



## SHIVAJI UNIVERSITY, KOLHAPUR

### REVISED SYLLABUS (SEMESTER PATTERN) FOR B.A. I – HOME SCIENCE

1. TITLE : B.A. Part I (Home–Science)  
Under Faculty of Science.
2. YEAR OF IMPLEMENTATION : Revised Syllabus (Semester Pattern) will be implemented from June 2013 onwards.
3. DURATION : B.A. I – Two Semester (One Year)
4. PATTERN OF EXAMINATION : Semester  
Practical– internal Examination
5. MEDIUM OF INSTRUCTION : English or Marathi.
6. STRUCTURE OF COURSE : B.A. Part – I  
Two Semesters  
Two Papers

Sr. No.	Paper No.	Semester	Name of the subject	Distribution of Marks		
				Theory	Practical	Total
1	I	I	Introduction of Home Science	40	10	50
2	II	II	Fundamentals of Food and Nutrition	40	10	50

7. SCHEME OF TEACHING :

Sr. No.	Paper No.	Semester	Name of the subject	Teaching Scheme		
				Theory Lectures / week	Practicals/ Lectures/ week/ batch	Total
1	I	I	Introduction of Home Science	2	2	4
2	II	II	Fundamentals of Food and Nutrition	2	2	4

8. SCHEME OF EXAMINATION:

- The examination shall be at the end of each semester.
- All papers shall carry 40 marks for Theory and 10 marks for practical.
- The evaluation of the performance of the students in theory shall be on the basis of semester examination as mentioned above.
- Question paper will be set in the view of the entire syllabus preferably covering each unit of the syllabus.
- Nature of question paper (Theory)
  - There will be one objective type question (multiple choice) having 5 marks.
  - One short note type question having 15 marks (Three short notes out of five)
  - One descriptive question having 20 marks. (Two out of Three)

- The evaluation of the performance of the students in practical shall be on the basis of internal evaluation at the end of each semester.
- Standard of Passing –
  - In order to pass in a theory paper and practical a candidate shall have to secure 35% marks in each theory and practical at the university examination. Candidate shall be declared to have passed the examination in pass class if he/she passes in all the eight papers.
  - A practical will be separate head of passing.
  - In order to secure IIInd class, a candidate shall have to secure at least 45% or more marks.
  - In order to secure Ist class, a candidate shall have to secure at least 60% or more marks.
  - In order to secure Ist class with distinction a candidate shall have to secure 70% or more marks.

### Equivalence of Papers

Old (Annual Pattern)		Revised (Semester Pattern)		
Paper No.	Title of the Paper	Paper No.	Semester	Title of Paper
I	Fundamentals of Food	I	I	Introduction to Home Science
II	Fundamentals of Nutrition	II	II	Fundamentals of Food and Nutrition

## B.A. I (HOME SCIENCE)

### SEMESTER – I

#### PAPER I – INTRODUCTION TO HOME SCIENCE

WORK LOAD	TOTAL MARKS: 50
THEORY : 2 LECTURES / WEEK	THEORY : 40
PRACTICAL : 2 LECTURES / WEEK/ BATCH	PRACTICAL : 10

(One batch of 20 students)

#### Objectives :

This course will enable the students

1. To familiarise the students with objectives and areas of Home Science
2. To acquaint with Home management and family resources.
3. To know functions of food and methods of cooking.
4. To introduce about textile and clothing.
5. To acquaint with aspects and stages of development.

#### COURSE CONTENT

##### THEORY

#### **Unit I -- INTRODUCTION TO HOME MANAGEMENT 08 1.**

Meaning, Objectives and Areas of Home Science.

2. Definition and Importance of Home Management
3. Home Management Process - Planning, Controlling and Evaluation
4. Family Resources- Definition, Characteristics and Classification

#### **Unit II -- INTRODUCTION TO FOOD AND NUTRITION 08**

1. Definition, Classification (according to Five Basic Food Groups) and Functions of food.

2. Methods of Cooking-

i) Objectives

ii) Methods - Boiling, Steaming, Pressure cooking, Frying, Roasting, Baking, Microwave and Solar

3. i) Definition of Nutrients, Antinutrients, Nutrition and Health

ii) Classification of nutrients

### **Unit III – INTRODUCTION TO TEXTILE AND CLOTHING 08**

1. Definition - Fibre, Yarn, Warp, Weft, Selvedge, Yarn count, Fabric count, Weaving, Felting, Knitting, Braiding, Finishes

