

Semester-I
Home Science Honours
Generic Elective Theory Paper-1

INTERIOR DECORATION

GE-1.T.

(Lecture – 60)

Full Marks: 75

Hours-3

Pattern of Question Paper

Out of ten any five questions are to be answered. All questions carry equal marks

15x5=75

Objectives

1. To understand about interior decoration & different types of Flower arrangement, Furniture and Furnishing materials

UNIT

- a. Colour & its role in home decoration
- b. Flower arrangement: Meaning and Types.
- c. Furniture & Furnishing: Types & factors affecting purchasing of furniture & home furnishing materials. Care of furniture & furnishing materials.

Recommended Books:

- | | |
|----------------------------------|---------------------|
| 1. Grih Prabandh | : Dr. G P Shairi |
| 2. Grih Sazza & Grih Vayvastha | : DR. S. P. Sukhiya |
| 3. Parivarik Sadhno Ki Vayvastha | : Barma & |
| 4. Home Management | : Vargese M.A. |


25/1/2020

B.A. SEMESTER-II
HOME SCIENCE HONOURS
GENERIC ELECTIVE THEORY PAPER-2
FUNDAMENTALS OF FOOD &
NUTRITION

GE-2.T

Full Marks: 75

(Lecture – 60)

Hours-

3

Pattern of Question Paper

Out of ten any five questions are to be answered. All questions carry equal marks

15x5=75

Objectives:

1. To understand of basic concepts of food & nutrition, role of various nutrients & their requirements, role of deficiency & excess and metabolism of nutrients.

THEORY
UNIT

- I. Meaning & definition of nutrition, nutrients & food. Functions of food.
- II. Structure, classification, functions, sources, recommended dietary allowances, deficiency & excess (in brief) of carbohydrates, fats and proteins,
- III. Vitamins, minerals & water.
- IV. Digestion, absorption metabolism of carbohydrates, fats & proteins.

Recommended Books:

- | | |
|------------------------|--------------------|
| 1. Foods & Nutrition | : MS. Swaminathan. |
| 2. Food Science | : Mudambi, S.R. |
| 3. Nutritional Science | : B. Srilakshmi |
| 4. Aahar & Poshan | : Barma & Pandey |
| 5. Poshan Vigyan | : S P Sukhiya |
| 6. Aahar Poshan Vigyan | : Dr. Asha Kumari |

RS
25/11/2020

B.A. SEMESTER-III
HOME SCIENCE HONOURS
CORE COURSE PRACTICAL PAPER 5, 6&7

C.C-5,6&7

Full Marks: 25+25+25=75

Hours- 6

Unit I

1. Weights and measures; preparing market order and table setting
2. Food preparation, understanding the principles involved, nutritional quality and portion size

Unit II

1. Methods of study and their use:
 - Reviewing Interview and Observation
 - Questionnaire
 - Case study
 - Sociometry
2. Case profile to study adolescence/ young adulthood/ late adulthood
3. Depictions of adolescence and adulthood in media: Audio-visual, Print and Theatre

B.A. SEMESTER-III
HOME SCIENCE HONOURS
GENERIC ELECTIVE THEORY PAPER-3
COMMUNITY NUTRITION

GE-2.T

Full Marks:75

(Lecture – 60)

Hours-3

Pattern of Question Paper

Out of ten any five questions are to be answered. All questions carry equal marks
15x5=75

Objectives:

1. To be familiar with community nutritional problem, cause and its eradication.
2. To understand about role of welfare programme and organization for community health.
3. To know common health hazards and methods of nutritional assessment.



B.A.
SEMESTER-IV
HOME SCIENCE
HONOURS
CORE COURSE PRACTICAL PAPER-
8,9&10

C.C-8,9&10.P.
25+25+25=75

Full marks:

Hours-6

Units:-

- I. Preparation of Meal Planning: Pregnant women, Office worker, Lactating mother, School going children
- II. Poster making
- III. Visit to specific measures for women and children such as DWCRA, ICDS, Anganwadi
- IV. Leaflets making

B.A. SEMESTER-IV
HOME SCIENCE HONOURS GENERIC ELECTIVE THEORY PAPER-4
APPLIED FOOD AND NUTRITION

GE-4.T
75

Full Marks:

(Lecture – 60)

Hours-3

Pattern of Question Paper

Out of ten any five questions are to be answered. All questions carry equal marks
15x5=75

Objectives:

1. To learn about nutritional contributions of different foods & different methods of improving nutritional quality of food.

Handwritten signature and date: 25/11/2020

THEOR

Y UNIT

- I. Composition & nutritional contributions of cereals, pulses, fruits, vegetables, milk & milk products, nut & oilseeds, meat, fish & poultry, eggs, sugars, beverages & spice & condiments.
- II. Method of Cooking, their advantages & disadvantages.
- III. Changing during cooking and their effect on nutritive value.
- IV. Methods of improving nutritional quality of food. Germination, Fermentation, Supplementation, Fortification and Enrichment

Recommended Books:

- | | |
|------------------------|--------------------|
| 1. Foods & Nutrition | : MS. Swaminathan. |
| 2. Food Science | : Mudambi, S.R. |
| 3. Nutritional Science | : B. Srilakshmi |
| 4. Ahhar & Poshan | : Barma & Pandey |
| 5. Poshan Vigyan | : S P Sukhiya |
| 6. Aahar Poshan Vigyan | : Dr. Asha Kumari |

B.A. SEMESTER-IV HOME SCIENCE HONOURS GENERIC ELECTIVE PRACTICAL PAPER-4

GE-4.P.

Full Marks-20

Hours-6

UNIT

1. Development of Food products by germination and fermentation, Sprouts, Idli and Dhokla.
2. Preparation of Jam, Jelly and Sauce.


25/11/2020