

Home Science

I Semester

BASHSC 131: Introductory Textiles

4 hours/week

Total 48 hours

Unit I

12 hours

Fibres: Classification, manufacturing processes, properties and use of Cotton, Linen, silk, Wool, Nylon, Rayon.

Yarn construction: Basic processes of yarn construction.

Cotton system, Filament yarns, staple yarns

Yarn twist, “s” and “z” twist, Yarn count, Amount.

Types of yarns- Simple yarns: Single yarn, Ply yarn, Cord yarn.

Novelty yarns: Slub, Flake, Spiral, Loop and Knot

Unit II

12 hours

Fabric construction: weaving

Parts of a loom and its functions.

Basic weaves: Plain, Twill, Stain, Sateen, Ribbed weave, Basket weave

Decorative weaves: Pile, Jacquard, Dobby, Leno.

Non woven textiles: knitting, braiding, netting, felting

Unit III

12 hours

Finishes: importance

Preliminary Treatment – Singeing, Bleaching.

Chemical finishes: Mercerizing, Creping, Fire proof finish, Crease Resistant, Water Proof and Water Repellent,

Mechanical finishes: Calendaring, Tentering, Weighting, Sizing, Glazing, Wrinkled effect, Embossing.

Unit IV

12 hours

Dyeing and Printing

Dying: Classification: Natural dyes, artificial dyes

Methods of dyeing: yarn, piece, stock, cross, solution

Printing: Block, roller, batik, tie and dye, screen, discharge Printing.

References

1. Dr. Navneet Kaur (2010) “Comdex Fashion Design “. Vol II, Dreamtech Press, New Delhi.
2. Dr. Sushma Gupta, Neeru Garg, Renu Saini (2003) “Text Book of Clothing and Textiles” Kalyani publishers. Ludhiyana, New Delhi
3. Durga Deulkar (2002), “Household Textiles and Laundry Work.”Atma Ram & sons Publishers
4. Corbmon Bernard P (1985), “Textiles Fibre to fabrics” N.Y Gregg division and McGraw Hill Book Co.
5. Joseph M.L (1981) “Introductory Textiles Science” Holt Ripen hart of Winston, New York
6. Hess, “Textile fibres and their use: 6th edition Oxford & IBH publishing Co. Pvt. Ltd., New Delhi, Bombay, Calcutta.

BASHSP 132: Introductory Textiles Practicals

3 hours/week

Total 36 hours

Identification of fibres

Weaves: samples of plain weave, satin weave, twill weave

Dyeing : tie and dye and batik

Basic stitches: Running stitch, Tacking stitch, Back stitch, Hemming, Over casting stitch.

Decorative stitches: Lazy Daisy, Outline stitch, Chain stitch, Blanket stitch, Herring bone stitch, French knot, Bullion, Satin, Cross stitch.

Construction process: Seams, plackets, fullness, edge finishes, Fastenings.

References

1. Dr. Mungal, R.S (2015), Textiles Fibre to Fabric, Satyam Publishers & Distributors, Jaipur.
2. Premalatha Mullick (2011) "Text Book of Home Science" Kalyani Publishers. New Delhi.
3. Dr. Navneet Kaur (2010) "Comdex Fashion Design". Vol II, Kogent Dreamtech Press New Delhi.
4. Dr. Sushma Gupta, Neeru Garg, Renu Saini (2003) "Text Book of Clothing and Textiles" Kalyani publishers. Ludhiyana, New Delhi
5. Ziffzer (1974)- Clothing Construction Practicals- Prasaranga Mysore University

Home Science

II Semester

BASHSC 181: Applied Textiles

4 hours/week

Total 48 hours

Unit I

12 hours

Aesthetics in Dress: Elements and principles of design with reference to clothing
Elements of design-line, texture, colour.
Principles of design- Balance, Formal and Informal, rhythm, proportion, emphasis, harmony.

