

B.A I & II sem  
Syllabu; 2020-21  
CBCS  
Home science

I SEMESTER

DSC-2A: Introduction to Home Science

4+0+2=6 credits/week

4+0+4=8 hrs/week

**Objectives**

1. To introduce students to the Home Science and its need
2. To acquire the knowledge research methods in Home Science.
3. To understand the concept of marriage and family.
4. To understand the concept of housing and consumer education.
5. To acquire knowledge about food preservation & adulteration.
6. To understand traditional textiles and embroideries of India.

Unit I:	a.	Home Science – Definition, needs, and Scope; Branches of Home Science. Employment and self employment opportunities in Home Science.	2hrs
	b.	Research methods in Home Science- Qualitative and Quantitative methods.	6hrs
Unit II :	a.	Marriage-Function, Forms and Types, Criteria for Mate Selection, Marital adjustments. Legal aspects of marriage- Hindu, Muslim and Christian marriage and divorce act, Anti dowry act, Hindu succession act, Adoption act. Family – Definition, Types, Functions. Family Disorganisation- Divorce, Adultery, Alcoholism, Childlessness, Mental illness.	12hrs
	b.	Housing- Selection of site, Principles of Housing, Building materials, Architectural symbols, House plans, Kitchen Plans. Classification of Residential building – Independent, Twin, Row, Apartments and skyscrapers.	6hrs
	c.	Consumer Education- Definition, Rights, Responsibilities, Laws	4hrs
Unit III	a.	Communication skills and methods, Audio Visual aids	10 hrs
	b.	Food Preservation, Food adulteration, Food laws, Convenience foods. Purchase and storage of foods.	8 hrs
Unit IV	a.	Traditional textiles and embroideries of India. Textiles: Dacca Muslin, Patola, Paithani, Ilkal, Chanderi and Brocades. Embroideries: Karnataka – Kasuti, Punjab – Phulkari, Uttara Pradesh- Chikankari, Kashmir – Kashida, West Bengal- Kanta, Gujarat- Kutch & Kathiawar, Himachal Pradesh – Chamba Rumal	12 hrs

	Practical	52hrs /sem	4 hrs/week
1.	Preparation of poster/ booklet/leaflet on Home Science		1
2.	Visit to Marriage counselling centre / Family court / District consumer forum – write a report		2
3.	Architectural symbols, House plans Low/Middle/ High income groups		1
4.	Kitchen Plans		1
5	Food preservation- preparation of chutneys/ Pickles and Jam/ jelly		2
6	Food adulteration test		1
7	Preparing a Embroidery stitch sample using 5 stiches		1
8	Sketching- costumes of India( any 5 state of your choice)		1
9	Plan an organise a lecture programme on employment & self employment opportunities in Home Science		2

## REFERENCES

1. Berk, L.E., (2007), Development through the Life Span, Pearson Education, New Delhi.
2. Devadas, R.P; Jaya, N( 2002), A Textbook on Child Development, Macmillan India Limited, Madras.
3. Hurlock, E.B., (2004), Child Growth and Development, Tata Mc.Graw Hill Company
4. Suriakanthi, A., (2005), Child Development, Kavitha Publications, Gandhigram, TamilNadu.
5. Shashi k, Gupta, Neeti Gupta, (2004), Management Concepts and Strategies, Kalyani Publishers, New Delhi.
6. Sushma Gupta and AnitaAggrawal, (2005), Text Book of Family Resource Management – Hygiene and physiology, Kalyani Publishers, New Delhi.

**II SEMESTER**  
**DSC-2B: Life Span Development**

4+0+2=6 credits/week

4+0+4=8 hrs/week

**Objectives**

To enable the students to understand:

1. The concept of prenatal and postnatal development.
2. The importance of development during infancy, childhood, adolescence and adulthood.
3. The old age and welfare services

Unit I:	c.	Human Development – Definition, needs, and Scope; Domains of Development: Periods of Life Span, principles of Growth and development; Theoretical perspectives(Frued, Erickson,Pieget) and Methods of studying Human Development	9 hrs
	d.	Prenatal Development - Conception; Pregnancy–Signs, Symptoms, Complications, Stages of Prenatal Development; Conditions affecting Prenatal Development, Child Birth - Process and types of child birth.	5hrs
Unit II :	c.	Infancy and Babyhood – Definition, Developmental Tasks, and developmental milestones; Physical growth, reflexes, Immunization Schedule.	5 hrs
	d.	The Early childhood Years – Definition, Developmental tasks; physical, motor, intellectual, language, moral, emotional, social developmental milestones. Behaviour problems	6hrs
	c	The Middle Childhood Years - Definition, Developmental tasks. Highlights of Physical, Social, Emotional, Intellectual development. Significance of school and functions; Importance of extra-curricular activities, Interest development	6hrs
Unit III	c.	Adolescence - Definition, classification, Developmental tasks; physical changes - puberty, growth spurt, primary and secondary sex characteristics;	6 hrs
	d.	Relationships and Problems of adolescents – relationships with Parent, sibling, peers and others; Adolescent Problems	3 hrs
Unit IV	a.	Young Adulthood: Definition, Significance and developmental tasks, highlights of Physical, Cognitive and Psychosocial developments Roles and Responsibilities, Adjustments in Marriage, Family and Career. Parenthood.., Vocational patterns and adjustment Middle Adulthood – Definition, Developmental tasks, highlights of Physical, Cognitive and Psycho-social developments, Health issues, menopause,, Roles, Responsibilities' Occupation and job satisfaction, preparation for retirement	12 hrs

