

CLASS----B.A. III (Home Science)
Semester–V--Odd
Subject--Foods and Nutrition-Theory and practical

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| Co 1 | Basics of food and nutrition, details of nutrients like proteins, carbohydrates, fats vitamins, minerals, water and fibre with their functions, deficiency, excess and sources. |
| Co 2 | The methods of cooking along with advantages and disadvantages and effect of cooking on different nutrients |
| Co 3 | Methods of enhancing nutritive value with their importance. |
| Co 4 | Meal planning with principles and factors affecting it ,concept of balanced diet and food groups. |
| Co 5 | Planning of both normal and therapeutic diets and cooking it practically |
| Co 6 | Modification of diet during fever, typhoid, diarrhoea, dysentery, constipation, diabetes and hypertension and cooking it practically |
| Co 7 | Food preservation with emphasis on principles, methods and importance of preservation. |

CLASS--B.A. III (Home Science)
Semester–VI--Even
Subject--Human Development- Theory and Practical

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| Co 1 | Child psychology in detail discussing about its aims, subject matter, objectives and importance for parents, teachers and society |
| Co 2 | Learning -- its meaning, importance, factors affecting it and methods. |
| Co 3 | Intelligence –definition and measurement |
| Co 4 | Development of personality –its types and factors affecting it |
| Co 5 | Definition, features and types of play. |
| Co 6 | Different stages of development—infancy, childhood and adolescence along with problems and role of parents and teachers in solving them. |
| Co 7 | The expectant mother with signs and discomforts during pregnancy, care of expectant mother |
| Co 8 | Ill-effects of early marriage |
| Co 9 | Care of new born infants—bathing and their feeding, comparison of breast feeding and artificial feeding along with weaning. |
| Co 10 | The common ailments found in children like cough, cold, digestive problems, skin problems, convulsions. |
| Co 11 | Preparation of various dishes using different method of cooking along with party dishes and their presentation with table setting. |
| Co 12 | Food preservation – Pickle, Chutney, Jam, Squash, Morrabba and Micro wave cooking |