Unit II

12 hours

Sewing equipment: Use and Care
Tools used in clothing construction, their maintenance, problems faced, remedies with reference to sewing machine
Taking body measurements, Drafting (importance) and pattern making.
Selection of fabrics: Clothing in relation to season, occasion, size and figure; figure problem and optical illusion

Unit III

12 hours

Good grooming:
Personal hygiene-poise and posture; care of clothing, laundering, soaps, detergents, laundry equipments, readymade clothes-advantages and disadvantages, guides for wise shopping

Unit IV

12 hours

Traditional Indian textiles and embroideries – Dacca muslin, baluchar buttedar, chandery saris, himrus & amrus, kalamdar, patola, bandhanies, punjabi phulkaries, chamba roomals, kanthas of Bengal, embroidery of Kashmir, chikankari.

References

1. Premalatha Mullick (2011) "Text book of Home Science" Kalyani Publishers. New Delhi.
2. Durga Deulkar (2002), "Household Textiles and Laundry Work." Atma Ram & sons Publishers
3. Corbmon Bernard P (1985), "Textiles Fibre to fabrics" N.Y Gregg division and McGraw Hill Book Co.
4. Mary, B. Cowan Martha E. Jungerman' Introduction to textiles; D.B Taraporvala Sons and Company Pvt. Ltd.
5. Hess, "Textile fibres and their use: 6th edition Oxford & IBH publishing Co. Pvt. Ltd., New Delhi, Bombay, Calcutta.

BASHSP 182: Applied Textiles Practicals

3 hours/week

Total 36 hours

- I Taking body measurements
- II Steps in pattern making
- III Parts of sewing machine
- IV Darning, patch work
- V Construction of A' line frock for a preschooler/ Saree Petticoat/Apron Drafting, tracing, Construction.

References

1. Dr. Mungal, R.S (2015),Textiles Fibre to Fabric, Satyam Publishers & Distributors, Jaipur.
2. Premalatha Mullick (2011) “Text book of Home Science” Kalyani Publishers. New Delhi.
3. Dr. Navneet Kaur (2010) “Comdex Fashion Design “. Vol II, Dreamtech Press New Delhi.
4. Ziffzer (1974) - Clothing Construction Practicals- Prasaranga Mysore University
5. Erwin, Mabul “Clothing for Moderns, “ N.Y Macmillan publications.
6. Wingate, “ Textile fabrics and their selection” Prentice Hall Englewood cliffs N.J

Home Science

III Semester

BASHSC 231: Principles of Food and Nutrition

4 hours/week

Total 48 hours

Unit I

12 hours

Terminology – nutrition, food health and nutrients: relationship between nutrition and health, classification of nutrients. Basic food groups and their contributions.

Unit II

12 hours

Cooking – objectives, methods-boiling, steam cooking, stewing, frying, baking, pressure cooking.

Improving nutritional quality of food – germination, fermentation, fortification

Unit III

12 hours

Nutrients:

Carbohydrates-classification, functions, sources

Proteins-classification, functions, sources, requirements, deficiency

Lipids- Classification, functions, sources, requirements, deficiency.

Minerals-Functions, sources, requirements and effects of deficiency of calcium, iron and iodine.

Vitamins-Functions, sources, requirements and effects of deficiency of

Fat soluble vitamins – A, D, E and K

Water soluble vitamins- thiamine, riboflavin, niacin and vitamin C.

Water-Biological importance of water, water balance, dehydration.

Unit IV

12 hours

Energy-Definition, unit of measurements, energy value of food.

Basal metabolism-definition, factors affecting it.

References

1. Srilakshmi (2014), ‘Dietetics’, New Age International Publishers, New Delhi
2. Williams, S. R. (1989): Nutrition and Diet therapy, 4th Edition. Mosly Co.,
3. M. Raheena Begum, Sterling Publications Pvt. Ltd., (1989) Text book of Food Nutrition Dietetics.
4. Robinson, C. H Lawler M. R., Chenoweth W.L and Garwick A. E (1986) Normal and Therapeutic nutrition 17th edition. Macmillan publishing co.
5. Swaminathan, M.S.(1985) Essentials of food and nutrition fundamental Aspects VII: Applied Aspects
6. Krause, M.V and Mohan L.K. (1986) Food Nutrition and Diet therapy
7. Hugher, C. Bennion M. (1970): Introductory Foods, 5th edition, Macmillan Company.