Unit V	a.	Late Adulthood – Definition, developmental tasks; physiological changes; Health issues, Effect of retirement on self and family; Characteristics, Problems and adjustments old age. Old age and welfare programme: Services for the aged in India; Loneliness,& Coping with Loneliness, prolonged illness; Death – preparation and coping strategies, including death anxiety	8hrs
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**Practical**

**52hrs /sem**

**4 hrs/week**

1	Preparation of poster/ booklet/leaflet on Life span development	2
2	Visits to Anti natal care unit – write a report	1
2	Organise a lecture for parents on behavioural problems among preschool children / importance of extracurricular activities for school age children.	2
3	Prepare an album on the stages of prenatal development/ to foster language or cognitive development in preschool / school children	1
4	Assess the problems of adolescents	2
5	Organise a lecture on menopause and write a report	2
6	Case study on working middle aged men and women on preparation for retirement – write a report	2
7	Visit to Home for Senior Citizens and write a report	1

**REFERENCES:**

1. Baradha G; “Basics of Human Development”, Saradalaya Press, Sri Avinashilingam Education Trust Institutions, Coimbatore. 2007.
2. Berk E. Laura, “Child Development”, Pearson Prentice Hall, Indian Branch, New Delhi. 2005.
3. Devadas P. Rajammal and N. Jaya (1996), “A Textbook on child development”, Mac Millan India Ltd. New Delhi.
4. Diane E. Papalia and Sally Wendkos Olds, “Human Development”, McGraw Publications Latest Edition.
5. Hurlock B. Elizabeth, “Developmental Psychology – A life-Span Approach” Tata McGraw Hill Publications, New Delhi Latest Edition.
6. Hurlock, E.B., (2004), Child Growth and Development, Tata Mc.Graw Hill Company
7. Nair M K C and Dr.Ranjan Kumar Pejaver (2002) “ Child Development2000 and Beyond” Prism Books Pvt Ltd, Bangalore.
8. Santrock W John (2007), “A topical approach to life span development”, Tata McGraw-Hill Company, Delhi.
9. ShrimaliShyam Sunder (2005), “Child Development”, Pearson Education (Singapore) Pte. Ltd. Delhi.
10. Suriakanthi, A., (2005), Child Development, Kavitha Publications, Gandhigram, Tamil Nadu.

BA I & II sem  
 Syllabus; Home Science  
 A.Y; 2017-18, 2018-19  
 2019-20

## B.A/B.Sc. Part-I & II (Home science)

1 Year : Semester I- Paper I - Fiber to fabric  
 : Semester II – Paper II - Clothing construction & its care

### HOME SCIENCE

#### B.A. / B.Sc. Semester I

**Teaching** - Theory 5 hours per week      Practical 4 hours per week  
**Examination -** Theory 80 marks 20 IA, 5 hrs duration  
 Practical 40 marks 10 IA. 4 hrs. duration

#### Semester - I

**Paper I** - Fiber to Fabric

#### Objectives

1. To acquire knowledge of different textile fibers
2. To study the physical & chemical properties of fibers
3. To know about yarn and method of fabric construction
4. To study the fabric Enrichments

#### Theory

- |           |                            |   |              |
|-----------|----------------------------|---|--------------|
| <b>1</b>  | <b>Textiles fibers</b>     | a) Introduction and Classification of fibers<br>b) Manufacturing process and properties of cotton, Silk and Wool<br>c) Physical and chemical properties of Polyester and Nylon  | ( 20 hrs)    |
| <b>2</b>  | <b>Yarn</b>                | Construction and Classification of Yarns — Staple Filament and Novelty Yarns  | (6 hrs)      |
| <b>3.</b> | <b>Fabric Construction</b> | Loom and its parts, Mechanism of weaving -Basic weaves Plain, twill and satin, Decorative- Braiding, Lacing, Felting & Netting  | (15 hrs)     |
| <b>4.</b> | <b>Finishing</b>           | A) Aesthetic finishes- Singeing, Bleaching, Mercerization Tentering, Shrinking, Weighting, Calendaring, Sizing, Embossing and Napping<br><br>B) Functional finishes - Fire proof, Water repellent, Water proof, Moth proof, Crease resistance and Mildew proof. | ( 10hrs hrs) |
| <b>5.</b> | <b>Dyeing</b>              | Classification of dyes- Acid, Basic, Develop, Mordant, Naphthol, Sulphur, Vat and Pigment dyes<br>Methods of dyeing — Stock, Yarn, Piece Garment and Solution pigmenting.   | (12 hrs)     |
| <b>6.</b> | <b>Printing</b>            | Difference between Dyeing and Printing.<br>Methods of Printing - Direct, Discharge, Resist, Block, Roller, Screen, Stencil, Tie & dye and Batik   | (12hrs)      |

### **Practicals**

1. Identification of Cotton, Silk, Wool, Rayon, Polyester & Nylon fibers by:  
A) Visual test. B) Solubility test. C) Burning test and D) microscopic test. (6 Practical)
2. Weaving- Making samples of the following :  
A) Plain- Basket Ribbed.  
B) Twill- Even and Uneven  
C) Satin & sateen weaves. (5 Practical)
3. Dyeing & Printing- Block, spray stencil Tie & Dye and Batik. (5 Practical)
4. Visit to spinning, weaving, Dyeing & Printing units.
5. Project Work.

### **References**

1. Potter and Cob man- "Fiber to Fabric "
2. Doralty K. Burhhan- " A Textile Terminology "
3. Holeen and Saddlev — " Textiles "
4. Hert K.P. " Textiles fibers and their use"  
I.B.H. Publishing Co.
5. Durga. Denikar "Household Textiles and laundry " Abnaram L Sons Delhi.
6. Wingato " Selection and Care of Textiles "

## Semester II

### Teaching

Theory : 5 hrs./ week

Practical : 4 hrs./ week

## Paper II Clothing Construction & Its Care

### Objectives

1. To acquire knowledge in the selection of fabrics for garment construction.
2. To study the methods of Apparel/Garment Construction.
3. The study the application of elements and Principals of design in costume designing.
4. The develop the knowledge regarding care of clothing.
5. To know Traditional Textiles and Embroideries of India.