2. Textile fibres - Classification and General characteristics of natural and man-made fibres

3. Importance and care of personal clothing

4. Factors influencing selection of clothing

### **Unit IV – INTRODUCTION TO HUMAN DEVELOPMENT 08**

1. i) Meaning and Importance of Human Development

ii) Aspects of development - Physical, motor, cognitive, emotional, social and moral

2. Principles of development

3. Stages of development

4. Factors affecting development - heredity, environment, endocrine glands, nutrition

**PRACTICALS :**

1. Observe, list out and classify the resources available in your family. **2**
  
2. Standard weights and standard **2**
  
3. Preparation of recipes using following cooking methods. (Any four) **4**  
Boiling / Steaming / Pressure cooking / Frying / Baking / Microwave / Solar
  
4. Identification of fibres, yarns, warp, weft, selvedge of the given fabric.  
(Any two) **1**
  
5. Identification of fabric - woven and non - woven (Felt, Knitted, Braided, lace, crochet). (Any two) **1**
  
6. Collection of literature related to Human Development. (Any five) **2**

**SCHEME OF INTERNAL EVALUATION OF PRACTICAL TOTAL MARKS 10**

1. Submission of Record Book **5 Marks**
  
2. Viva **5 Marks**

**References :**

- 1) B. Shrilakshmi :Food Science (second edition)  
New Age International (P) Ltd. Publishers,  
New Delhi.
- 2) Sumati R. Mudambi :Fundamentals of Food and Nutrition  
(third edition) Wiley Eastern Ltd., New Delhi.
- 3) Norman N. Potter :Food Science (fifth edition)  
Joseph H. Hotchkiss CBS Publishers and Distributors, New Delhi.
- 4) Nickel P., Dorsey J.M. :Management in family living  
Wiley of Eastern, New Delhi
- 5) Irma H. Gross, Elizabeth : Management for Modern Families  
Crandall, Marjonis Knoll Prentice Hall Inc, Englewood cliffs, New Jersey.
- 6) Dr. Kour H., Dr. C. Macneil:Theory and Practices of Home Management  
Subject Publication, New Delhi.
- 7) Maneesha Shukuil, Veena : Home Management And Family Finance  
Gandotra Dominant Publishers and distributors, New  
Delhi.
- 8) K. Thomas :Know about fabric and their manufacture  
Abhishek Publication, Chandigarh.
- 9) Sumitra Aggarwal :Textile and Laundry .Sristhi Book Distriution,  
New Delhi.
- 10) Lorbman B.P. :Textile Fibre to Fabric. McGraw Hill, New  
York
- 11) Durga Deulkar :Household Textile and Laundry work,  
Atmaram and sons, Delhi

- 12) Elizabeth Hurlock :Child Development.McGraw Hill Book Company Ltd., new Delhi. 1987
- 13) Laura E. Berk :Child Development. Prentice hall of India Pvt. Ltd., New Delhi (2007)
- 14) Elizabeth Hurlock :Development Psychology.McGraw Hill Book Company Ltd., new Delhi. 1980
- 15) Panna Akhani and Sushama Date :Text Book of Child Development
- 16) Sarojini Savarirayan : Child Development
- 17) डॉ. आशा निमकर, प्रा. क्षमा लिमये  
प्रगत गृहव्यवस्थापन,  
साहित्य प्रसार केंद्र, नागपूर
- 18) डॉ. भाग्यलक्ष्मी मुन्शी, डॉ. नंदिनी जठार  
गृहव्यवस्थापन, पिंपळापूरे अँड कं. पब्लीशर्स, कोल्हापूर
- 19) डॉ. मीना काळेले  
कौटुंबिक संसाधनांचे व्यवस्थापन आणि गृहसजावट,  
पिंपळापूरे अँड कं. पब्लीशर्स, नागपूर
- 20) डॉ. विद्या कोल्हटकर  
आधुनिक गृहव्यवस्थापन आणि गृहसजावट  
विश्व पब्लीशर्स अँड डिस्ट्रीब्युटर्स, नागपूर
- 21) त्रिवेणी फरकाडे, सुलभा गोंगे