BASHSP 232: Principles of Food and Nutrition Practicals

3 hours/week

Total 36 hours

Weights and Measures

Methods of cooking: Boiling, Steaming and Frying, Dry heat cooking.

Plan, prepare and serve recipes rich in the following nutrients.

Protein, Calcium, Iron, Vitamin A, Thiamine, Vitamin C

References

1. Srilakshmi (2014), ' Dietetics', New Age International Publishers, New Delhi
2. M. Raheena Begum, Sterling Publications Pvt. Ltd, (1989) Text book of Food Nutrition & Dietetics.
3. Williams, S. R. (1989): Nutrition and Diet therapy, 4th Edition. Mosly Co.,
4. Robinson, C. H Lawler M. R., Chenowth W.L and Garwick A. E (1986) Normal and Therapeutic nutrition 17th edition. Macmillan publishing co.
5. Swaminathan, M.S.(1985) Essentials of food and nutrition fundamental Aspects VII: Applied Aspects

Home Science IV Semester

BASHSC 281: Nutrition through life cycle and Dietetics

4 hours/week

Total 48 hours

Unit I – Nutrition during pregnancy 12 hours
RDA, normal growth, weight gain, food guides, Supplementation, pica during pregnancy
Nutrition during lactation, nutritional requirements

Unit II – Nutrition during infancy (0-12 months) 12 hours
Dietary requirements, breast feeding, bottle feeding, weaning and introducing supplementary foods.
Nutrition during preschool age and adolescence.
Growth and development, requirements, formation of good food habits.

Unit III – Nutrition during old age. 12 hours
Dietary requirements.
Physical characteristics, psychological and Economical factors

Unit IV – Diet therapy 12 hours
Principles of diet therapy, Modification of normal diet to suit therapeutic needs.
Routine hospital diets-clear fluid, full fluid, soft diets
General causes, symptoms and dietary management of the following diseases.
Gastric and duodenal ulcers, Obesity, Diabetes mellitus

References

1. Srilakshmi (2014) ‘ Dietetics’, New Age International Publishers, New Delhi
2. Joshi,S.A.(1992): Nutrition and Dietetics, Tata McGraw Hill Publications, New Delhi.
3. M Raheena Begum, Sterling Publication Pvt Ltd., (1989) , Text Book of Food Nutrition and Dietetics
4. Wincent- Hegary, Houston, Texas (1988) Decision in Nutrition
5. Krause M. V. And Mohan L.K (1986) ‘Food Nutrition and Diet therapy’.
6. Robinson C.H. Lawler M. R. Chenoweth W. I and Garwick A. E. (1986) Normal and Therapeutic nutrition, 17th edn., Macmillan Publishing co,
7. Swaminathan M.S. (1985) Essentials of food and nutrition fundamental aspects VII. Applied aspects
8. Anderson.L.,Dibble, M.V. Tturkki. P.R., Mitchall. H.S., and Rynbergin,H.J.(1982): Nutrition in health and disease, 17th Ed., J.B, Lippincott & co. Philadelphia
9. Antia, F.P.(1973):Clinical Dietetics and Nutrition, Second edition, Oxford University Press, New Delhi.

BASHSP 282: Nutrition through life cycle and Dietetics Practicals

3 hours/week

Total 36 hours

- I Balanced diets – adolescent girl, Preschooler.
 - Planning
 - Preparing
 - Calculating
 - Serving
- II Planning, preparing and serving of the following diets
 - Fluid diets
 - Febrile conditions
 - Diabetes

References

1. Srilakshmi (2014) ‘ Dietetics’, New Age International Publishers, New Delhi
2. Joshi,S.A.(1992): Nutrition and Dietetics, Tata McGraw Hill Publications, New Delhi.
3. Williams S.R (1989), Nutrition and Diet Therapy, 4th Edn, Mosly Co.
4. Robinson C.H.Lawler M. R. Chenoweth W. I and Garwick A. E. (1986) Normal and Therapeutic nutrition, 17th edn., Macmillan Publishing co,
5. Swaminathan M.S. (1985), Essentials of food and nutrition fundamental aspects VII. Applied aspects

Home Science

V Semester

BASHSC 331: Life Span Development

3 hours/week

Total 36 hours

Unit I

9 hours

Introduction and objectives of child development
Principles of growth and development, heredity and environment.