### Theory

#### 1 Clothing construction

- a) Importance and factors to be considered in selection of fabric.
- b) Methods of taking Body measurements.
- c) Pre preparation of fabric for Garments Construction Straightening, Preshrinking Truing.
- d) Methods of Garments Construction & Steps involved in Sewing. (12 hrs)

#### 2. Role of Elements and Principles of design in costume Designing.

- a. Elements of Art — Line, form, space, texture, pattern & colour.
- b. Principles of design — Proportion Balance, Emphasis, rhythm & harmony (7 hrs)

#### 3. Selection of suitable fabrics according to age with reference to climate, occupation and social life. Advantages and Disadvantages of Home –made, Tailor made and Ready made clothing. (7hrs)

#### 4. Care of Clothing:

- a) Laundering of Cotton, Silk, Wool and Polyester.
- b) Stain Removal, Classification of Stains.
- c) Dry Cleaning.
- d) Storage of Clothes. (12 hrs)

#### ✓ 5. Home sewing as a measure of supplementing a Family Income. (2 hrs)

#### 6. Traditional Textiles and Embroideries of India

- a) Textiles: Dacca Muslin, Patola, Paithani, Ilkal, Chanderi and Brocades.

- b) Embroideries: Karnataka Kasuti.  
Punjab Phulkari  
Uttar Pradesh Chickankari  
Kashmir Kashida  
West Bengal Kantha  
Gujarat Kutch & Kathiawar  
Himachal Pradesh Chamba Rumal (20 hrs)

### Practicals

1. Basic Stitches Temporary and permanent hand sown stitches  
Decorative Stitches (4 Practical)
2. Sewing Machine Function & Care (1 Practical)
3. Construction process of
  - a.) Seams,
  - b.) Placket,
  - c.) Fullness
  - d.) Necklines.
  - e.) Attachment of fasteners (5 Practical)
4. Taking Body measurements. (1 Practical)
5. a) Drafting, Cutting & Stitching – Kitchen Apron  
b) Drafting - A line frock with puff sleeves. (4 Practical)
6. Visits to Readymade factory, Boutique and Dry cleaning units. (1 Practical)

**B.A I & II sem**  
**Syllabus: Home Science**  
**A.Y: 2016-17**

2016-17 → I &  
2017-18 → III &  
2018-19 → V &

**B.A/B.Sc. Part-I & II (Home science)**

1 Year : Semester I- Paper I - Fiber to fabric  
: Semester II - Paper II - Clothing construction & its care

**HOME SCIENCE**

**B.A. / B.Sc. Semester I**

Teaching - Theory 5 hours per week Practical 4 hours per week

Examination - Theory 80 marks 20 IA, 5 hrs duration  
Practical 40 marks 10 IA. 4 hrs. duration

**Semester - I**

**Paper I - Fiber to Fabric**

**Objectives**

1. To acquire knowledge of different textile fibers
2. To study the physical & chemical properties of fibers
3. To know about yarn and method of fabric construction
4. To study the fabric Enrichments

**Theory**

1. **Textiles fibers**
  - a) Introduction and Classification of fibers
  - b) Manufacturing process and properties of cotton, Silk and Wool
  - c) Physical and chemical properties of Polyester and Nylon (20 hrs)
2. **Yarn** Construction and Classification of Yarns — Staple Filament and Novelty Yarns (6 hrs)
3. **Fabric Construction** Loom and its parts, Mechanism of weaving -Basic weaves Plain, twill and satin, Decorative- Braiding, Lacing, Felting & Netting (15 hrs)
4. **Finishing**
  - A) Aesthetic finishes- Singeing, Bleaching, Mercerization Tentering, Shrinking, Weighting, Calendaring, Sizing, Embossing and Napping
  - B) Functional finishes - Fire proof, Water repellent, Water proof, Moth proof, Crease resistance and Mildew proof. (10hrs hrs)
5. **Dyeing** Classification of dyes- Acid, Basic, Develop, Mordant, Naphthol, Sulphur, Vat and Pigment dyes Methods of dyeing — Stock, Yarn, Piece Garment and Solution pigmenting. (12 hrs)



## 6. Printing

Difference between Dyeing and Printing.

Methods of Printing - Direct, Discharge, Resist, Block,  
Roller, Screen, Stencil, Tie & dye and Batik

(12hrs)

### Practicals

1. Identification of Cotton, Silk, Wool, Rayon, Polyester & Nylon fibers by:  
A) Visual test. B) Solubility test. C) Burning test and D) microscopic test. (6 Practicals)
2. Weaving- Making samples of the following :  
A) Plain- Basket Ribbed.  
B) Twill- Even and Uneven  
C) Satin & sateen weaves. (5 Practical)
3. Dyeing & Printing- Block, spray stencil Tie & Dye and Batik. (5 Practical)
4. Visit to spinning, weaving, Dyeing & Printing units.
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2. Doralty K. Burhhan- " A Textile Terminology "
3. Holeen and Saddlev — " Textiles "
4. Hert K.P. " Textiles fibers and their use"  
I.B.H. Publishing Co.
5. Durga. Denikar "Household Textiles and laundry " Abnaram L Sons Delhi.
6. Wingato " Selection and Care of Textiles "

## Semester II

### Teaching

Theory : 5 hrs./ week

Practical : 4 hrs./ week

## Paper II Clothing Construction & Its Care

### Objectives

1. To acquire knowledge in the selection of fabrics for garment construction.
2. To study the methods of Apparel/Garment Construction.
3. The study the application of elements and Principals of design in costume designing.
4. The develop the knowledge regarding care of clothing.
5. To know Traditional Textiles and Embroideries of India.

