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**MODIFIED CBCS CURRICULUM OF  
HOME SCIENCE HONOURS PROGRAMME**

**SUBJECT CODE = 08**

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FOR UNDER GRADUATE COURSES UNDER RANCHI UNIVERSITY



Implemented from  
Academic Session 2017-2020 & 2018-2021

COURSES OF STUDY FOR **GENERIC ELECTIVE 'B. A. Hons'** PROGRAMME IN**"HOME SCIENCE"****SEMESTER I****GENERIC ELECTIVE****1 Paper****Total 100 x 1 = 100 Marks****I. GENERIC ELECTIVE (GE 1)**

(Credits: Theory-04, Practicals-02)

- All Four Generic Papers (One paper to be studied in each semester) of Home Science to be studied by the Students of **Other than Home Science Honours**.
- Students of **Home Science Honours** must Refer Content from the **Syllabus of Opted Generic Elective Subject**.

**Marks : 75 (ESE: 3Hrs) + 25 (Pr 3Hrs)=100****Pass Marks: Th ESE = 30 + Pr ESE =10*****Instruction to Question Setter for******End Semester Examination (ESE):***

*There will be two group of questions. Group A is compulsory and will contain two questions. Question No.1 will be very short answer type consisting of ten questions of 1 mark each. Question No.2 will be short answer type of 5 marks. Group B will contain descriptive type six questions of fifteen marks each, out of which any four are to answer.*

*Note: There may be subdivisions in each question asked in Theory Examinations.*

**HUMAN NUTRITION****Theory: 60 Lectures****Unit-I: Basic Concepts in Nutrition**

- Relationship between food, nutrition and health
- Functions of food- Physiological, psychological and social

**Unit-II: Nutrients**

Functions, Recommended Dietary Allowances, dietary sources, effects of deficiency and/ or excess consumption on health of the following nutrients:

- Carbohydrates
- Lipids
- Proteins
- Fat soluble vitamins-A, D,E and K
- Water soluble vitamins – Thiamin, Riboflavin, Niacin, Pyridoxine, Folate, Vitamin B12 and Vitamin C

**Unit-III: Nutrition during Lifecycle**

Physiological considerations and nutritional concerns for the following life stage

- Adult man / woman
- Preschool children

**HOME SCIENCE LAB: GE 1 LAB:****60 Lectures**

- Identifying Rich Sources of the following Nutrients
- Protein, Iron, Calcium, Fiber, Vitamin A & C
- Introduction to Meal Planning
- Basic food groups & Planning nutritious diets /Snacks for Pre-school children

**Recommended Readings:**

- Srilakshmi B (2012). Nutrition Science.4th Revised Edition, New Age International Publishers.
  - Gopalan C, Rama Sastri BV, Balasubramanian SC (1989) Nutritive Value of Indian Foods. National Institute of Nutrition, ICMR, Hyderabad.
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**SEMESTER II****GENERIC ELECTIVE****1 Paper****Total 100 x 1 = 100 Marks****II. GENERIC ELECTIVE (GE 2)**

(Credits: Theory-04, Practicals-02)

**Marks : 75 (ESE: 3Hrs) + 25 (Pr 3Hrs)=100****Pass Marks: Th ESE = 30 + Pr ESE =10*****Instruction to Question Setter for******End Semester Examination (ESE):***

*There will be two group of questions. **Group A is compulsory** and will contain two questions. **Question No.1 will be very short answer type** consisting of ten questions of 1 mark each. **Question No.2 will be short answer type** of 5 marks. **Group B will contain descriptive type** six questions of fifteen marks each, out of which any four are to answer.*

*Note: There may be subdivisions in each question asked in Theory Examinations.*

**ENTREPRENEURSHIP FOR SMALL CATERING UNITS****Theory: 60 Lectures****Unit-I: Introduction to Food Service Units**

- Origin of Food Service units
- Kinds of food service units

**Unit-II: Menu Planning**

- Importance of menu
- Factors affecting menu planning

**Unit-III: Organization & Management**

- Principles of management
- Functions of management/ manager

**Unit-IV: Food Production Process**

- Food purchase and receiving
- Storage
- Food hygiene and sanitation

**HOME SCIENCE GE 2 LAB:****60 Lectures**

- Survey of food service units
- Planning menus for the following:
- Packed meals for office employees
- Nutritious tiffins for school children

**Recommended Readings:**

- West B Bessie & Wood Levelle (1988) Food Service in Institutions 6th Edition Revised By Hargar FV, Shuggart SG, & Palgne Palacio June, Macmillian Publishing Company New York.
- Sethi Mohini (2005) Institution Food Management New Age International Publishers

