA Home Science Part I

Paper	Subjects	Duration of exam	Maximum marks	Minimum marks	No. of hrs/wk
Theory Paper I	Family Resource Management	3hrs	50	18	3
Practical I	Family Resource Management	3hrs	50	18	2
Theory Paper II	Foods & Nutrition	3hrs	50	18	3
Practical II	Foods & Nutrition	3hrs	50	18	2
		Total	200	72	10

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B.A. PART I**FAMILY RESOURCE MANAGEMENT (THEORY PAPER I)**

Maximum Marks: 50

Minimum Marks: 18

Teaching workload: 3 hrs /week

Total teaching workload: 72 hrs/ year

Objectives :

1. To understand the meaning of resources management concepts related to management.
2. To apply managerial process to management of time, energy and money.
3. To understand saving, investment and credit pattern of family.
4. To increase awareness about consumer problems, rights, responsibilities & protection laws

Contents :**UNIT-I****Housing****Hours**

- | | |
|--|---|
| 1. Function & family need of housing | 1 |
| 2. Principles of house planning: aspect, prospect, grouping of room, roominess, privacy, orientation, circulation, flexibility, spaciousness, aesthetics economy, ventilation services | 5 |
| 3. Site selection: <ul style="list-style-type: none"> • Vegetation: <ol style="list-style-type: none"> i. size ii. soil types drainage iii. contour (shape) iv. orientation | 3 |
| 4. Elements and principles of arts and design as related to interior decoration with specific reference to color and light | 6 |
| 5. Floor decoration with use of elementary art | 2 |
| 6. Table setting & etiquettes | 1 |

UNIT II**Interior designing**

- | | |
|--|---|
| 7. Room arrangement and decoration - arrangement of furniture, furnishings and accessories in various rooms. | 5 |
| 8. Kitchen planning, importance of counters, storage, principles, working heights. | 5 |
| 9. Selection and care of household equipment (without reference to any specific equipment) | 2 |
| 10. Household waste & its management by 3R | 3 |
| 11. Flower decoration <ul style="list-style-type: none"> • Basic equipments • Vases and containers • Preparing plant material • Shaping an arrangement | 4 |
| 12. Furniture <ul style="list-style-type: none"> • Types of furniture • Selection use & care | 3 |

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- Arrangement of furniture in various rooms

UNIT-III

Resource Management

13. Meaning, definition and importance of home management	2
14. Process of management:	4
<ul style="list-style-type: none"> • planning, • Organization, • Implementation, • controlling and evaluation 	
15. Introduction to motivational factor (meaning and types)	4
<ul style="list-style-type: none"> • Values • Goals • Standards • Decision Making • Resources 	
16. Time management:	4
<ul style="list-style-type: none"> • Tools in time management <ul style="list-style-type: none"> i. Time cost ii. Time norms iii. Peak loads iv. Work curve and rest periods • Process of managing time 	
17. Energy Management:	6
<ul style="list-style-type: none"> • Process of energy management • Fatigue • Body mechanics • Works simplification -Mundel's Classes of changes • Ergonomics: Meaning, importance & its components 	
18. Money Management	6
<ul style="list-style-type: none"> • Family Income: sources & type • Budget: Definition & Process of budget making • Saving, investment and raising housing loan: <ul style="list-style-type: none"> i. Definition & Objectives ii. Channels: bank, insurance, post office 	
19. Consumer problems, rights & responsibilities	2
20. Seeking redressal to consumer problems with special reference to consumer courts	4
NOTE: Seminar presentations on selected topics from unit I and unit II	4

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FAMILY RESOURCE MANAGEMENT (PRACTICAL D)

Maximum marks: 50

Minimum marks: 18

Teaching workload: 2 practical/ week (2 hours/ practical)

Total teaching workload: 24 practical/ batch

Objectives:

1. To help students understand various banking procedures.
2. To help students understand house planning and interior decoration.

