

13. HOME SCIENCE

B.A. Part-I 2021

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.

Eligibility

- Those students who have passed 12th class or intermediate under the scheme of 10+2 with minimum 48% marks in aggregate are eligible for admission in BA (Part D)

Learning Outcome of the Course

The following learning outcomes of this course are :-

- The course will enable the students to have an in depth understanding of the several concerns pertaining to family and community. After program of study they shall become more effective and better at handling the requirements of their family and community related to nutrition, human relationships, resource management and textiles and clothing.
- The student shall have knowledge about management of family resources and be able to do designing of interiors and plan their housing requirements.
- They shall have knowledge about the nutritional requirements through the various stages of life cycle and shall learn skills for cooking various food groups. They shall also have a basic knowledge about therapeutic nutrition and management of simple illnesses.
- The students shall have an understanding of family and lifespan development; and shall learn about the developmental milestones. It will enable them to achieve balance in their family relationships.
- This course will give them knowledge about textiles and clothing, and will help them in selection of appropriate textiles and apparel. It will provide them with basic stitching and finishing skills.
- They will also have an understanding of the reproductive issues of women through various stages, and shall enable them to care for new born, infants, pregnant and lactating mothers.
- The vocational training options shall enable the students to take up an area of their interest and convert it into a profitable enterprise. They can opt for event management, food preservation, nutrition education programs, early childhood education, dyeing and printing or extension activity management.

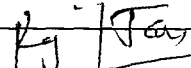
BA Home Science Part I

Paper	Subjects	Duration of exam	Maximum marks	Minimum marks	No. of hrs/wk
-------	----------	------------------	---------------	---------------	---------------

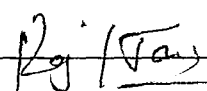
Poj [Tan]
Dy. Registrar (Academic-I)
University of Rajasthan
Jaipur

Theory Paper I	Family Resource Management	3hrs	50	18	4
Practical I	Family Resource Management	3hrs	50	18	2
Theory Paper II	Foods & Nutrition	3hrs	50	18	4
Practical II	Foods & Nutrition	3hrs	50	18	2
		Total	200	72	12

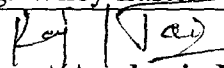
B.A. PART I	
FAMILY RESOURCE MANAGEMENT (THEORY PAPER I)	
Maximum Marks: 50	
Minimum Marks: 18	
Teaching workload: 4 hrs /week	
Total teaching workload: 96 hrs/ year	
Learning Outcomes	
<ol style="list-style-type: none"> 1. Students will develop an insight in managing family resources i.e. time , money, and energy. 2. The procedure of handling money and savings and investment will be learnt. 3. There will be a general insight regarding consumer rights and responsibilities. 4. Students will develop an insight in house planning and interior decoration 	
Objectives :	
<ol style="list-style-type: none"> 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	2
2. Principles of house planning: aspect, prospect, grouping of room, roominess, privacy, orientation, circulation, flexibility, spaciousness, aesthetics economy, ventilation services	7
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	8
5. Floor decoration with use of elementary art	


Dy. Registrar (Academic-I)
University of Rajasthan
Jaipur

6. Table setting & etiquettes	2 1
UNIT II	
Interior designing	
7. Room arrangement and decoration - arrangement of furniture, furnishings and accessories in various rooms.	8
8. Kitchen planning, importance of counters, storage, principles, working heights.	8
9. Selection and care of household equipment (without reference to any specific equipment)	2
10. Household waste & its management by 3R	4
11. Flower decoration	5
• Basic equipments	
• Vases and containers	
• Preparing plant material	
• Shaping an arrangement	
12. Furniture	4
• Types of furniture	
• Selection use & care	
• Arrangement of furniture in various rooms	
13. Consumer problems, rights & responsibilities	3
14. Seeking redressal to consumer problems with special reference to consumer courts	5
UNIT-III	
Resource Management	
15. Meaning, definition and importance of home management	4
16. Process of management:	5
• planning,	
• Organization,	
• Implementation,	
• controlling and evaluation	
17. Introduction to motivational factor (meaning and types)	5
• Values	
• Goals	
• Standards	
• Decision Making	
• Resources	
18. Time management:	5
• Tools in time management	
i. Time cost	
ii. Time norms	
iii. Peak loads	
iv. Work curve and rest periods	
• Process of managing time	
19. Energy Management:	
• Process of energy management	