Unit II

9 hours

Discomforts and complications during pregnancy, birth process, prenatal development.
Different stages in medical consultation.

Unit III

9 hours

The neonate- appearance, size, proportion and care.
Physiological functioning and behavioural patterns; infancy (from one month to two years)
Emotional development, Habit and habit formation, Social development
Preschool Child (2-6 years)
Physical growth and motor skills, Social behaviour, Intellectual development, Preschool child's vocabulary, Discipline and guidance of preschool child, Exceptional children
Nursery school- essentials of a nursery school building, equipment and personnel, programme in the nursery school, Values of play, parent education
Methods of child study
Types of preschools- creches, Anganwadies, day care centres, balwadies.

Unit IV

9 hours

School age.
Common health problems during age: Sore throat, colds and coughs, Flu, breathing problems, stomach ache, Dental caries, Oral and Ocular health, Bed wetting, Diarrhoea, Malaria
Role of immunization
Adolescence- physical change, interests and needs of the adolescents. Problems and adjustments

References

1. Saraswathi, T.S, & Kaur, B (1993): Human Development and family studies in India, New Delhi: Sage Publications, Unit VIII
2. Harries, A.C. (1986) Child Development St, Paul: West Pub. Unit I PP.5-17
3. Park J.E., Park K. (1985) "A Text book of Preventive & Social Medicine" M/S Banarsidas Bhanot publishers Jabalpur
4. Lerner, R.M. & Hultsch, F.(1983) Human Development: A life span Perspective. New York: Harper ANI Row, Unit I PP. 75-91, PP.117-140, unit II, unit IV
5. Bedi Yashpal (1980) "A Handbook of Social & Preventive Medicine" Anand publishing co. Amrithsar.
6. Gorden, I,J, (1975): Human Development, New York: Harper and Row, Unit I PP.2-21

BASHSP 333: Life Span Development Practicals

2 hours/week

Total 24 hours

- I Observation of different developments among children.
 - Physical development
 - Motor development
 - Emotional development
 - Language development
 - Intellectual development
- II Rhyme
- III Story telling
- IV Review of literature
- V Basic activities

References

1. Saraswathi, T.S, & Kaur, B (1993): Human Development and family studies in India, New Delhi: Sage Publications, Unit VIII
2. Harries, A.C. (1986) Child Development St, Paul: West Pub. Unit I PP.5-17
3. Lerner, R.M. & Hultsch, F. (1983) Human Development: A life span Perspective. New York: Harper ANI Row, Unit I PP. 75-91, PP.117-140, unit II, unit IV
4. Gorden, I,J, (1975): Human Development, New York: Harper and Row, Unit I PP.2-21

Home Science
V Semester
BASHSC 332: Interior Decoration and Etiquette

3 hours/week

Total 36 hours

Unit I

9 hours

Interior decoration- objectives

Types of design-structural and decorative

Types of motifs used in decorative design- naturalistic, stylized, geometric and abstract

Elements of art-line, form, colour, texture, pattern, light and space

Principles of design- balance, proportion, rhythm, harmony and emphasise their application in interiors.

Unit II

9 hours

Colour at home- qualities of colour-hue, value and intensity

Value scale-tints, shades, neutrals

Colour systems; prang colour system, munsell colour system

Standard colour combinations

Monochromatic, analogous, complementary, double complimentary, split complimentary, triad, tetrad.