### Theory

#### 1 Clothing construction

- a) Importance and factors to be considered in selection of fabric.
  - b) Methods of taking Body measurements.
  - c) Pre preparation of fabric for Garments Construction Straightening, Preshrinking  
Truing.
  - d) Methods of Garments Construction & Steps involved in Sewing. ( 12 hrs)
2. Role of Elements and Principles of design in costume Designing.
    - a. Elements of Art — Line, form, space, texture, pattern & colour.
    - b. Principles of design — Proportion Balance, Emphasis, rhythm & harmony ( 7 hrs )

3. Selection of suitable fabrics according to age with reference to climate, occupation and social life. Advantages and Disadvantages of Home –made, Tailor made and Ready made clothing. ( 7hrs )
4. Care of Clothing:  
 a) Laundering of Cotton, Silk, Wool and Polyester.  
 b) Stain Removal, Classification of Stains.  
 c) Dry Cleaning.  
 d) Storage of Clothes. ( 12 hrs )
5. Home sewing as a measure of supplementing a Family Income. ( 2 hrs )
6. Traditional Textiles and Embroideries of India  
 a) Textiles: Dacca Muslin, Patola, Paithani, Ilkal, Chanderi and Brocades.  
 b) Embroideries: Karnataka Kasuti.  
                   Punjab Phulkari  
                   Uttar Pradesh Chickankari  
                   Kashmir Kashida  
                   West Bengal Kantha  
                   Gujarat Kutch & Kathiawar  
                   Himachal Pradesh Chamba Rumal ( 20 hrs)

#### Practicals

1. Basic Stitches Temporary and permanent hand sown stitches  
 Decorative Stitches (4 Practical)
2. Sewing Machine Function & Care (1 Practical)
3. Construction process of
  - a.) Seams,
  - b.) Placket,
  - c.) Fullness
  - d.) Necklines.
  - e.) Attachment of fasteners (5 Practical)
4. Taking Body measurements. (1 Practical)
5. a) Drafting, Cutting & Stitching – Kitchen Apron  
 b) Drafting - A line frock with puff sleeves. (4 Practical)
6. Visits to Readymade factory, Boutique and Dry cleaning units. (1 Practical)

#### Reference Books.

1. Ryan mary shaw "Clothing" a study in human behavior.
2. Carson B. "How you look & Dress" Mograw Lill Book Co.
3. Deulkar Durga "Household textiles and laundry work"
4. Dantyagi susheela "Textiles & Laundry"
5. Tate & Gilsson "family clothing" John Willey & Sons" New York.
6. Zarpark system of Cutting –Gala publication, Bombay.
7. Erwin, Kitchen & Peters- "Clothing for Modern" Mc.Millan Publishing Co. New York.
8. Naik shailaji "Traditional Embroideries of India" APH Publication. Delhi.

B.A III & IV sem  
Syllabus; Home Science  
A.Y: 2018-19,  
2019-20  
2020-21

**HOME SCIENCE**  
**Semester III**

**Paper III Fundamentals of Human Nutrition**

Teaching — Theory 5 hours per week

Practical 4 hours per week

Examination — Theory 80 marks + 20 I.A. 3 hours

Practical 40 marks + 10 I.A. 4 hours duration

**Objectives**

1. To understand the vital relationship between nutrition and health.
2. To understand the basic principles of food preparation.
3. To understand the basic principles of food preservation.

<b>Theory</b> 1. Classification of food and food groups	4 hrs
2. Classification, sources, function requirements and deficiency of	
a) Carbohydrates	5 hrs
b) Protein	5 hrs
c) Fat	3 hrs
d) Vitamins	6 hrs
e) Minerals - Calcium, Iron, Sodium, Potassium Iodine, Fluorine, Zinc,	10 hrs
3. Water- function, requirements, balance and deficiency	3 hrs
4. Purchase and storage of foods.	5 hrs
5. Food preservation, food adulteration, food laws.	12 hrs
6. Convenience foods	2 hrs
7. Methods of cooking	5 hrs

**Practicals**

1. Laboratory rules	1 Pract
2. Preparatory methods for cooking — soaking Germinating fermentation, steaming.	5 Pract
3. Methods of cooking boiling, stewing, blanching, Roasting, frying, baking.	4 Pract
4. Food preservation- Preparation of Jam, Jelly, Chutneys, Masalas, wafers, sauce, pickles.	5 Pract
5. Standardization Food Marks.	2

Pract

**Reference**

1. Dehnon Marion. 1980- Introductory Foods Mc. Milian Publishing Co.. New York.
2. Menay N.S. & Swamy M.S. 1987 — Food facts & Principles.
3. Swaminathan. M.S.Fundamentals of food & Nutrition, Bangalore Printing & Publishing.
4. Deckham.G.C. 1974 Functions of Food Preparation, Mc Milian Publishing Co. Inc., New York.

## Semester IV

### **Paper IV Normal & Therapeutic Nutrition**

Teaching — Theory 5 hours per week

Practical 4 hours per week

Examination Theory 80 marks + 20 I.A.

Practical 40 marks + 10 I.A.

#### **Objectives;**

1. To relate the use of food for health and nutrition.
2. To understand the role of diet in therapy.
3. To know and understand the nutritional needs and deficiency of different age and special groups.
4. To plan and prepare balanced diet for different groups.
5. To plan and prepare diets for various diseases.