 Dy. Registrar (Academic-I)
 University of Rajasthan
 Jaipur

<ul style="list-style-type: none"> • Fatigue • Body mechanics • Works simplification -Mundel's Classes of changes • Ergonomics: Meaning, importance & its components 	7
<p>20. Money Management</p> <ul style="list-style-type: none"> • Family Income: sources & type • Budget: Definition & Process of budget making • Saving, investment and raising housing loan: <ol style="list-style-type: none"> i. Definition & Objectives ii. Channels: bank, insurance, post office <p>NOTE: Seminar presentations on selected topics from unit I and unit II</p>	8
<p>References:</p> <ol style="list-style-type: none"> 1. Agarwal S (2009). Grah Prabandh Manual. Shivam book house. Jaipur. 2. Birrel Verla Leone (1967). Colour and Design. A Basic Text (Vol. I & II). Digest submitted in requirement for the degree of education in Teacher college Columbia university 3. Bryan Lawson (1980). How Designer Think. Architectural press Ltd. 4. David H, Bangs Jr. The market planning guides. Gougotera Publishing. 3rd Ed 5. Don Welers (1974). Who buys- A Study of the Consumer. 6. Donnelly JH, Gibson JL and Ivancevich JM (1995). Fundamental of Management. Chicago. 7. Fisher CD (1997). Human resource management Chennai: All Indian publishers and distributors. 8. Gillat M & Goldstein V (1967). Art Everyday Life. Oxford & IBH publishing Co. New Delhi. 9. Goldsteim M & Goldstein V (1967). Art Everything Life. Mc Graw hill Books Comp. Ltd. New York. 10. Gross I & Crandall E (1963), Management for Modern families, Appleton Counter Contry Craft. New York. 11. Gross IH Crandall, Crandall EW and Knoll MM (1980). Management for modern families. Macmillan. 12. Halse Altert O (1978). The use of colour in interior. Mc Graw Hill Books Comp. Ltd. New York. 2nd Ed. 13. Harburgsen Gaillhyn (1980). Design Concepts. Allyn & Bacon Inc. 14. Kale MG (1998). Management and human resources. 15. Kolter Philip, Armstrong Greg (1992). Principles of Marketing. Prentice Hall of Indian, New Delhi. 5th Ed. 16. Leland, J. Gordon, Stewart, M, Lee (1974). Economics and consumer. S'Van Nostrand Co. New York. 7th Ed. 17. Mullick, Premlata (2000). Textbook of Home Science. Kalyani Publishers, New Delhi. 18. Nickell P and Dosery JM (1970). Management in family living. Wiley Eastern Ltd. 	


 Dy. Registrar (Academic-I)
 University of Rajasthan
 Jaipur

New Delhi.

19. Patani M (2010). Home Management. Star publication, Agra.
20. Sethi M and Seetharaman P (1994). Consumerism- A growing concept. Phoenix Publishing House, New Delhi.
21. Sherlekar SA (1990) Trade Practices & consumerism. Himalaya Publishing House. , Mumbai.
22. Steidle RE & Bratton EC (1968). Work in the Home. John Wiley and Sons. New York, London.
23. Thomson CH (1970). Home with Character. Massachusetts. C. Health & Co. Lexington. III rd Ed.
24. Varghese MA, Ogle M, Srinivasan K (1985). Home Management. Wiley Eastern Publishers, New Delhi.

