

“ज्ञान, विज्ञान आणि सुसंस्कार यांसाठी शिक्षणप्रसार”

शिक्षणमहर्षी डॉ.बापूजी साळुंखे

Shri Swami Vivekanand Shikshan Sanstha's

**VIVEKANAND COLLEGE (AUTONOMOUS), KOLHAPUR**

B.A. PART –I CBCS Syllabus with effect from June 2021

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

**CBCS PATTERN**

1. TITLE : B.A. Part I (Home–Science)  
Under Faculty of Interdisciplinary
2. YEAR OF IMPLEMENTATION : New Syllabus (CBCS Pattern) (Semester Pattern) will be implemented from June 2021 onwards.
3. DURATION : B.A. I – Two Semesters (One Year)
4. PATTERN OF EXAMINATION : Semester (CBCS Pattern)  
Practical– Internal Evaluation
5. MEDIUM OF INSTRUCTION : English or Marathi.
6. STRUCTURE OF COURSE : B.A. Part – I  
Two Semesters  
Two Papers

## **Structure of Question Paper**

DSC (Core Papers 1 & 2)

Sem I & Sem II

Total Marks: 40

Time: 2 hrs

All the questions are compulsory

Q.1 Multiple Choice Questions	05
Q.2 Short note (Any 3 out of 5)	15
Q.3 Broad answer questions (Any 2 out of 3)	20

### **Practical Evaluation**

DSC (Core Papers 1 & 2)

Sem I & Sem II

Total Marks: 10

### **Internal Evaluation**

Q.1 Submission of Journal	05
Q.2 Viva	05

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KOLHAPUR

**Department of Home Science**

**B.A. Part I Sem. I**

**DSC (Core Paper I)**

**Fundamentals of Food Science and Nutrition**

**Course Outcome:**

**Student will be able to :**

- relate between food, nutrition and health
- explain the food groups, nutritional contribution and physical changes during cooking
- identify nutrients and understand their functions, dietary sources and deficiencies
- choose methods of cooking for preventing nutrient losses in cook

**Theory**

**Module 1**

**Understanding food and Nutrition**

**07**

1. Basic terms used in study of food and nutrition
2. Understanding relationship between food, nutrition and health
3. Functions of food

**Module 2**

**08**

**Food Groups**

- 1 Basic five food groups
- 2 Selection and nutritional contribution of the following food groups:
  1. Cereals
  2. Pulses
  3. Fruits and vegetables
  4. Milk & milk products

5. Eggs
6. Meat, poultry and fish
7. Fats and Oils

### **Module 3**

#### **Methods of cooking with advantages and disadvantage**

**07**

1. Moist heat : Boiling ,Steaming, Pressure cooking
2. Dry heat : Roasting ,Baking
3. Frying: Deep and Shallow frying
4. Resent trends: Microwave cooking

### **Module 4**

#### **Nutrients**

**08**

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

1. Carbohydrates, lipids and proteins
2. Fat soluble vitamins-A, D, E and K
3. Water soluble vitamins – thiamine, riboflavin, niacin and vitamin C
4. Minerals – calcium, iron, iodine and zinc

### **Practical**

**Teaching Hours: 30**

1. Weights and measures.
2. Terms used in food preparation, serving concept.
  - A) Beverages: tea/coffee / Milk shake / lassi, fruit based beverages
  - B) Soups: Broth, plain and cream soups
3. Plan and Prepare Nutrient rich recipe of the following with nutritive value calculations and cooking Method
  - A) Vit. A
  - B) Thiamine (Vitamin B<sub>1</sub>)/ Vitamin C
  - C) Iron / Calcium

4. Understanding the principles involved in food preparation.
- A) Cereals: Boiled rice / pulao/ chapatti /paratha / puri
  - B) Pulses: Whole / dehusked
  - C) Vegetables: curries / dry preparations
  - D) Milk and milk products: Kheer / custard

### **Method of Evaluation: Internal Evaluation of Practical**

- Q.1 Submission of Journal – 5 Marks
- Q.2 Viva – 5 Marks

### **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*, Seriting 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.

9. . Dr. Molavane Manjusha S.(2016). Annache Vidnyan- Poshhan  
Shastra(Marathi): Aatmbhan Prkashan, Hingoli. .

**10.**Farkade Triveni and Gonge Sulabha (2010). Poshan Aani  
Aaharshastra(Marathi) Pimpalpure and co. Publishers, Nagpur.

11 Waghmare-Naik, Shobha(2008): Poshan Aani Aahar (Marathi), Vidya Books  
Publishers, Aurangabad

- 1) Money: Meaning, sources, ways of improving money income
- 2) Time: Concept, Classification, importance and Characteristic
- 3) Energy: Concept Classification and Importance

#### **Module 4**

#### **Functions of Management : An overview**

**08**

- 1) Decision Making – Meaning, steps and Importance
- 2) Planning – Meaning, Steps Characteristics and advantages
- 3) Controlling- Meaning, Steps and importance
- 4) Evaluation – Meaning, types and advantages

#### **Practical**

**Teaching Hours: 30**

1. Application of motivational factors of management in day to day life
2. Identification and development of self as a resource, SWOC analysis
3. Observation, listing and classification of resources available in family
4. Preparation of time plans for self and family
5. Event planning, Management and evaluation - with reference to -  
Managerial Process

#### **Method of Evaluation: Internal Evaluation of Practical**

- Q.1 Submission of Journal – 5 Marks
- Q.2 Viva – 5 Marks

#### **RECOMMENDED READINGS**

1. Koontz .H.and O'Donnell 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. Farkade Triveni and Gonge Sulabha (2005). Kautumbik Sawsadhannche Vyasthapan ani Gruhsajawat (Marathi), Pimpalapur and co. Publishers, Nagpur.

5. Kadalkar Leena (2012) Graharthashastrachi Multatave (Marathi) Vidya prakashan Nagpur
6. Gaikwad Joyti (2001) Graharthashastra va GruhVyasthapan Mangesh Prakashan Nagpur
7. Munshi Jathar (2001) GruhVyasthapan Pimpalapur and co. Publishers, Nagpur.
8. Limaye Ksham (1989) GruhVyasthapan ani Gruhkala Vidya prakashan Nagpur