Unit III

9 hours

Flower arrangement – selection of flowers, colour combination, aesthetics

Materials used

Styles of flower arrangement

Preparation and care of flowers

Unit IV

9 hours

Etiquette-meaning and introduction

Planning and organizing parties

Table setting

Introduction of guests and art of conversation

Table manners

Role of hostess

References

1. Pratap Rao (2005) Interior Design. Principles & Practice, Standard publishers and Distributors, New Delhi.
2. Seetharam Premavathi, Pannu, Parveen (2005) Interior Design & Decoration CBS. Publishers & Distributors, Bangalore.
3. Sarah, Faulkner (1979); Planning a House Rinehart and Winsten
4. Anna Hong Rutt,(1961), Home Furnishing, John Wiley Eastern Pvt. Ltd., New commerce
5. Goldstein and Goldstein; 'Art in everyday life' the Macmillan co.
6. Dorothy Sara; The collier quick and easy guide to etiquette', New York collier books.

BASHSP 334: Interior Decoration and Etiquette Practicals

2 hours/week

Total 24 hours

Illustrating and explaining structural and decorative Design, elements of design, principles of design, objectives of interior design

Painting colour wheel, value scale, neutrals, tints, shade. Standard colour schemes

Flower arrangements- styles and arrangements suited to different areas.

Making invitations- acceptance and rejection letters, note paper, placard, greeting card, thank you card, get well card and book mark

Table setting- formal and informal, napkin folding.

References

1. Varghese, Ogale and Srinivasan (1985), 'Home Management 'New Age International Limited , New Delhi
2. Sarah, Faulkner (1979); Planning a House Rinehart and Winsten
3. Anna Hong Rutt,(1961), Home Furnishing, John Wiley Eastern Pvt. Ltd., New Commerce
4. Goldstein and Goldstein; 'Art in everyday life' the Macmillan co.
5. Dorothy Sara; The collier quick and easy guide to etiquette', New York collier books.

Home Science

VI Semester

BASHSC 381: Human Development and Family Relations

3 hours/week

Total 36 hours

Unit I

9 hours

Marriage – concept of marriage in Indian society, types of marriage, Factors- Cultural, religious, economic considerations. Responsibility and adjustments in marriage.

Unit II

9 hours

Family- purpose and functions of family, types of family
Beginning family- preparation of parenthood, family with a newborn, family with preschooler, family with adolescents
Family at the launching stage- health problems, re organization of the family living
Family in the later years - health problems, relationship problems, decreased income, leisure time activities

Unit III

9 hours

Family crisis- death, old age, infidelity, separation, alcoholism, divorce,, adoption

Unit IV

9 hours

Family planning – temporary and permanent methods of family planning

References

1. Saraswathi, T.S. & Kaur, B (1993): Human Development and family studies in India
New Delhi: Sage Publications, Unit VIII
2. Craig, G (1999); Human Development N J. Prentice Hall
3. Park J.E., Park K. (1985) “A Text book of Preventive & Social Medicine” M/S Banarsidas Bhanot publishers Jabalpur
4. Lerner, R .M. & Hultsch, F. (1983): Human Development: A Life Span perspective New York: Harper and Row, Unit I PP. 75-91, PP 117-140, Unit II, Unit IV
5. Rice, F.P (1965) Human Development – A life span approach, N J Prentice Hall
6. Kapadia K.M (1966), Marriage and Family in India, Oxford University Press
7. Memoria C.B, Social Disorganization in India (1981), Kitab Mahal, Allahabad

BASHSP 383: Child Development Practicals

2 hours/week

Total 24 hours

- I. Participation with visual aids
 - Nature experience
 - Science experiments
 - Dramatization

- II. Creative Activities

References

1. Saraswathi, T.S. & Kaur, B (1993): Human Development and family studies in India
New Delhi: Sage Publications, Unit VIII
2. Craig, G (1999); Human Development, N J. Prentice Hall
3. Harries, A.C (1986): Child Development, St.Paul: West Pub. Unit I PP 5-17
4. Lerner, R .M. & Hultsch, F. (1983): Human Development: A Life Span perspective
New York: Harper and Row, Unit I PP. 75-91, PP 117-140, Unit II, Unit IV
5. Gorden, I.J (1978) Human Development, New York: Harper and Row, Unit I PP. 2-21
6. Rice, F.P (1965) Human Development – A life span approach, N J Prentice Hall

Home Science

VI Semester

BASHSC 382: Resource Management

3 hours/week

Total 36 hours

Unit I

9 hours

Meaning & processes of family resource management.