#### **Theory**

- |   |        |
|---|--------|
| 1. Energy — Definition, Total energy requirement  | 4 hrs  |
| 2. Basal metabolism — definition, factors affecting B.M.R.<br>Balanced diet.  | 2 hrs  |
| 3. Nutrition for life cycle: Nutritional requirements and modification during Pregnancy, Lactation, Infancy, Childhood, Adolescence, Adulthood and Old age. | 20 hrs |
| 4. Meal planning for the family, factors affecting Meal planning.   | 4 hrs  |
| 5. Therapeutic adaptation of normal diet  |        |
| a) Special feeding methods of hospital  | 4 hrs  |
| b) Routine hospital diets- clear fluid, soft & bland diet.  | 4 hrs  |
| c) Causes, symptoms and dietary management for the following diseases.  |        |

I. Under weight -	High calorie
II. Over weight -	Low calorie
III. Constipation -	High fiber
IV. Diarrhea & dysentery-	Low fiber
V. Hypertension and cardio vascular -	Low fat, Low sodium
VI. Diabetes mellitus-	Low carbohydrate
VII. Jaundice-	Low protein high calorie.
VIII. Fever-	High protein, High calorie
IX. Peptic ulcer-	Low fiber
X. Cardio vascular-	Low sodium
XI. Kidney disease-	Low sodium.

#### **Practicals**

1. Standardization( Raw wts, Cooked Wts) 1 Pract
2. Planning and preparation of balanced diet for preschoolers, school age group, adolescent boy/girl, adult man and woman, pregnant woman, lactating woman and old age.  
7 Pract
3. Planning, preparation and Calculation of Nutrients of the following Therapeutic Diet
  - a) Fluid Diet.
  - b) Semi Liquid Diet.
  - c) Soft Diet.
  - d) Bland Diet.

- e) High Calorie.
- f) Low Calorie.
- g) High Fiber.
- h) Low Sodium.
- i) Low Fat.
- j) Low Carbohydrates.
- k) Low Protein and Low Calorie.
- l) High Protein and High Calorie.

8 Pract

### References

1. Swaminathan. M.S. Human Nutrition & Diet  
Banglore Printing & Publishing Co., Ltd.
2. Swaminathan.M.S. 1979 food Science & Experimental  
Foods Ganesh & Co.,
3. Robinson C.H. & Dawler 1982 Normal & Therapeutic Nutrition  
Oxford & IBM Publishing Co.

B.A III & IV sem  
Syllabus: Home Science  
A.Y; 2016-17  
2017-18

**HOME SCIENCE**  
**Semester III**

**Paper III Fundamentals of Human Nutrition**

Teaching — Theory 5 hours per week

Practical 4 hours per week

Examination — Theory 80 marks + 20 I.A. 3 hours

Practical 40 marks + 10 I.A. 4 hours duration

**Objectives**

1. To understand the vital relationship between nutrition and health.
2. To understand the basic principles of food preparation.
3. To understand the basic principles of food preservation.

<b>Theory 1. Classification of food and food groups</b>	4 hrs
2. Classification, sources, function requirements and deficiency of	
a) Carbohydrates	5 hrs
b) Protein	5 hrs
c) Fat	3 hrs
d) Vitamins	6 hrs
e) Minerals - Calcium, Iron, Sodium, Potassium Iodine, Fluorine, Zinc,	10 hrs
3. Water- function, requirements, balance and deficiency	3 hrs
4. Purchase and storage of foods.	5 hrs
5. Food preservation, food adulteration, food laws.	12 hrs
6. Convenience foods	2 hrs
7. Methods of cooking.	5 hrs

**Practicals**

1. Laboratory rules	1 Pract
2. Preparatory methods for cooking — soaking Germinating fermentation, steaming.	5 Pract
3. Methods of cooking boiling, stewing, blanching, Roasting, frying, baking.	4 Pract
4. Food preservation- Preparation of Jam, Jelly, Chutneys, Masalas, wafers, sauce, pickles.	5 Pract
5. Standardization Food Marks.	2 Pract

## Reference

1. Dehnion Marion. 1980- Introductory Foods Mc. Milian Publishing Co.. New York.
2. Menay N.S. & Swamy M.S. 1987 — Food facts & Principles.
3. Swaminathan. M.S. Fundamentals of food & Nutrition, Bangalore Printing & Publishing.
4. Deckham.G.C. 1974 Functions of Food Preparation, Mc Milian Publishing Co. Inc., New York.

## Semester IV

### **Paper IV Normal & Therapeutic Nutrition**

**Teaching — Theory 5 hours per week**

**Practical 4 hours per week**

**Examination Theory 80 marks + 20 I.A.**

**Practical 40 marks + 10 I.A.**

#### **Objectives;**

1. To relate the use of food for health and nutrition.
2. To understand the role of diet in therapy.
3. To know and understand the nutritional needs and deficiency of different age and special groups.
4. To plan and prepare balanced diet for different groups.
5. To plan and prepare diets for various diseases.