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**SEMESTER III****GENERIC ELECTIVE****1 Paper**

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**Total 100 x 1 = 100 Marks****III. GENERIC ELECTIVE (GE 3)**

(Credits: Theory-04, Practicals-02)

**Marks : 75 (ESE: 3Hrs) + 25 (Pr 3Hrs)=100****Pass Marks: Th ESE = 30 + Pr ESE =10*****Instruction to Question Setter for******End Semester Examination (ESE):***

*There will be two group of questions. Group A is compulsory and will contain two questions. Question No.1 will be very short answer type consisting of ten questions of 1 mark each. Question No.2 will be short answer type of 5 marks. Group B will contain descriptive type six questions of fifteen marks each, out of which any four are to answer.*

*Note: There may be subdivisions in each question asked in Theory Examinations.*

**CURRENT CONCERNS IN PUBLIC HEALTH NUTRITION****Theory: 75 Lectures; Tutorial: 15 Lectures****Unit-I: Nutritional problems affecting the community**

- Etiology, prevalence, clinical features and preventive strategies of-
- Overnutrition – obesity, coronary heart disease, diabetes
- Fluorosis

**Unit-II: Nutrition Policy and Programmes**

- Integrated Child Development Services (ICDS) Scheme, Mid day Meal Programme (MDMP), National programmes for prevention of Anaemia, Vitamin A deficiency, Iodine Deficiency Disorders

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**HOME SCIENCE LAB- GE 3 LAB:****60 Lectures**

Planning and evaluation of low cost nutritious recipes for preschoolers, school age children, adolescents, pregnant and nursing mothers.

- Planning and evaluation of low calorie nutritious recipes for weight management.
- Planning and conducting a food demonstration.

**Recommended Readings:**

- Bamji MS, Krishnaswamy K and Brahmam GNV (Eds) (2009). Textbook of Human Nutrition, 3rd edition. Oxford and IBH Publishing Co. Pvt. Ltd. New Delhi.
- Gibney MJ (2005). Public Health Nutrition.
- Vir S. (2011) Public Health Nutrition in developing countries. Vol 1 and 2 •
- ICMR (1989) Nutritive Value of Indian Foods. National Institute of Nutrition, Indian Council of Medical Research, Hyderabad.
- ICMR (2011) Dietary Guidelines for Indians – A Manual. National Institute of Nutrition, Indian Council of Medical Research, Hyderabad.

**SEMESTER IV****GENERIC ELECTIVE****1 Paper****Total 100 x 1 = 100 Marks****IV. GENERIC ELECTIVE (GE 4)**

(Credits: Theory-04, Practicals-02)

**Marks : 75 (ESE: 3Hrs) + 25 (Pr 3Hrs)=100****Pass Marks: Th ESE = 30 + Pr ESE =10*****Instruction to Question Setter for******End Semester Examination (ESE):***

*There will be two group of questions. Group A is compulsory and will contain two questions. Question No.1 will be very short answer type consisting of ten questions of 1 mark each. Question No.2 will be short answer type of 5 marks. Group B will contain descriptive type six questions of fifteen marks each, out of which any four are to answer.*

*Note: There may be subdivisions in each question asked in Theory Examinations.*

**CARE AND WELL BEING IN HUMAN DEVELOPMENT****Theory: 60 Lectures****Unit-I: Care and Human Development**

- Definition, concepts & relevance of care
- Vulnerable periods in life that require care
- Principles & components of care

**Unit-II: Well-being and Human Development**

- Concept of well-being-- physical, psychological, spiritual
- Factors & experiences that promote well-being

**Unit-III: Care & well-being at different stages of life**

- Childhood years
- Adolescence

**Unit-IV: Policies, Services & Programs**

- School health programs
- Nutrition & health for all

**HOME SCIENCE LAB- GE 4 LAB:****60 Lectures**

- Observations of children ( 1 infant, 1 toddler) to understand their care needs
- Interview of a mother of a school-going child to understand her perspective of care and child's well-being
- Interaction with two adolescents ( male, female) to explore their perspectives on well-being

**Recommended Readings:**

- Sriram, R. ( 2004). Ensuring infant and maternal health in India. In J. Pattnaik (Ed.). Childhood in South Asia: A critical look at issues, policies and programs. Conn.USA: Information Age.
- Singhi, P.( 1999). Child health & well-being: Psychosocial care within & beyond hospital walls. In T.S. Saraswathi (Ed.).Culture, socialization and human development. New Delhi: Sage..