कौटुंबिक संसाधनाचे व्यवस्थापन आणि गृहसजावट,  
पिंपळापुरे अँड कं. पब्लिशर्स, नागपूर

22) प्रा. सौ. सुनिता काळे (पवार)

वस्त्रशास्त्र

पवन प्रकाशन, परभणी

23) डॉ. प्रा. विमल अढाऊ

वस्त्रशास्त्र

महाराष्ट्र विद्यापीठ ग्रंथ निर्माती मंडळ, औरंगाबाद

24) डॉ. उज्वला वैरागडे, प्रा. अन्विता अग्रवाल,

वस्त्रशास्त्राची संकल्पना व फॅशन डिझाईनिंग,

विद्या बुक्स पब्लिशर्स, औरंगाबाद.

## **B.A. I (HOME SCIENCE)**

### **SEMESTER – II**

#### **PAPER II – FUNDAMENTALS OF FOOD AND NUTRITION**

WORK LOAD

TOTAL MARKS: 50

THEORY : 2 LECTURES / WEEK

THEORY : 40

PRACTICAL : 2 LECTURES / WEEK/ BATCH

PRACTICAL : 10

(One batch of 20 students)

**Objectives :**

This course will enable the students

1. To acquaint the students about selection of food, food security and innovative foods.
2. To develop awareness about food laws and food safety.
3. To know about role of nutrients in the body.
4. To introduce with assessment of nutritional status.

**COURSE CONTENT.**

**THEORY**

**Unit I - 1. Selection of food**

**08**

2. Food Security - Concept and importance

3. Methods of improving quality of food - Germination, Combination, Fermentation, Fortification and Enrichment.

4. Innovative food - Definition and types - salad dressing, fruits and vegetable decoration, fruit cocktail, food cuisines.

**Unit II - 1. Concept of Food contamination, food spoilage, food spoiling, food adulteration**

**08**

2. Concept of food allergy, common allergens and its consequences

3. Food safety measures

4. Food laws - FPO, PFA, AGMARK, ISI

**Unit III - 1. Functions, sources, RDA (for adults) and deficiency disorders of Carbohydrates. 08**

2. Functions, sources, RDA (for adults) and deficiency disorders of Proteins.

3. Functions, sources, RDA (for adults) and deficiency disorders of Fats.

4. Functions, sources, RDA (for adults) and deficiency disorders of Vitamin A, Calcium and Iron.

**Unit IV - 1. Concept of Dietetics, Community nutrition, Clinical nutrition, Biochemical nutrition. 08**

2. Concept and methods of assessment of nutritional status

i) Anthropometric measurements

ii) Dietary assessment

iii) Clinical examination

iv) Biochemical assessment - Hb level, glucose level and total cholesterol.

### **PRACTICALS :**

**1. Preparation of Innovative food (Any two) 04**

i) Salad decoration

ii) Fruit and vegetable decoration

iii) Fruit cocktail

**2. Calculation and preparation of nutrient rich recipe. (Any two) 04**

i) Energy / Protein

ii) Vitamin A

iii) Calcium / Iron

**3. Field visit / Study tour to Food Industry / Institute / Laboratory. And write a report. 04**

**SCHEME OF INTERNAL EVALUATION OF PRACTICAL TOTAL MARKS 10**

1. Submission of Record Book 5 Marks

2. Viva 5 Marks

**References :**

1) Dr. M. Swaminathan- Advanced Text book on Food and Nutrition,  
Vol. I, BAPPCO, Bangalore.

2) M. Reheena Begum - A Text book on Food, Nutrition and Dietetics,  
Serfing New Delhi.

- 3) M. E. Barasi - Human Nutrition : a health perspective,  
Arnold, New Delhi.
- 4) Subhangini Joshi - Nutrition And Dietetics, Tata McGraw-Hill  
Publishing Company Ltd., New Delhi.
- 5) सरल लेले - पोषण व आहारशास्त्र परिचय, पिंपळापुरे अँड कं.  
पब्लिशिंग, नागपूर
- 6) डॉ. आशा देऊस्कर - मानवी पोषण व आहारशास्त्राची मुलतत्वे,  
विद्या प्रकाशन, नागपूर.
- 7) मंगला कानगो - पोषण एवं पोषाहार  
पंचशील प्रकाशन, जयपूर