#### **Theory**

- |   |        |
|---|--------|
| 1. Energy — Definition, Total energy requirement  | 4 hrs  |
| 2. Basal metabolism — definition, factors affecting B.M.R.<br>Balanced diet.  | 2 hrs  |
| 3. Nutrition for life cycle: Nutritional requirements and modification during Pregnancy, Lactation, Infancy, Childhood, Adolescence, Adulthood and Old age. | 20 hrs |
| 4. Meal planning for the family, factors affecting Meal planning.   | 4 hrs  |
| 5. Therapeutic adaptation of normal diet  |        |
| a) Special feeding methods of hospital  | 4 hrs  |
| b) Routine hospital diets- clear fluid, soft & bland diet.  | 4 hrs  |
| c) Causes, symptoms and dietary management for the following diseases.  |        |

I.	Under weight -	High calorie
II.	Over weight -	Low calorie
III.	Constipation -	High fiber
IV.	Diarrhea & dysentery-	Low fiber
V.	Hypertension and cardio vascular -	Low fat, Low sodium
VI.	Diabetes mellitus-	Low carbohydrate
VII.	Jaundice-	Low protein high calorie.
VIII.	Fever-	High protein, High calorie
IX.	Peptic ulcer-	Low fiber
X.	Cardio vascular-	Low sodium
XI.	Kidney disease-	Low sodium.

## Practicals

1. Standardization( Raw wts, Cooked Wts) 1 Pract
2. Planning and preparation of balanced diet for preschoolers, school age group, adolescent boy/girl, adult man and woman, pregnant woman, lactating woman and old age. 7 Pract
3. Planning, preparation and Calculation of Nutrients of the following Therapeutic Diet
  - a) Fluid Diet.
  - b) Semi Liquid Diet.
  - c) Soft Diet.
  - d) Bland Diet.
  - e) High Calorie.
  - f) Low Calorie.
  - g) High Fiber.
  - h) Low Sodium.
  - i) Low Fat.
  - j) Low Carbohydrates.
  - k) Low Protein and Low Calorie.
  - l) High Protein and High Calorie. 8 Pract

## References

1. Swaminathan. M.S. Human Nutrition & Diet Bangalore Printing & Publishing Co., Ltd.
2. Swaminathan.M.S. 1979 food Science & Experimental Foods Ganesh & Co.,
3. Robinson C.H. & Dawler 1982 Normal & Therapeutic Nutrition Oxford & IBM Publishing Co.



SEMESTER-V

Teaching

Theory 3hrs per week  
Practical 4hrs per week  
Paper V Human Development

Theory 80+20 IA  
Practical 40+10 IA

Objectives.

1. To Acquire knowledge of the process of growth and development
2. To understand variation in development.
3. To understand role of heredity and environment and their Insurrectionary effect on development.
4. To combat the hazards of behavioral problems.

Theory

1. Introduction to Human Development. 1 hrs
2. Principles of human growth and development. 3 hrs  
Conception: stages in prenatal development complications  
Care during pregnancy. Types of delivery Normal, Caesarean  
& Forceps. Heredity and environmental factors affecting Growth  
and Development, Breast feeding and bottle feeding. 12hrs
3. Patterns of growth and development during prenatal stage,  
Infancy, Preschool age, School age and Adolescence. 18hrs
4. Teaching aids to facilitate the development during  
Preschool age. 8hrs
5. Discipline need and techniques 3hrs
6. Behavior problems in preschool children and adolescents 5hrs

Practicals

2. INFANCY: a. Visit to Antenatal Clinic..  
b. Management of Diarrhea  
c. Observation of Physical & Motor development . 4 Pract
3. EARLY CHILDHOOD: a. Observation of Cognitive & Social development.  
b. Preparation of Resource Album. →  
c. Preparation of Teaching aid / Material. →  
d. Visit to Anganwadi. →  
e. Anthropometrics measurements. 10 Pract
4. LATE CHILDHOOD: a. Observation of Emotional & Intellectual Development. →  
b. Visit to Child Home. 3 Pract
5. ADOLESCENT: Survey – Problems of Adolescent. 2 Pract

References:

1. Horlock Human Development
2. Suryakanti child development
3. Devads.R.Child development
4. Horlock Adolscent development.

**Paper VI Family Resource Management**

### Teaching:

Theory	3hrs per week
Practical	4hrs per week
Examination	Theory 80 Marks + 20 I A Practical 40 Marks + 10 I A

### Objectives

1. To develop understanding of the principles of Home Management.
2. To understand the principles of family resource management.
3. To increase their ability for successful management of resources.

### Theory

1. Meaning of home management	2hrs
2. Process of management	3hrs
3. Qualities of good home maker	3hrs
4. Decision making; steps in decision making	4hrs
5. Goals, values and standard of living	5hrs
6. Resources Classification	
a) Management of Time as a Resource	2hrs
b) Human Energy as a resource	4hrs
Fatigue- Causes, Types and Remedies to overcome fatigue.	4hrs
7. Work simplification definition, techniques.	4hrs
8. Ergonomics – Meaning, Definition and Importance.	2hrs
9. Money as a Resource	
a) Family Income – Types.	
b) Budget Making.	
c) Account Keeping.	
d) Savings and Loans.	
e) Ways of supplementing family income.	12hrs
10. Consumer education – Definition, Rights and Responsibilities	4hrs

### Practicals

1. Analysis of daily routine sequence of maintaining & evaluating time records.	3 Practicals
2. Analysis of household task by process and pathway chart.	2 Practicals
3. Demonstration of operation, cleaning & care of appliances.	7 Practicals
i) Non electrical- Pressure cooker, Sewing machine, Janta sheetak, Chopper, Hay box.	
ii) Electrical- Mixer, Refrigerator, Washing machine, Oven, Grinder, Juicer Portable blender.	
iii) Fuel saving -Solar cooker, smokeless chulla, Gobar Gas	
4. Budget plans for low middle and high income families.	3 Practicals
5. Standard Labels and Marks.	
a) Food Products	
b) Industrial Products	
c) Textile Products	
d) Others	2 Practicals

### References

1. Varghese Home Management
2. Nickell & Dorsey J.M Management in family living
3. Sinanums C. The Management of family Resources W.H. Frumen & Co.
4. Andrew Economics of Household.