Contents :

Hours

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1. Project work on money management:	4
<ul style="list-style-type: none"> • How to open various accounts in the bank. • Filling up of slips/forms of bank and post office. <ul style="list-style-type: none"> i. Application for draft ii. Cheques iii. Withdrawal slip iv. Money order form v. Application for housing loan 	
2. Floor decoration: Alpana, Rangoli & Mandana	2
3. Flower arrangement: fresh and dry arrangements.	2
4. Table setting	1
5. Best out of waste (one article)	1
6. Cleaning of wood, stone, tiles, metal & glass.	1
7. House plans :	6
<ul style="list-style-type: none"> • For various income groups (LIG, MIG, HIG) <ul style="list-style-type: none"> i. Drawing of architectural symbols of house plan ii. Architectural symbols of electricity plan iii. Furniture symbols • Rooms (making any one paper model) <ul style="list-style-type: none"> i. Drawing Room ii. Dining cum leaving room iii. Children study room iv. Bed room v. Pooja Room • Kitchen planning (making any one paper model) <ul style="list-style-type: none"> i. One wall ii. Two wall iii. L shape iv. U shape 	3
	4
Examination scheme:	
Total Marks: 50 marks	
1. Major: house plan/paper plan of rooms/paper plan of kitchen : 20 marks	
2. Minor - I: Table setting/flower arrangement: 10 marks	
Minor - II: Floor decoration/cleaning/filling of forms: 10 marks	
3. Internal - 10 marks	
FOODS & NUTRITION (THEORY PAPER II)	
Maximum Marks: 50	
Minimum marks: 18	
Teaching workload: 3 hrs /week	
Total teaching workload: 72 hours/week	
Objectives:-	
1. To give knowledge about basics of nutrition, nutrients and metabolism.	
2. To give knowledge about meal planning for families and individuals.	
3. To give knowledge about Normal & Therapeutic nutrition.	
4. To give knowledge about Nutritional problems of public importance.	

Contents	Hours
Unit I	
1. Definition of Food and Nutrition, 5 basic Food groups, Balanced diet	
2. Functions of food : <ul style="list-style-type: none"> • Physiological – Hunger, Appetite, Satiety. • Psychological • Social, Economic, Cultural. 	1
3. Functions, sources, Effect of deficiency, Daily allowances of : <ul style="list-style-type: none"> • Macro Nutrients <ul style="list-style-type: none"> i. Carbohydrates ii. Proteins iii. Fats • Micro Nutrients <ul style="list-style-type: none"> i. Minerals – Calcium, Iron, Iodine, Fluorine ii. Vitamins <ul style="list-style-type: none"> Water Soluble – B complex vitamins ,Vitamin C Fat soluble—A, D, E & K • Water Balance • Energy Metabolism <ul style="list-style-type: none"> i. Unit of measurement of energy, definition of calorie, Kilocalorie. ii. Gross & Physiological fuel value of food. iii. BMR and factors affecting BMR/ Energy requirement (RDA) and factors affecting energy requirement. 	6 12 1 4
Unit II	
4. Meal Planning <ul style="list-style-type: none"> • Advantages & importance of meal planning. • Goals of meal planning <ul style="list-style-type: none"> i. Food budget-factors affecting food budget, budgets for low, moderate & liberal incomes ii. Matching meals to time & energy iii. Other factors –taste, aroma, flavour, texture, temperature, traditions, likes & dislikes. • Factors affecting meal planning. • Factors affecting food intake. 	8
5. Normal Nutrition -- Nutritional requirements, physiological demands, problems, dietary guidelines for : <ul style="list-style-type: none"> • Pregnancy • Lactation • Infancy (with special emphasis on breastfeeding & complementary feeding) • Preschool child • School going child • Adolescent • Adult • Elderly person 	16

Unit III

6. Therapeutic Nutrition

18

- Modification of normal diet to therapeutic diet.
- Dietary management of the following:
 - i. Obesity
 - ii. Under weight
 - iii. Diseases of the gastrointestinal tract – Diarrhoea, Constipation , dyspepsia/Indigestion
 - iv. Fevers
 - v. Liver – Jaundice
 - vi. Diabetes
 - vii. Hypertension