FAMILY RESOURCE MANAGEMENT (PRACTICAL I)

Maximum marks: 50

Minimum marks: 18

Teaching workload: 1 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

<ol style="list-style-type: none"> 1. Project work on money management: <ul style="list-style-type: none"> • How to open various accounts in the bank. • Filling up of slips/forms of bank and post office. <ol 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 3. Flower arrangement: fresh and dry arrangements. 4. Table setting 5. Best out of waste (one article) 6. Cleaning of wood, stone, tiles, metal & glass. 7. House plans : <ul style="list-style-type: none"> • For various income groups (LIG,MIG,HIG) <ol 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) <ol style="list-style-type: none"> i. Drawing Room ii. Dining cum leaving room iii. Children study room iv. Bed room 	<p>4</p> <p>2</p> <p>2</p> <p>1</p> <p>1</p> <p>1</p> <p>6</p> <p>3</p>
--	---

Rg / Tai

Dy. Registrar (Academic-I)
University of Rajasthan
Jaipur

v. Pooja Room • Kitchen planning (making any one paper model) <ol style="list-style-type: none"> i. One wall ii. Two wall iii. L shape iv. U shape 	4
---	---

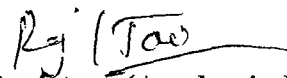
Examination scheme:**Total Marks: 50 marks****Major: house plan/paper plan of rooms/paper plan of kitchen : 15 marks****Minor - I: Table setting/flower arrangement: 8 marks****Minor - II: Floor decoration/cleaning/filling of forms: 7 marks****Internal - 20 marks****FOODS & NUTRITION(THEORY PAPER II)****Maximum Marks: 50****Minimum marks: 18****Teaching workload: 4 hrs /week****Total teaching workload: 96 hours/week****Learning outcome:**

After studying the subject, the student will possess the basic knowledge of food groups, nutrients and basic metabolism related to nutrition in humans. This will further help them in the selection of healthy diet. Knowledge of various cooking methods and meal panning will enable them to cook and select healthy foods for themselves and their families. This subject will also give them basic understanding about nutritional needs in the various stages of life cycle and during disease.

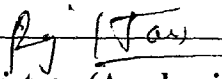
Objectives:-

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 foods and nutrition, 5 basic food groups, balanced diet 2. Function of food: <ul style="list-style-type: none"> • Physiological – hunger, appetite, satiety • Psychological • Social, economic, cultural 	4
3. Functions, sources, daily allowances of: <ul style="list-style-type: none"> • Macro nutrients <ol style="list-style-type: none"> i. Carbohydrates ii. Proteins iii. Fats 	6


 Dy. Registrar (Academic-I)
 University of Rajasthan
 Jaipur

<ul style="list-style-type: none"> • 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 	15
<ul style="list-style-type: none"> • Water 	2
<ul style="list-style-type: none"> • Energy metabolism <ul style="list-style-type: none"> i. Contributors of energy ii. BMR and factors affecting BMR 	5
Unit II	
<p>4. Meal Planning</p> <ul style="list-style-type: none"> • Importance and factors affecting meal planning • Factors affecting food intake • Sample menu for adult male and female 	4
<p>5. Normal nutrition – nutritional requirements, physiological demands, problems, dietary guidelines for:</p> <ul style="list-style-type: none"> • Pregnancy • Lactation • Infancy (with special emphasis on breastfeeding and complementary feeding) • Preschool child • School going children • Adolescent • Adult • Elderly person 	26
Unit III	
<p>6. Therapeutic nutrition</p> <ul style="list-style-type: none"> • Modification of normal diet to therapeutic diet • Dietary management of the following: <ul style="list-style-type: none"> i. Weight management – obesity, underweight ii. Diseases of gastrointestinal tract – indigestion, diarrhea and constipation iii. Fever 	22
<p>7. Nutritional importance of public health importance and their management:</p> <ul style="list-style-type: none"> • Protein Energy Malnutrition • Anemia • Vitamin A deficiency 	10
References:	
<ol style="list-style-type: none"> 1. Srilakshmi B (2011). Dietetics. New Age International Publishers 2. Srilakshmi, B. Food Science , new Age International (P) Ltd. Publishers, New Delhi, 3. Swaminathan MS(2010) Aahar evam Poshan, NR Brothers,MY Hospital Marg, Indore, 4. Kumud Khanna,Sharda Gupta, Santosh Jain Passi, Rama Sethi, Ranjana Mahna & Seema Puri (2005), Elite Publishing House Pvt. Ltd. Ansari Road, Darya Ganj, New Delhi 	


