

## SECOND YEAR ARTS

### HOME SCIENE

	<b>Duration of Exam.</b>	<b>M.M.</b>	<b>Min. M.</b>	<b>Total No. of Hours/ Week</b>
Paper-I: Food and Nutrition	3 Hrs.	75	27	3
Paper-II: Family Health and Community Welfare	3 Hrs.	75	27	3
<b>PRACTICALS</b>				
Pract. I: Basic Food Preparation	3 Hrs.	25	09	02
Pract II: Meal Management & Preparation of audio visual aids	3 Hrs.	25	09	02

## **HOME SCIENCE**

### **Paper – I**

#### **Food and Nutrition**

##### **Unit I**

1. Definition of terms – Foods, Nutrition, Nutrients, Nutritional Status, Balanced Diet and Dietetics.
2. Basic Foods groups, Functions of Foods.
3. Study of common Foods – Cereals, Pulses, Nuts and oil seeds, Fruits and Vegetables, meat, fish, milk and milk products, spices and condiments.
4. Different methods of food preparation – merits and demerits, methods used to conserve and enhance the nutritive value of foods.

##### **Unit II**

5. Proximate Principles (Protein, Carbohydrates Fats), Composition, Classification, food sources, functions and deficiency.
6. Energy metabolism – Unit of energy. Total energy expenditure, physical activity and specific dynamic action. Basal metabolism. Factors affecting basal metabolic rate.

##### **Unit III**

7. Minerals – Calcium, Phosphorous, Iron, Iodine, Sodium, Fluorine – food source functions, deficiency and recommended dietary allowances.
8. Vitamins – Food sources, functions, deficiency, recommended dietary allowances.
9. Role of Fibre in daily diet.
10. Water – Distribution in the body, functions, sources and water balance.

##### **Unit IV**

11. Malnutrition – Definition, Concept, Causes and Prevention.

12. Meal Planning:
  - (a) Principles and Factors affecting meal planning.
  - (b) Recommended dietary allowances for different age, sex, occupation and physical condition.
13. Food spoilage – causes.
14. Food Preservation – Principles and Methods.

### Unit V

15. Therapeutic Nutrition – Causes symptoms and dietary modification for:
  - (a) Fever
  - (b) Peptic Ulcer
  - (c) Constipation and Diarrhea
  - (d) Over weight and under weight
  - (e) Diabetes
  - (f) Liver diseases
  - (g) Cardiovascular disease

### References:

1. Rose: Foundation of Nutrition Macmillan & Co.
2. F.T. Proudfit and H.C. Robinson: Nutrition of Diet Therapy.
3. W.R. Arkryod: Human Nutrition and Diet.
4. Davidson Passmore: Human Nutrition of Dietetics.
5. सुधा नारायण – आहार विज्ञान ।
- 6<sup>प</sup> उषा मिश्रा, अलका अग्रवाल – आहार एवं पोषण विज्ञान ।
- 7<sup>प</sup> मुक्ता अग्रवाल – भोजन एवं पोषण ।
- 8<sup>प</sup> सुधा नारायण – आहार नियोजन ।
- 9<sup>प</sup> डॉ. वृन्दा सिंह – आहार विज्ञान एवं पोषण ।।