Decision making-steps, types of decisions

Resources –classification, characteristics and factors affecting use of resources.

Unit II

9 hours

Time as a resource –its importance, tools in time management

Household equipments –use and care

Unit III

9 hours

Energy –fatigue and types of fatigue.

Work simplification –definition, importance, techniques

Mundel’s classes of change.

Unit IV

9 hours

Money-income-types and ways of supplementing family income

Family budget- definition, limitations, advantages.

Steps in making a budget; maintenance of accounts. Account keeping methods.

Saving- need, saving institutions.

Consumer education -Rights, responsibilities, problems and protection.

References

1. Premalatha Mullick (2011) “Text Book of Home Science” Kalyani Publishers, New Delhi.
2. Bela Bhargava (2005) ‘Family Resource Management & Interior Decoration, University Book House (p) Ltd.
3. Sushma Gupta, Neeru Garg, Amita Aggarwal (1993)” Home Management Hygiene and Physiology” Kalyani Publishers. Ludhiyana.
4. Nickel, P.and Dorsey, J. M. (1986) Management in Living; 3rd edition, John Wiley & Sons New York.
5. Varghese, Ogale and Srinivasan (1985), ‘Home Management ‘New Age International Limited, New Delhi
6. Gross, Crandall & Kroll (1980)’ Management for Modern Families’ Prentice Hall, New Jersey.

BASHSP 384: Resource Management Practicals

2 hours/week

Total 24 hours

Techniques of work simplification

Flow process chart

Pathway chart

Drawing and evaluating kitchen plans –four (Standard)

One wall

Two walls

L shape

U shape

Drawing the above using computers.

Analysis of household budgets and accounts –budget plans for 3 income groups

Consumer aids: Brands, Labels, Trademarks, and Advertisements. (Beauty, Economy, Health)

References

1. Premalatha Mullick (2011) “Text Book of Home Science” Kalyani Publishers. New Delhi.
2. Bela Bhargava (2005) ‘Family Resource Management & Interior Decoration, University Book House (p) Ltd.
3. Nickel, P. and Dorsey, J. M. (1986) Management in Living; 3rd edition, John Wiley & Sons New York.
4. Varghese, Ogale and Srinivasan (1985), ‘Home Management ‘New Age International Limited , New Delhi
5. Gross, Crandall & Kroll (1980) ‘ Management for Modern Families, ’Prentice Hall, New Jersey.

Home Science (Elective)
I Semester

BASHSCE 133: Child Development

2 hrs/week

Total 24 hrs

UNIT I

12 hrs

- Child Psychology – Importance, development of individual, factors influencing growth and development of an infant.
- Child development – Meaning and importance, Characteristics of various stages,
Expected development tasks of childhood, Need and scope for studying child development.
- Factors influencing child development- Nutrition, Age, sex, psychological factors.

UNIT II

12 hrs

- Aspects of development – physical, motor, emotional, social, language, cognitive, moral, aesthetic.
- Children's ailments - crying, constipation, diarrhoea, convulsion, vomiting, fever, thrush, nappy rash, colic, flatulence, skin eruptions.
- Child rearing practices- Influence on the development of a child.

References:

1. Berk, Laura E. (2017), Child Development, Pearson India Education Services.
2. Premalata Mullick (2011), Text Book of Home Science, New Delhi, Kalyani Publishers.
3. Saraswathi T.S and Kaur B. (1993) Human Development and family studies in India, New Delhi. Sage Publications
4. Harries, A.C. (1986) : Child Development , St. Paul west Pub Unit 1
5. Learner and Jultsch (1983): Human Development: A Life span perspective, New York , McGraw Hill Book Co.
6. Gorden, I.J (1975): Human Development, New York: Harper and Row, Unit I

Home Science (Elective)
II Semester

BASHSCE 183: Clothing Construction

2 hrs/week

Total 24 hrs

UNIT I

12 hrs

- Fibre Classification – Cotton, silk, wool
- Fabric weaves - Types
- Dyeing and printing – dyeing at home, dyeing defects, colour fastness testing, printed fabrics imperfection.

