

“Education for knowledge, Science and Culture”

Shikshanmaharshi Dr. Bapuji Salunkhe

Shri Swami Vivekanand Shikshan Sanstha's

**VIVEKANAND COLLEGE ( AUTONOMOUS ) KOLHAPUR**

B .A. PART –I CBCS Syllabus with effect from June 2018

**Semester : I Home –Science Paper I**

**Home Science - DSC -1023A  
Fundamentals of Food and Nutrition**

**Theory & Practical**

**Theory : 60 Hours (75 Lectures ) Credits - 04**

Sr. No.	Theory and Practical	Teaching hours	credits
Module 1	<b>Basic concepts in food and nutrition</b> <b>07</b> 1. □ Basic terms used in study of food and nutrition 2. Understanding relationship between food, nutrition and health 3. Functions of food <b>Practicals :</b> <b>08</b> 1. Weights and measures. 2. Terms used in food preparation, One serving concept. <b>A) Beverages:</b> Hot tea/coffee, Milk shake/lassi, fruit based beverages <b>B) Soups:</b> Broth, plain and cream soups	<b>15</b>	<b>1</b>
Module 2	<b>Food Groups</b> <b>07</b> Selection, nutritional contribution and changes during cooking of the following food groups:	<b>15</b>	<b>1</b>

	<ol style="list-style-type: none"> <li>1. □ Cereals</li> <li>2. Pulses</li> <li>3. Fruits and vegetables</li> <li>4. □ Milk &amp; milk products</li> <li>5. Eggs</li> <li>6. Meat, poultry and fish</li> <li>7. Fats and Oils</li> </ol> <p><b>Practicals</b> <span style="float: right;"><b>08</b></span></p> <p><b>A) Cereals:</b> Boiled rice/pulao, chapatti/paratha, puri  <b>B) Pulses:</b> Whole, dehusked  <b>C) Vegetables:</b> curries/ dry preparations  <b>D) Milk and milk products:</b> Kheer / custard</p>		
<b>Module 3</b>	<p><b>Nutrients</b> <span style="float: right;"><b>08</b></span></p> <p>Functions, dietary sources and clinical manifestations of deficiency/ excess of the following nutrients:</p> <ol style="list-style-type: none"> <li>1. Carbohydrates, lipids and proteins</li> <li>2. Fat soluble vitamins-A, D, E and K</li> <li>3. Water soluble vitamins – thiamin, riboflavin, niacin and vitamin C</li> <li>4. Minerals – calcium, iron, iodine and zinc</li> </ol> <p><b>Practicals</b> <span style="float: right;"><b>07</b></span></p> <p><b>A) Vit.A rich Dish</b>  <b>B) Thiamine (Vitamin B<sub>1</sub>)/ Vitamin C rich Dish</b>  <b>C) Iron / Calcium rich Dish</b></p>	<b>15</b>	<b>1</b>
<b>Module 4</b>	<p><b>Methods of Cooking and Preventing Nutrient Losses</b> <span style="float: right;"><b>08</b></span></p> <ol style="list-style-type: none"> <li>1. Dry, moist, frying and microwave cooking</li> <li>2. Advantages, disadvantages and the effect of various methods of cooking on nutrients</li> <li>3. Minimizing nutrient losses</li> </ol> <p><b>Practicals</b> <span style="float: right;"><b>07</b></span></p> <p><b>Methods of cooking –one practical each</b></p>	<b>15</b>	<b>1</b>

### RECOMMENDED READINGS:

1. 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 L
2. 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.
3. Bamji MS, Krishnaswamy K, Brahmam GNV (2009). *Textbook of Human Nutrition*, 3<sup>rd</sup> edition. Oxford and IBH Publishing Co. Pvt. Ltd.
4. Srilakshmi (2007). *Food Science*, 4th Edition. New Age International Ltd.
5. Wardlaw and Insel MG, Insel PM (2004). *Perspectives in Nutrition*, Sixth Edition. Mosby.
6. Chadha R and Mathur P (eds). *Nutrition: A Lifecycle Approach*. Orient Blackswan
7. Dr. M. Swaminathan- *Advanced Text book on Food and Nutrition*, Vol.I, BAPPCO, Bangalore.
8. M. Reheena Begum - *A Text book on Food, Nutrition and Dietetics*, Sering New Delhi. M. E. Barasi - *Human Nutrition: a health perspective*, Arnold, New Delhi. Subhangini Joshi - *Nutrition and Dietetics*, Tata McGraw-Hill Publishing Company Ltd., New Delhi.

**B .A. PART –I CBCS Syllabus**

**Semester : II Home –Science Paper II**

**Home Science - DSC – 1023B  
FAMILY RESOURCES MANAGEMENT**

**Theory & Practical**

**Theory : 60 Hours (75 Lectures ) Credits - 04**

<b>Sr. No.</b>	<b>Theory and Practical</b>	<b>Teaching hours</b>	<b>credits</b>
<b>Module 1</b>	<b>Introduction to Family Resource Management</b> 07 1) Concept of Management and family Management 2) Process of family resource management 3) Qualities of family management in Home Maker 4) Motivational factors in Management  <b>Practicals :</b> 08 1. Application of motivational factors of management in day to day life	<b>15</b>	<b>1</b>
<b>Module 2</b>	<b>Family Resources</b> 08 1) Concept ,classification and characteristics of family resources 2) Factors affecting on utilization of resources 3) Maximizing use of resources for conservation, concept of SWOC analysis for conservation of family analysis 4) Concept of Decision Making, Types of decision making  <b>Practicals :</b> 07 1. Identification and development of self as a resource SWOT analysis 2. Building Decision Making abilities through Management	<b>15</b>	<b>1</b>
<b>Module 3</b>	<b>Management of Specific Family Resources</b> 08 1) Time – Definition, classification, steps in management 2) Energy– Definition, classification, steps in management 3) Money– Definition, classification, steps in management	<b>15</b>	<b>1</b>

	<b>Practicals</b> 1. Preparation of time plans for self and family 2. Money and time management for self and family	<b>07</b>		
<b>Module 4</b>	<b>Functions of Management</b> 1) Decision Making - concept and types 2) Planning - concept and types 3) Supervising - concept and types 4) Controlling - concept and types 5) Organizing - concept and types 6) Evaluation - concept and types  <b>Practicals</b> 1. Event planning Management and evaluation - with reference to - Managerial Process	<b>07</b>          <b>08</b>	<b>15</b>	<b>1</b>

### RECOMMENDED READINGS

1. Koontz .H.and O'Donnel C,2005 Management – A systems and contingency analysis of managerial function New york: McGraw-Hill Book Company.
2. Kreitner.2009,Management Theory and Applications, Cengage Language Learning: India
3. Rao V.S. and Narayana P.S. Principles and Practices of Management,2007,Konark Publishers Pvt.Ltd.
4. Event Management and marketing by Gauri and Saggra, Vikas Publication