7. Nutritional Problems of Public Health Importance and their management :

- Protein Energy Malnutrition
- Anaemia
- Fluorosis
- Vitamin A deficiency
- Iodine Deficiency Disorder

6

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FOODS AND NUTRITION (PRACTICAL II)

Maximum marks: 50

Minimum marks: 18

Teaching workload: 2 practicals/ week (2 hours/ practical)

Total teaching workload: 24 practicals/ batch

Contents:

Hours

1. Methods of cooking: - Preparation of any four dishes using the following methods of cooking

6

- Boiling – for e.g. Rice, Tea, Coffee
- Steaming – Idli , Dhokla , Muthia
- Simmering – kheer , rabadi , kadhi , custard, stews- apple & pear

<p>Frying</p>	
<p>i. Shallow – cheela , parantha, tikki</p> <p>ii. Deep – pakoda , mathri , samosa , kofta etc.</p> <ul style="list-style-type: none"> • Baking – cake , biscuit , nan khatai • Roasting – papad , moongphali (groundnuts) 	<p>1</p>
<p>2. Preparation of Beverages – Tea (hot & iced), Coffee (Hot & cold), chhaach, lassi, milk shakes, fruit punch (using squashes, fresh fruits), lemonade, jaljeera, aamla shake, aam panna, mocktails(2), mirinda shake.</p>	<p>1</p>
<p>3. Cereal cookery – chapaati, puri(plain, missi), parantha (stuffed, plain), cheela, bhatura , rice (plain, pulao, sweet), khichdi, daliya. Upma, halwa, baati, choorma, mathri (namak para, shakkar para), chowmein, pizza, sandwiches (open, toasted, vegetable)</p>	<p>1</p>
<p>4. Legumes & pulses-daal (plain & daal fry), rajma, chhole, dal makhani. Kadhi, mangodi, dahivada, dal pakodi, besan pakodi, sprout chaat, dal halwa.</p>	<p>1</p>
<p>5. Vegetables-Dry Vegetables (for e.g. aalu gobi, methi aalu, arbi, bhindi), stuffed vegetables (bhindi, capsicum), vegetables with gravy (dahi aalu, malai kofta, gatta, dum aalu, kadhai panner, shahi paneer), baked vegetables.</p>	<p>1</p>
<p>6. Milk & Milk products – paneer, khoa, curd, shrikhand, kheer rabri, fruit custard, raita, fruit cream.</p>	<p>1</p>
<p>7. Soups-clear & cream including Indian soups-palak , tomato, mixed veg., minestrone, sweet corn, pea soup, lentil, raabri.</p>	<p>1</p>
<p>8. Salads-tossed, fruit salad, sprout salad, kosambri, corn, chana, pasta salad, salad dressing, (mayonnaise, lemon, vinegar).</p>	<p>1</p>
<p>9. Savory food preparation – dosa, uttapam, mixed veg cutlets, hara bhara kabab, burger, samosa, kofta, kachori, spring rolls, vada pav bhaji, sago khichri, bhelipuri</p>	<p>1</p>
<p>10. Sweets – jalebi, sandesh, gulab jamun, laddu, coconut barfi, gujiya, petha roll,</p>	<p>1</p>

chhaina murki, jalebi

11. Meal planning for

- Pregnant woman
- Lactating woman
- Packed lunch for school going child adult man / woman
- Elderly

12. Plan dishes rich in

- Energy
- Protein
- Calcium
- Iron
- Vitamin A / β carotene

1

6

2

Examination scheme:

Total Marks: 50 marks

1. Major problem -

25 marks

Meal Planning and preparation of one dish for any one of the following

- Pregnant woman
- Lactating woman
- Packed lunch for school going child adult man / woman
- Elderly

2. Minor Problem -

15 marks

Preparation of one dish from

- Any one method of cooking
- Any one food group (cereals, vegetable, milk etc.)

3. Internal -

10 marks

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