UNIT II

12 hrs

- Sewing machine- Parts, threading the machine, aids to better sewing, its maintenance.
- Fabric requirement- Calculations, fabric required for various garments.
- Drafting and pattern making- necklines, collars, sleeves.

References:

1. Dr. Mungal, R.S (2015), Textiles Fibre to Fabric, Satyam Publishers & Distributors, Jaipur.
2. Premalata Mullick (2011), Text Book of Home Science, New Delhi, Kalyani Publishers.
3. Dr. Navneet Kaur (2010) “Comdex Fashion Design” Vol II , Dreamtech Press, New Delhi.
4. Durga Deulkar (2002), “Household Textiles and Laundry Work.”Atma Ram & sons Publishers
5. Ziffzer (1974) Clothing Construction Practicals – Prasaranga Mysore University

Home Science (Elective)
III Semester
BASHSCE 233: Resource Management and Interior Decoration

2 hrs/week

Total 24 hrs

UNIT I

12 hrs

- Resource Management- Definition, science and art, characteristics of resources, qualities of resource manager.
- Process of Resource Management.
- Motivating factors of Management – values, attitudes, standards, goals, examples.

UNIT II

12 hrs

- Interior decoration – Introduction
- Colour in the home & furniture arrangement.
- Floors – finishes and coverings.
- Lighting in the home.

References:

1. Premalatha Mullick (2011) “Text Book of Home Science” Kalyani publishers. New Delhi
2. Seetharam Premavathi, Pannu, Parveen (2005) Interior Decoration CBS. Publishers & Distributors Bangalore
3. Pratap Rao (2005) “Interior Design, Principles and Practice” Standard Publishers & Distributors, Delhi.
4. Bela Bharghava (2005) “Family Resource Management and Interior Decoration , University Book House (P) Ltd
5. Nickel P. and Dorsey J.M (1986) “Management in Family Living”, 3rd edition John Wiley and Sons New York
6. Varghese, Ogale & Srinivasan (1985) “Home Management” New Age International Limited, New Delhi
7. Gross and Crandall and Kroll (1980) “Management in Modern Families” Prentice Hall, New Jersey.
8. Anna Hong Rutt (1961) “Home Furnishing” John Wiley Eastern Pvt Ltd. New Commerce

Home Science (Elective) **IV Semester**

BASHSOE 283: Nutrition and Dietetics

2 hrs/week

Total 24 hrs

UNIT I 12 hrs

- Introduction to nutrition and dietetics.
- Effects of cooking on different food nutrients- carbohydrates, proteins, fats, mineral substance, vitamin.
- Food preservation – types of preservatives, methods of Food preservation
- Food adulteration – definition, commonly used adulterants in food groups and their detection methods.

UNIT II 12 hrs

- Meal planning – advantages and meal service
- Factors affecting meal planning
- Characteristics of balanced diet.
- Nutritional care-Adaptation of normal and therapeutic diets.

References

1. Srilakshmi (2014), Dietetics, New Age International Publishers, New Delhi
2. Premalata Mullick (2011), Text Book of Home Science, New Delhi, Kalyani Publishers.
3. Joshi S.A (1992), “Nutrition & Dietetics,” Tata Mc Graw Hill publications, New Delhi.
4. M. Raheena Begum (1986) “Text Book of Food Nutrition and Dietetics” Sterling publication Pvt. Ltd
5. Swaminathan M.S. (1985) “Essentials of food & nutrition fundamental aspects ”VII Applied aspects
6. Krause M.V, Mohan L.K ‘Food Nutrition and Diet Therapy’

SCHEME OF VALUATION

1. Six short answer questions (2 marks each). Three questions per unit.
Students should answer any five.

$$(5 \times 2 = 10)$$

2. Four descriptive questions with sub section (15 marks each). Two questions per unit. Students should answer any two.

$$(2 \times 15 = 30)$$