

**B.A. I Semester I Home Science Paper 1
Fundamentals of Nutrition and Human Development (Theory)**

Programme/Class: Certificate	Year: 1	Semester: 1
Subject: Home Science		
Course Code: A130101T	Course Title: Fundamentals of Nutrition and Human Development	
Course outcomes: The student at the completion of the course will be able to: <ul style="list-style-type: none"> ▪ Prepare the students to understand physiology based courses ▪ Students will get familiar with different methods of cooking ▪ Acquaint students with practical knowledge of nutrient rich foods • Explain the need and importance of studying human growth and development across life span • Identify the biological and environmental factors affecting human development. • Learn about the characteristics, needs and developmental tasks of infancy & early childhood years 		
Credits: 4	Core Compulsory / Elective	
Max. Marks: 25+75	Min. Passing Marks:	
Total No. of Lectures-60		
Units	Topic	No of Lectures
I	Traditional Home Science and its Relevance in current era Contribution made by Indian Home Scientists i.e. M Swaminathan, C V Gopalan, S K Day, Ravindra Nath Tagore etc.	03
II	Cell and Digestive System Respiratory and Cardiovascular system	10
III	Food and Nutrition Food- Meaning, Classification and function Nutrition- Concept of Nutrition Nutrients-Macro and Micro, sources and deficiency diseases.	09
IV	Cooking Methods- Methods, Advantages and Disadvantages Preservation of Nutrients while Cooking. Traditional methods of enhancing nutritional value of foods- germination, fermentation, food synergy etc.	08
PART B		
V	Introduction to Human Development: <ul style="list-style-type: none"> • Concept, Definition and need to study of Human Development • Domains, Stages and contexts of development Principles of Growth and Development Determinants of Development- heredity and environment	8

VI	Prenatal Development and Birth Process: <ul style="list-style-type: none"> • Conception, Pregnancy and Childbirth Stages of birth • Types of delivery (natural, c-section, breech, home vs. assisted delivery) • Physical appearance and capacities of the new-born • Factors affecting Pre-natal development. 	6
VII	Infancy: <ul style="list-style-type: none"> • Developmental tasks during Infancy and Preschool Stage. • Physical and Motor Development. • Social and emotional development • Cognitive and language development 	8
VIII	Early Childhood (Pre School) years: <ul style="list-style-type: none"> • Developmental Tasks during Early childhood. • Physical and Motor Development • Social and emotional development • Cognitive and language development 	8

Suggested Readings:

- Dr. Brinda Singh, Manav Sharir evam Kriya Vigyan Panchsheel Prakashan, Jaipur;2015 ,15th Ed.
- Chatterjee, C.C , “Human Physiology” Medical Allied Agency ; Vol I , II .
- Text Book of Biology for 10+2 Students (NCERT)
- Sumati R Mudami, “Fundamentals of food Nutrition and Diet Therapy” , New Age International Pvt. Ltd, New Delhi , 6th Ed. (2018)
- Punita Sethi and Poonam Lakda , “Aahar Vigyan, Suraksha evam Poshan” ; Elite Publishing House, New Delhi ;2015
- Dr. Anita Singh, AaharEvamPoshanVigyan, Star Publications, Agra
- Dr.DevinaSahai, AaharVigyan, New Age International Publishers, New Delhi
- Berk, L.E. *Child development* New Delhi: Prentice Hall (2005)(5th ed.).
- Berk L.E. *Child Development* Allyn and Bacon 1992 (6th) Edition.
- Keenan, T., Evans, S., & Crowley, K. *An introduction to child development*, Sage (2016)
- Hurlock E. *Child Development*.
- Aadhunik Vikasatmak Manovigyan , Shri Vinod Pustak Mandir Agra Edition 3rd 2015
 - Suggestive digital platforms web links-ePG-Pathshala, IGNOU & UPRTOU online study material
Svayam Portal
<http://hcecontent.upsdc.gov.in/Home.aspx>

This course can be opted as an elective by the students of following subjects: Open for all
The eligibility for this paper is 10+2 with any subject

Suggested Continuous Evaluation Methods:

- Seminar/ Presentation on any topic of the above syllabus
- Test with multiple choice questions/ short and long answer questions

Attendance

Course prerequisites: To study this course, a student must have had the subject ALL.. in class 12th.
The eligibility for this paper is 10+2 with any subject

Further Suggestions:

It widens the scope for students to join Government and Non-Government organization upskilling the people at different levels as per their socio-economic structure.

At the End of the whole syllabus any remarks/ suggestions:

B.A. I Semester I Home Science Paper 2
Cooking skills and healthy recipe development (Practical)

Programme/Class: Certificate	Year: 1	Semester: 1
Subject: Home Science (Practical)		
Course Code: A130102P	Course Title: Cooking skills and healthy recipe development	
Course outcomes: <ul style="list-style-type: none"> ▪ Students will get familiar with different methods of cooking ▪ Acquaint students with practical knowledge of nutrient rich foods 		
Credits: 2	Core Compulsory / Elective	
Max. Marks: 25+75	Min. Passing Marks:	
Total No. of Lab Periods-30 (60 hours)		
Unit	Topic	No. of lab. periods
I	Basic cooking skills - Weighing of raw materials - Preparing of different food items before cooking	06
II	Preparation of various dishes using different methods of cooking - Boiling /steaming - Roasting - Frying – Deep/shallow - Pressure cooking - Hot air cooking/Baking	08
III	Different styles of cutting fruits and vegetables - Salad Decoration/Dressings	06
IV	Preparation of nutrient rich dishes - Protein rich dish - Carbohydrate rich dish - Fat rich dish - Vitamins rich dish - Minerals - Fibers	10