Dy. Registrar (Academic-I)
University of Rajasthan
Jaipur

5. Mudambi , S.R. and Rajagopal. M.V., 1997 Fundamentals of Foods & Nutrition, New Age International (P) Ltd, New Delhi.

FOODS AND NUTRITION (PRACTICAL II)

Maximum marks: 50

Minimum marks: 18

Teaching workload: 1 practicals/ week (2 hours/ practical)

Total teaching workload: 24 practicals/ batch

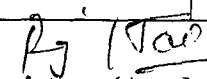
Learning outcome:-

This practical will enable the students to learn basic cooking skills and various methods of cooking used. It will help them to plan and prepare appropriate dishes for people of various age groups. They will learn about dietary management of various diseases.

Objectives:-

1. To give knowledge about basics of methods of cooking.
2. To learn cooking of various food groups.
3. To understand about planning for Normal & Therapeutic nutrition.
4. To learn to plan and prepare foods for various nutritional problems of public importance

Contents:	Hours
Methods of cooking: - Preparation of any four dishes by using the different methods of cooking (Steaming/Simmering/Frying/Baking/Roasting): <ul style="list-style-type: none"> • Preparation of Beverages – Tea (hot & iced), Coffee (Hot & Cold), Chaach, lassi, milk shakes, fruit punch (using squashes & fresh fruits), lemonade, jaljeera, aamla shake, aam panna, mocktails (any 2) mirinda shake. 2 • Cereal cookery – Chapaati, puri (Plain, missi), Parantha (Stuffed, plain), rice, Cheela, bhatura, Idli, Muthia mathri (namak para, shakkar para), chowmein , pizza, sandwiches (open toasted & vegetable), Cake, Biscuit, Nan khatai 2 • Legumes & pulses - daal (plain & daal fry), rajma, chhole, dal makhani, kadhi mangodi, dahivada, dal pakodi, besan pakodi, sprout chaat, dal halwa. Dhokla, muthia, Kadhi 2 • 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, soups (clear & cream), salads & salad dressings (mayonnaise, lemon, vinegar). 4 • Milk & Milk products – Paneer, khoa, curd, shrikhand, kheer, rabri, fruit custard, raita, fruit cream, Kheer, Custard, Stews- apple & pear 2 • Savory food preparation- dosa, uttapam, mixed veg cutlets, hara bhara kabab, burger, samosa, kofta, kachori, vada, pav bhaji, sago khichri, bhelpuri. 2 	


 Dy. Registrar (Academic-I)
 University of Rajasthan
 Jaipur

<ul style="list-style-type: none"> • Sweets- jalebi, sandesh, laddu, coconut barfi, gujiya 	2
Meal planning for <ul style="list-style-type: none"> • Exchange Lists • Adult man/woman • Pregnant Woman • Lactating Woman • Packed lunch for school going child • Elderly 	15
Examination scheme:	
Total Marks: 50 marks	
1. Major problem -	20 marks
Meal Planning and preparation of one dish for any one of the following	
<ul style="list-style-type: none"> • Pregnant woman • Lactating woman • Packed lunch for school going child adult man / woman • Elderly 	
2. Minor Problem -	10 marks
Preparation of one dish from	
<ol style="list-style-type: none"> 1. Any one method of cooking 2. Any one food group (cereals, vegetable, milk etc.) 	
3. Internal -	20 marks

Helpstudentpoint.com

Rj (Tas)

Dy. Registrar (Academic-I)
University of Rajasthan
Jaipur