

CHOICE BASED CREDIT SYSTEM SCHEME AT UNDER-GRADUATE LEVEL

CBCS Scheme for Bachelors in Science / Arts (B. Sc. / B. A. General Programme) with Home Science (Elective) as a subject / discipline for 2020 & onwards:

| SEM | COURSE TYPE | TITLE OF COURSE | CREDITS | | | |
|----------------------|-------------|--|----------|-----------|------------|-----------|
| | | | LECTURES | TUTORIALS | PRACTICALS | TOTAL |
| I | HSC120C2 | HOME SCIENCE: FOOD AND NUTRITION | 4 | 0 | 2 | 6 |
| II | HSC220C1 | HOME SCIENCE: DYNAMICS OF COMMUNICATION AND EXTENSION | 4 | 0 | 2 | 6 |
| III | HSC320C1 | HOME SCIENCE: INTRODUCTION TO TEXTILE | 4 | 0 | 2 | 6 |
| IV | HSC420C4 | HOME SCIENCE: HUMAN DEVELOPMENT | 4 | 0 | 2 | 6 |
| V | HSC519D1 | HOME SCIENCE: RESOURCE MANAGEMENT (DSE-I) | 4 | 0 | 2 | 6 |
| | HSC519D2 | HOME SCIENCE: ENTERPRENEURSHIP FOR SMALL CATERING UNITS (DSE-II) | 4 | 0 | 2 | 6 |
| VI | HSC619D1 | HOME SCIENCE: PUBLIC NUTRITION AND DIETETICS (DSE-I) | 4 | 0 | 2 | 6 |
| | HSC619D2 | HOME SCIENCE: GENDER AND SOCIETY (DSE-II) | 4 | 0 | 2 | 6 |
| TOTAL CREDITS | | | | | | 36 |

1st SEMESTER

DISCIPLINE SPECIFIC COURSE (CORE)

HSC120C2: HOME SCIENCE (ELECTIVE): FOOD AND NUTRITION

(CREDITS: THEORY-4, PRACTICAL-2)

THEORY (4 CREDITS)

Unit I Basic Concepts in Food and Nutrition

- Basic terms used in study of food and nutrition
- Understanding relationship between food, nutrition and health
- Functions of food-Physiological, psychological and social

Unit II Nutrients

Functions, dietary sources and clinical manifestations of deficiency/ excess of the following nutrients:

- Carbohydrates, lipids and proteins
- Fat soluble vitamins-A, D, E and K
- Water soluble vitamins – thiamin, riboflavin, niacin, pyridoxine, folate, vitamin B12 and vitamin C
- Minerals – calcium, iron and iodine

Unit III Food Groups

Selection, nutritional contribution and changes during cooking of the following food groups:

- Cereals
- Pulses
- Fruits and vegetables
- Milk & milk products
- Eggs,
- Meat, poultry and fish
- Fats and Oils

Unit IV Methods of Cooking and Preventing Nutrient Losses

- Dry, moist, frying and microwave cooking
- Advantages, disadvantages and the effect of various methods of cooking on nutrients Minimizing nutrient losses

PRACTICAL

1. Weights and measures; preparing market order and table setting
2. Food preparation, understanding the principles involved, nutritional quality and portion size
 - **Beverages:** Hot tea/Coffee, Milk shake/ lassi, fruit based beverages
 - **Cereals:** Boiled rice, pulao, chapatti, parantha, puri, pastas
 - **Pulses:** Whole, dehusked
 - **Vegetables:** curries, dry preparations
 - **Milk and milk products:** Kheer, custard
 - **Meat, Fish and poultry preparations**
 - **Egg preparations:** Boiled, poached, fried, scrambled, omelettes, egg pudding
 - **Soups:** Broth, plain and cream soups
 - **Baked products:** Biscuits/cookies, cream cakes, sponge cake preparations, tarts and pies
 - **Snacks:** pakoras, cutlets, samosas, upma, poha, sandwiches
 - **Salads:** salads and salad dressings.

RECOMMENDED READINGS

- *Khanna K, Gupta S, Seth R, Mahna R, Rekhi T (2004). The Art and Science of Cooking: A Practical Manual, Revised Edition. Elite Publishing House Pvt Ltd.*
- *Raina U, Kashyap S, Narula V, Thomas S, Suvira, Vir S, Chopra S (2010). Basic Food Preparation: A Complete Manual, Fourth Edition. Orient Black Swan Ltd.*
- *Bamji MS, Krishnaswamy K, Brahmam GNV (2009). Textbook of Human Nutrition, 3rd edition.*
- *Oxford and IBH Publishing Co. Pvt. Ltd.*
- *Srilakshmi (2007). Food Science, 4th Edition. New Age International Ltd.*
- *Wardlaw and Insel MG, Insel PM (2004). Perspectives in Nutrition, Sixth Edition. Mosby.*
- *Chadha R and Mathur P (Eds). Nutrition: A Lifecycle Approach. Orient Blackswan, Delhi. 2015.*