

**B.A. IInd Year (Home Science)**  
**SESSION - 2012-13**

M.M. - 75

**Paper-I Fundamental of Food and Nutrition**

**Objectives :** This course will enable the student to

1. Understand the functions of food and the role of various nutrients, their requirement and effects of deficiency and excess (In brief)
2. Learn about the structure, composition, nutritional contribution and selection of different food stuffs.
3. Be familiar with the different methods of cooking, their advantages and disadvantages.
4. Develop as ability to improve the nutritional quality of food.
5. To get acquainted to the terms like food poisoning and food adulteration

**Unit - I**

**Introduction to Food and Nutrition**

1. Definition of foods, Nutrition, Nutrients.
2. Classification and function of food.
3. Energy- Factors affecting total energy requirements of the body.
4. Basal metabolism - Definition, factors affecting rate of B.M.R.
5. Balanced diet and factors affecting balanced diet.

**Unit - II**

**Essential constituents of Food : their sources, functions, requirements, digestion, adsorption and deficiency diseases.**

1. Protein
2. Carbohydrate
3. Fat
4. Vitamins
5. Minerals
6. Water

**Unit - III**

**Basic Food Groups**

Importance of basic food groups in the diet, Nutrient, contribution of food stuffs and their importance in Indian diets like cereals, pulses, nuts and oilseeds, vegetables, fruits, milk and milk products, egg, meat, fish and their flesh, fats and oils, sugar and jaggery, spices and condiments.

**Unit - IV**

Dietary allowances: Meal planning, factors affecting meal planning.

Nutrition during lifecycle :

1. Nutrition during infancy

2. Nutrition during childhood
3. Nutrition for adolescence
4. Nutrition for adults
5. Nutrition during old age
6. Nutrition during pregnancy and lactation

#### **Unit - V**

Various cooking methods and their effect on the nutritional value of various nutrients.

#### **Unit - VI**

1. Food adulteration - Meaning and common adulterants in food.
2. Food poisoning.

#### **References :**

1. Dietetics : B. Shrilakshmi
2. Normal and Therapeutic Nutrition : Proudifit and Robinson.
3. Essentials of Food and Nutrition (Vol. I and Vol. II) : M. Swaminathan.
4. Applied Nutrition : Rajlakshmi
5. Human Nutrition and Dietetics : Davidson and Passmore

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**Paper-II Child Development**

**Objectives :** This course will enable the student to

1. Understand the meaning and importance of mother crafts and child care.
2. Understand the definition and scope of child development.
3. Understand various developments like physical, motor, emotional, language, social and cognitive from birth to adolescence.
4. Understand the importance of play.
5. Understand gifted children and problem children and concept of juvenile delinquency

**Unit - I**

**Introduction to Child Development**

1. Definition and scope of child development.
2. Principles of development.
3. Stages of development and development task of each stage.
4. Factors affecting development (Heredity and environment)

**Unit - II**

**Parental Period**

1. Meaning and importance of mother craft and child care.
2. Female reproduction organs (internal)
3. Conception and signs of pregnancy complications of pregnancy.
  - Hyperemesis gravidarum
  - Abortions
  - Toxemia of pregnancy
  - R.H. factor, Ectopic pregnancy
  - Anemia
4. Stages of parental development zygote, embryonic and fetal stages.
5. Types of delivery
6. Maternal care during parental and post natal development.

**Unit - III**

**Development and Growth with characteristics from birth to adolescence**

1. Physical development.
2. Motor development
3. Emotional development
4. Language development
5. Social development
6. Cognitive development

## Unit - IV

**Play and work - Types of play, Importance of play, recreational and educational activity in activities for children.**

## Unit - V

**Personality - Meaning, development and features affecting personality, Stages of development, Freud theory, Erikson Theory, Piaget theory**

## Unit - VI

### Exceptional Children

- Classification of exceptional children - causes & management
- Characteristics of different exceptional groups -
- Educational provisions

### References :

1. Child development : Elizabeth Hurlock
2. Child development : Dr. Vatsyayan
3. Child development and personality : P. Mussen, J.J. Conger, J. Kagan and A.C. Huston

## Practical

### Unit - I

1. Nutrition during infancy (0-1)
2. Nutrition during preschool (up to 3 years)
3. Nutrition during school going child with special emphasis on packed lunch.
4. Nutrition during adolescence
5. Nutrition during adulthood (Men and Women)
  - Sedentary work
  - Moderate work
  - Heavy work
6. Nutrition during old age
7. Nutrition during pregnancy
8. Nutrition during lactation

## Unit - II

### Sessional Work

1. Replace file
2. Menu planning note book
3. Preparation of an educational / recreational material for children (age up to 5 years)
4. Visit to nursery school

### Marks allotment :

Meal planning	8
Cooking & serving	10
Prepare Resource Material for pre school child	8
Viva-Voce	4
Sessional Work	10
<b>Total marks</b>	<b>40</b>