



Maharaja Surajmal Brij University

Bharatpur (Raj.)

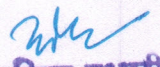
SYLLABUS

HOME SCIENCE

BA PART-II

(Session 2020-21)

Only For Session
2020-21


अकादमिक प्रभारी
महाराजा सुरजमल बृज विश्वविद्यालय
भरतपुर (राज.)

BA PART--II

HUMAN DEVELOPMENT (THEORY PAPER –III)

Maximum Marks:50

Minimum Marks:18

Teaching Workload:3hrs/week

Total teaching workload:72 hours/year

Objectives :

1. To acquaint the student with the scope and foundation of human development.
2. To understand development through different life span stages.
3. To learn regarding the significant development task of each stage,

Contents :

UNIT -I

1. Definition and scope of human development as a field of study
2. Principles of development
3. Factors affecting development.

UNIT II

Development from conception to adolescence:

4. Physical development
5. Motor development
6. Socio- emotional development
7. Language and cognitive development

UNIT III

8. Importance and objectives of early childhood education.
9. Definitions, functions and types of families; changing roles and challenges faced by Indian families
10. Understanding differently abled children; definitions meaning and classification

References:

1. Santrock JW (2007). Life span development. Tata -McGraw Hill. New Delhi.3rd Ed.
2. Bee H (1995). The developing child. Harper Collins College Publisher.
3. Berk L (2006). Child development. Alyn & Bacon. New York.
4. Cole M and Cole R (1996). The development of children. W.H. Freeman and Company
5. Rice F (1992). Human development: A Life span Approach. Prentice Hall.
6. Rice FP. Marriage and Parenthood. Alyn and Bacon inc. Toronto.
7. VidhyaBhushanandSachdeva (2000). Introduction to Sociology.

Only For Session
2020-21

अकादमिक प्रभारी
महाराजा सुरजमल वृज विश्वविद्यालय
भरतपुर (राज.)

HUMAN DEVELOPMENT- PRACTICAL - III

Maximum Marks:50

Minimum Marks:18

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

Objectives:

1. Student will gain insight into the growth patterns, developmental characteristics and activities of children in a practical situation.
2. They will also learn to understand significant related to adolescents, adults and ageing people.

Contents:

1. Interviewing mother of young infants of regarding breast feeding schedules supplementary foods and weaning practices.
2. Organizing and conducting play and creative activities, of children in a nursery school.
3. Preparation and conduction of various activities to enhance overall development of children : physical, motor, language, cognitive, social and emotional.
4. Preparation of a brief questionnaire to identify the problems faced by adults and aging people in communities. Report the information as individual case profile.
5. Preparation of a scrap book on relevant issues of human development.

Examination scheme .

Total Marks : 50

1. Major Problem - 25 Marks
Preparation and conducting of various activities to enhance overall development interviewing mothers of infants,
Organizing and conducting Play.
2. Minor Problem - 15 Marks
FGD Preparation of toys, book, poems questionnaire, Anthropometric measurements
10 Marks
3. Internal

Only For Session
2020-21

अकादमिक प्रभाती
महाराजा सूरजमल बृज विश्वविद्यालय
भरतपुर (राज.)

FOODS & NUTRITION (THEORY PAPER-IV)

Maximum Marks:50

Minimum Marks:18

Teaching Workload:3hrs/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 and therapeutic nutrition.
4. To give knowledge about nutritional problems of public importance.

Contents :

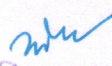
UNIT -I

1. Definition of Food and Nutrition, 5 Basic Food groups, Balanced diet
2. Functions of Food :
 - Physiological - Hunger, Appetite, Satiety
 - Psychological
 - Social, Economic, Cultural.
3. Functions, Sources, Effect of deficiency, Daily allowances of :
 - Macro Nutrients
 1. Carbohydrates
 - II. Proteins
 - III. Fats
 - Micro Nutrients
 1. Minerals - Calcium, Iron, Iodine, Fluorine
 - II. Vitamins
 - Water soluble - B Complex vitamins, vitamin C
 - Fat soluble - A, D, E & K
 - Energy Metabolism
 - I. BMR and factors affecting BMR/Energy requirement (RDA) and factors affecting energy requirement

UNIT -II

4. Meal Planning
 - Advantages & importance of meal planning.
 - Goals of meal Planning
 - I. Other factors - taste, aroma, flavour, texture, temperature, traditions, likes & dislikes.
 - Factors affecting meal planning.

