

M.D. University, Rohtak

B.A. ---- Vth & VIth Semesters (Home Science)

(for the session 2013-2014 and onwards)

(Passed in BOS meeting held on 06/12/2013)

B.A. (Semester-V)

Nomenclature Of the Paper	Max Marks	Internal Assessment	Total	Duration of Exam	No of Periods per week
Food and Nutrition (Theory)	60	15	75	3 Hrs.	08
Practical –V(Home Sci.)	<u>25</u>	-	25	3 Hrs.	<u>06</u>
Grand Total			100		

B.A. (Semester-VI)

Child Psychology & Mother craft (Theory)	60	15	75	3 Hrs.	08
Practical-VI (Home Sci.)	<u>25</u>	-	25	3 Hrs.	<u>06</u>
Grand Total			100		

B.A. -- Vth Semester (Home Science)
(for the session 2013-2014 and onwards)
Food & Nutrition (Theory)

Time 3 Hrs.

Periods : 8 / Week

Max Marks : 60

Internal Ass: 15

Note:

1. The examiner will set nine questions in all selecting two question from each unit. Question No. 1 will be of objective type and having eight sub -- parts covering all the four units.
2. Candidate shall attempt five question in all selecting one question from each unit. Question No. 1 will be compulsory.

Unit-I

Food-classification & functions of food groups

Essential food constituents: ---

Carbohydrates, Protein, Fats, Water, source: functions, recommended daily allowances, effect of deficiency and excess of these food constituents

Vitamins-A, D, C, B₁, B₂, Niacin

Minerals - Calcium, Phosphorus & Iodine.

Food source, functions, recommended daily allowances, effects of deficiency & excess of the above.

Unit-II

Importance and methods of cooking. Effect of cooking on different nutrients.

Methods of cooking, their advantages and disadvantages:

Moist heat-Boiling, Stewing, steaming.

Dry heat-Roasting, grilling, baking.

Frying-Shallow and deep

Microwave cooking in brief

Unit-III

Methods of enhancing nutritive value of food stuffs: ---

- (a) Importance of enhancing nutritive value of food stuffs.

- (b) Methods of enhancing nutritive value of food stuff, sprouting, fermentation, combination, and supplementation.

Food Preservation: ----

- (a) Importance of food preservation.
(b) Causes of food spoilage in brief
(c) Methods of food preservation with special emphasis on house hold methods.

Unit-IV

Meal Planning: --

- (a) Concept of Balanced diet.
(b) Principles of Meal Planning , factors affecting it.
(c) Planning meals for : Children-school going child, Adolescents, Adults, Pregnant women and lactating mother.

PRACTICAL – V (Home Science) (for the session 2013-2014 and onwards)

**Time 3 Hrs.
Periods : 6/ Week**

Max Marks : 25

1. Preparation of various dishes (at least 2 each) under following heads using different methods of cooking : ----

- (a) Beverages,(b) Soups,(c) Desserts,(d) Snacks ,(e)Salads,(f) Breakfast dishes,
(g) Main meal dishes

B.A. --- VIth Semester (Home Science) Child Psychology and Mother craft (Theory) (for the session 2013-2014 and onwards)

**Time 3 Hrs.
Periods : 8 / Week**

**Max Marks : 60
Internal Ass: 15**

Note:

1. The examiner will set nine questions in all selecting two question from each unit. Question No. 1 will be objective type and having eight sub -- parts covering all the four units.
2. Candidate shall attempt five questions in all selecting one question from each unit. Question No.1 will be compulsory.

Unit-I

1. Definition, aims, subjects, matter, objective of studying child psychology.

Learning: ---

- (a) What is learning, importance of learning.
(b) Methods of learning.
(c) Factors affecting learning.
(d) Role of reward and punishment in learning.

Unit-II

Personality development: -- Nature of personality, Definitions, Types of personality factors affecting the development of personality,

Play: -- Definition, features of play, Difference between work and play, Types of play, importance of play in childhood.

Stages of the development of the child, characteristics and problems of Adolescence, role of parents and teachers in solving their problems.

Unit-III

The Expectant mother: --

- (a) Signs of pregnancy
- (b) Discomforts of pregnancy
- (c) Ill --effects of an early marriage

Unit-IV

(a) Breast feeding, (b) artificial feeding (c) Weaving

Common ailments of childhood: ---

- (a) Cold, cough, fever.
- (b) Digestive disturbances-Diarrhoea, Constipation and Vomiting.
- (c) Skin infections.

PRACTICAL-VI (Home Science) **(for the session 2013-2014 and onwards)**

Time 3 Hrs.
Periods : 6 / Week

Max Marks : 25

1. Planning and preparation of meals for: -- -
 - (a) Pre-school going child and school going child.
 - (b) Adolescents-Boys and Girls
 - (c) Adult
 - (d) Pregnant and lactating mother.
2. Food Preservation-Pickle, Chutney, Jam, Squash, Morrabba (at least two each:)