## Teaching

Theory 3 hrs per week

Practical 4 hrs per week

## Paper VII Marriage, Family & Childhood Education

### Objectives

- 1 To Acquire knowledge of organization of preschools.
2. To understand the exceptional children and teaching of teaching them.
3. To acquire skills of good marriage partner and responsible member of family. 4 To study the interpersonal relation involved in marriage and family life during different stages.
5. To understand the causes and consequences of family disorganization.

### Theory

1. Preschool education objective, types of Preschool, Impact of
  - a. Impact of preschool education on growth and development of children. 5 hrs
  - b. Curriculum planning for nursery school, Creative activities
  - c. Nature and Science experiments.
  - d. Qualities of nursery school teacher. 6 hrs
2. Play Meaning types and values. 3 hrs
3. Exceptional children- types, heredity and environmental cases of exceptionality, special education for gifted, mentally retarded, blind, speech impaired and deaf. 11 hrs

### 4 Marriages

- a) Function, forms and types  
Criteria for mate selection marital adjustments, Guidance & Counseling. 8 hrs
- b) Legal aspects of marriage 9 hrs
  - i) Hindu ,Muslim and Christian marriage & divorce act
  - ii) Antidowry act
  - iii) Hindu succession act
  - iv) Adoption act
  - v) Suppression of immoral traffic
5. Family definition, types, functions, family life cycle. 3 hrs
6. Family disorganization- Divorce  
Adultery, Alcoholism, Childlessness. 3 hrs

### Practicals

- 1 Participation in preprimary school 14 Practical
  - a. Time table for nursery participation
  - b. Story telling session
  - c. Rhyme session
  - d. Creative activities
  - e. Nature & Science experiments
2. Visit to exceptional children school/ Rehabilitation Centers / Old age home. 2 Practical

### Reference

1. Read — The Nursery School Oxford & TBH Publishing Co Calicut.
2. Devdas — P.P & Jaya N.A. Text book on child Deot.

## Paper VIII housing and Interior Decoration Teaching

Theory 3 hrs per week

Practical 4 hrs per week

### Objectives

1. To acquire knowledge about Housing and Principles for selection of house.
2. To learn about House plans.
3. To apply elements & principles of Art in Interior decoration.
4. To gain knowledge about selection of furniture and furnishing material.
5. To learn about the selection of light accessories & flower arrangement a. In home decoration.

### Theory

#### A) Housing

- a. Selection of site and Housing
- b. Principles of Housing
- c. Classification of Residential building Independent Twin, Row, Apartments & Skyscrapers. 10 hrs

#### B) Interior Decoration

1. Design Structural & Decorative Design 2 hrs
2. Elements of Art Line form space colour texture  
Pattern & light 4 hrs
3. Principles of Art Proportion balance Emphasis Rhythm  
& harmony 4 hrs
4. Selection of furniture and its arrangement 3 hrs
5. Methods of lighting in Interior decoration 2 hrs
6. Classification and importance of accessories in Decoration 3 hrs
7. Flower arrangement Materials used care of flowers  
And styles in arrangement. 4 hrs

#### C) Art of Entertaining and etiquette planning & organizing parties Invitations, Acceptance and menu planning. 4 hrs

#### D) Selection of table ware and table setting for Indian Western & buffet style. 4 hrs

### Practicals

1. House plans Low Middle & High Income groups 3 Practical
2. Kitchen plans Types 1 Practical
3. Elements of Design / Art 2 Practical
4. Principal of Design. 2 Practical
5. Furniture Arrangement & Materials used for making furniture 1 Practical
6. Flower Arrangement 1 Practical
7. Preparation of Invitation, Acceptance, Thank You Card,  
Greeting Card, Book Mark, Menu Card and Place Card 3 Practical
8. Table Setting Indian & Western 2 Practical

B.A V & VI sem  
syllabus; Home Science  
AY: 2016-17, 2017-18

## HOME SCIENCE SEMESTER - V

### Teaching

Theory 3 hrs per week

Practical 4 hrs per week

Paper V Human Development Examination

Theory 80+20 IA

Practical 40+10 IA

### Objectives

1. To Acquire knowledge of the process of growth and development
2. To understand variation in development.
3. To understand role of heredity and environment and their Insurrectionary effect on development.
4. To combat the hazards of behavioral problems.

### Theory

- |    |   |                 |
|----|---|-----------------|
| 1. | Introduction to Human Development   | 1 hrs           |
| 2. | Principles of human growth and development.<br>conception: stages in prenatal development complications<br>care during pregnancy. Types of delivery Normal, Caesarean<br>& forceps Heredity and environmental factors affecting growth<br>and development, Breast feeding and bottle feeding. | 3 hrs<br>12 hrs |
| 3. | Patterns of growth and development during prenatal stage,<br>Infancy, preschool age, school age and adolescence.<br>(Physical motor, cognitive social and emotional development)  |                 |
| 4. | Teaching aids to facilitate the development during<br>Preschool age.  | 26 hrs          |
| 5. | Discipline need and techniques.   | 3 hrs           |
| 6. | Behavior problems in preschool children and adolescents.  | 5 hrs           |

### Practicals

- |    |  |         |
|----|--|---------|
| 1. | Anthropometrics measurements.  | 2 Pract |
| 2. | Preparation of teaching aids for preschool children.<br>i. Low cost teaching aid<br>ii. Low cost Play material<br>iii. Resource album. | 8 Pract |
| 3. | Visit to antenatal clinic / Remand home / Anganwadi Teachers<br>Training center, Anganwadi & Pre-school.                               | 5 Pract |

### References:

1. Horlock Human Development
2. suryakanthi child development
3. Devads .R. Child development
4. Horlock Adolscnt development.