Only For Session
2020-21


अकादमिक प्रभारी
महाराजा सुरजमल मृग विश्वविद्यालय
भरतपुर (राज.)

5. Normal Nutrition - Nutritional requirements, physiological demands, problems, dietary guidelines for :
- Pregnancy
 - Lactation
 - Infancy (With Special emphasis on breastfeeding & complementary feeding)
 - Adolescent

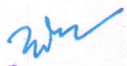
UNIT – III

6. Therapeutic Nutrition
- Modification of normal diet to therapeutic diet.
 - Dietary management of the following.
 - i. Diseases of the gastrointestinal tract - Diarrhoea, Constipation, Dyspepsia/Indigestion
 - ii. Fevers
 - iii. Liver - Jaundice
 - iv. Diabetes
7. Nutrition Problems of public Health Importance and their management :
- Protein Energy malnutrition
 - Anaemia
 - Iodine Deficiency Disorder

References :

1. Srilakshmi B (2011). Dietetics. New Age International publishers
2. Srilakshmi B Food science, New Age International (P) Ltd. Publishers, New Delhi
3. Swaminathn MS (2010) Aharevam Poshan, NR Brother, MY hospital marg, Indore
4. Kumud Khanna, Shardagupta, Santosh Jain Passi, Rama Sethi, Ranjana Mahna & Seema Puri (2005), Elite publishing house Pvt. Ltd. Ansari Road, Darya Ganj, New Delhi
5. Mudambi, S.R. AND Rajgopal. M.V. 1997 Fundamentals of food & nutrition, New Age International (P) Ltd, New Delhi.

**Only For Session
2020-21**


अकादमिक प्रभारी
महाराजा सूरजनल वृज विश्वविद्यालय
भरतपुर (राज.)

FOODS AND NUTRITION PRACTICAL- IV

Maximum Marks:50

Minimum Marks:18

Teaching Workload: 7 practicals/ week (2hrs/practicals)

Contents:

1. Methods of cooking: -Preparation of any dishes using the following methods of cooking
 - Boiling-for e.g. Rice, Tea, coffee
 - Steaming-Idli, Dhokla, Muthia
 - Simmering -Kheer, rabdi, khadhi, custard, stews-apple & pear
 - Frying
 - I. Shallow-Cheela, parantha, tikki
 - II. Deep- paroda, mathri, samosa, kofta etc.
 - III. Baking-cake, biscuit, nan khatai
 - IV. Roasting-papad, moongphali (groundnuts)
2. Cereal Cookery-cheela, bhatura, rice, (plain, pulao, sweet), khichdi, daliya, upma, halwa, mathri, pizza
3. Legumes & pulses-daal (plain & daal fry), rajma, chhole, dal makhani, kadhi, mangodi, dahivada, dal pakodi, besanpakodi, sprout chaat, daalhalwa.
4. Milk & Milk products, kheer, fruit custard, raita
5. Soups-clear& cream including Indian soups-palak, tomato, mix veg.
6. Savory food preparation- dosa, uttupam, cutlets, burger, samosa, kofta, kachori, spring rolls, bhel puri.
7. Sweets-coconut barfi, gujiya
8. Meal planning for
 - Pregnant woman
 - Lactating woman
9. Plan dishes rich in
 - Protein
 - Iron

Examination Scheme:

Total Marks: 50

Major Problems

25 Marks

1. **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

15 Marks

2. **Minor Problem**

Preparation of one dish from

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

Only For Session
2020-21

अकादमिक प्रभारी
महाराजा जयजगल बूज विश्वविद्यालय
भरतपुर (राज.)