

**B.Sc. /B.A. Home Science Syllabus**  
**Semester Pattern (2010-11)**  
**Sem. III Paper-V**  
**Introduction to Nutrition**

Marks – 40

**I. Nutrition and health,**  
Definition of nutrition, health  
Functions of food  
Methods of cooking.

**II. Balanced Diet**  
Concept  
Importance

**III. Food groups**  
Types, Importance.

**IV. Malnutrition**  
Concept  
Causes  
Types  
Remedies

**V. Food Preservation**

**VI. Types**

**VI. Food Adulteration**  
Concept  
Types  
Laws

**REFERENCE**

1. Amhma AmoU [m{fUemñl} - \_§Owfm \_m{idU{
2. Amhma emñlMr \_wbVEd{ - ñZ{hm \_hmOZr
3. [m{fU d Amhma emñl} [naM` - gab b{b{
4. Normal & Therapeutic Nutrition - Proudfit Robinson
5. Foods & Nutrition - M. Swaminathan I & II

## Sem III Paper-VI Practical

Mark - 50  
Total Periods - 4 / Week

### Nutrition and Dietetics Practical.

- 1) **Weights and measurements by -**
  1. Spoon
  2. Katori
  3. Glass
  4. Fist
- 2) **Preparation of salads - Cucumber, tomato beetroot, Radish, Mix.**
- 3) **Preparation of Paratha :-**
  1. Potato
  2. Cauliflower
  3. Paneer
  4. Palak
  5. Tricolour.
- 4) **Shakes :**
  1. Apple
  2. Mango
  3. Chickoo
  4. Mix fruit.
  5. Dry fruit Shake.
- 5) **Soups.**
  1. Tomato
  2. Palak
  3. Corn
- 6) **Party Time -**  
**Snacks**
  - 1) Bread Roll (2) Instant Dhokla (3) Manchurian
- II. Sweets :**
  - 1) Gulab jamun (2) Jalebi (3) Fruit salad with custard.
- III. Curries :**
  1. Palak Paneer
  2. Kofta curry
  3. Ginger Gobi
- VI Rice :**
  1. Veg. Pulav
  2. Pulihara
  3. Tomato - Coconut rice.

## **Sem IV Paper- VII** **Practical**

4 Periods / Week

- 1) **Knitting - Socks**
- 2) **Stencil Printing - 2 Samples**
- 3) **Stitching**
  1. Romper
  2. Umbrella Frock.
- 4) **Glass Painting**
- 5) **Renovation**
  - a) Darning
  - b) Patching
  - c) Alteration
  - d) Appliqué Making

## **Sem IV** **Paper VIII** **Family Resource Management Applied Arts** **& Interior Decoration**

Marks – 40

- I. **Introduction to Home management.**
  - i) Concept of Home management
  - ii) Meaning & Definition of Home management
- II. **Elements of Art :**  
Line, Form, Colour, Texture, Space, Light, Design, Pattern.
- III. **Principles of Art :**  
Harmony, Emphasis, Rhythm, Proportion, Balance.
- IV. **Housing**
  - i) Introduction to housing
  - ii) Functions of house & its site
  - iii) Structural Planning of house
  - iv) Building material
  - v) Lighting & Ventilation of house
    - a) Types of lighting - Artificial, Natural, General, Decorative
    - b) Types of Ventilation -With reference to doors, windows & furniture
- V. **Care of Home -**
  - i) Cleanliness - Definition, Meaning
  - ii) Types of Cleaning
  - iii) Equipments used in home cleaning.

## REFERENCE

1. Jÿh ì`dñWm[Z AmoU Jÿh gOmdQ> - \_wşer d OR>ma
2. Jÿh ì`dñWm[Z AmoU JÿhH\$bm - j\_m ob\_`{
3. Jÿh AW©emñÌmMr \_wbVËd{ - j\_m ob\_`{
4. àJV Jÿhì`dñWm[Z - ob\_`{, oZ\_H\$a