## Paper VI Family Resource Management

### Teaching

Theory 3 hrs per week

Practical 4 hrs per week

Examination Theory 80 Marks +20 IA  
Practical 40 Marks + 10 IA

### Objectives

1. To Develop understanding of the principles of Home Management.
2. To understand the principles of family resource management.
3. To increase their ability for successful management of resources.

### Theory

1. Meaning of home management 2 hrs
2. Process of management 3 hrs
3. Qualities of good home maker 3 hrs
4. Decision making steps in decision making 4 hrs
5. Goals, values and standard of living 5 hrs
6. Resources Classification
  - a) Management of Time as a Resource 2 hrs
  - b) Human energy as a resource 5 hrs
  - Fatigue causes types and remedies To overcome fatigue. 6 hrs
7. Work simplification definition techniques 5 hrs
8. Money as a resource types of income 11 hrs
  - Ways of supplementing family income.
  - Family Budget- definition limitation advantages steps in Budget making.
  - Maintenance of accounts savings.
9. Consumer education meaning information & source. 4 hrs

### Practicals

1. Analysis of daily routine sequence of maintaining & evaluating time records. 3 practicals
2. Analysis of household task by process and pathway chart. 2 practicals
3. Demonstration of operation, cleaning & care of appliances. 7 practicals
  - i) Non electrical-pressure cooker, sewing machine, janta sheetak chopper haybox.
  - ii) Electrical mixer, refrigerator washing machine oven, Grinder, Juicer portable blender.
  - iii) Fuel saving solar cooker, smokeless chulla.
4. Budget plans for low middle and high income families. 3 practicals

### References

1. Varghese Home Management
2. Nickell & Dorsey J.M Management in family living
3. Sinanums C. The Management of family Resources W.H. Frumen & Co.
4. Andrew Economics of Household.

## Semester VI

### Teaching

Theory	3 hrs per week
Practical	4 hrs per week

### Paper VII Marriage, Family & Childhood Education

#### Objectives

1. To Acquire knowledge of organization of preschools.
2. To understand the exceptional children and teaching of teaching them.
3. To acquire skills of good marriage partner and responsible member of family.
4. To study the interpersonal relation involved in marriage and family life during different stages.
5. To understand the causes and consequences of family disorganization.

#### Theory

1. Preschool education objective, types of Preschool, Impact of
  - a. Impact of preschool education on growth and development of children. 5 hrs
  - b. Curriculum planning for nursery school creative activities
  - c. nature and science experiments, Qualities of nursery school teacher. 6 hrs
2. Play Meaning types and values. 3 hrs
3. Exceptional children types heredity and environmental Cases of exceptionality special education for gifted mentally Setarded, blind speech impaired and deaf. 11 hrs
4. Marriage
  - a) Function forms and types  
Criteria for mate selection marital adjustments Guidance & Counseling. 8 hrs
  - b) Legal aspects of marriage 9 hrs
    - i) Hindu ,Muslim and Christian marriage & divorce act
    - ii) Antidowry act
    - iii) Hindu succession act
    - iv) Adoption act
    - v) Suppression of immoral traffic
5. Family definition, types functions family life cycle. 3 hrs
6. Family disorganization Divorce Adultery, Alcoholism, Childlessness. 3 hrs

#### Practicals

1. Psrticipation in preprimary school 14 Practical
  - a. Time table for nursery participation
  - b. Story telling session
  - c. Rhyme session
  - d. Creative activities
  - e. Nature & Science experiments
2. Visit to exceptional children school/ Rehabilitation
  - a. Centres / Old age home. 2 Practical

#### Reference

1. Read – The Nursery School Oxford & TBH Publishing Co. Calicut.
2. Devdas – P.P & Jaya N.A. Text book on child Deot.

**Paper VIII housing and Interior Decoration  
Teaching**

**Theory**                      **3 hrs per week**

**Practical**                    **4 hrs per week**

**Objectives**

1. To acquire knowledge about Housing and Principles for selection of house.
2. To learn about House plans.
3. To apply elements & principles of Art in Interior decoration.
4. To gain knowledge about selection of furniture and furnishing material.
5. To learn about the selection of light accessories & flower arrangement
  - a. In home decoration.

**Theory**

**A) Housing**

- a. Selection of site and Housing
- b. Principles of Housing
- c. Classification of Residential building Independent Twin, Row, Apartments & Skyscrapers.

10 hrs

**B) Interior Decoration**

1. Design Structural & Decorative Design                      2 hrs
2. Elements of Art Line form space colour texture  
    Pattern & light    4 hrs
3. Principles of Art Proportion balance Emphasis Rhythm  
    & harmony    4 hrs
4. Selection of furniture and its arrangement                      3 hrs
5. Methods of lighting in Interior decoration                      2 hrs
6. Classification and importance of accessories in Decoration                      3 hrs
7. Flower arrangement Materials used care of flowers  
    And styles in arrangement.    4 hrs
- C) Art of Entertaining and etiquette planning & organizing parties  
    —Invitations, Acceptance and menu planning.                      4 hrs
- D) Selection of table ware and table setting for  
    Indian Western & buffet style.    4 hrs

**Practicals**

1. House plans Low Middle & High Income groups                      3 practical
2. Kitchen plans Types    1 "
3. Elements & Principles of Design/ Art                                      3 "
4. Furniture Arrangements & Materials used for  
    making furniture.    1 "
5. Preparation of functional & Decorative accessories                      1 "
6. Flower arrangement    1 "
7. Preparation of invitation acceptance, greeting thank you  
    Cards and book mark.    2 "
8. Arranging formal & informal party    3 "