



“Education for Knowledge, Science and Culture”
-Shikshahmaharshi Dr.Bapuji Salunkhe
Shri Swami Vivekanand Shikshan Sanstha s
VIVEKANAND COLLEGE, KOLHAPUR
(AUTONOMOUS)



Syllabus

Home Science

B.A Part I (NEP)

With effect from July 2023



“ज्ञान, विज्ञान आणि सुसंस्कार यांसाठी शिक्षण प्रसार”

शिक्षणमहर्षी डॉ. बापूजी साळुंखे

Shri Swami Vivekanand Shikshan Sanstha's

VIVEKANAND COLLEGE (AUTONOMOUS), KOLHAPUR

B.A. PART –I NEP Syllabus with effect from July 2023

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

NEP PATTERN

1. TITLE : B.A. Part I (Home–Science)
Under Faculty of Interdisciplinary
2. YEAR OF IMPLEMENTATION : New Syllabus (NEP2020 Policy) (Semester Pattern)
will be implemented from July2023onwards.
3. DURATION : B.A. I – Two Semesters (One Year)
4. PATTERN OF EXAMINATION : Semester ((NEP Pattern)
Practical– Internal Evaluation
5. MEDIUM OF INSTRUCTION : English or Marathi.
6. STRUCTURE OF COURSE : B.A. Part – I
Two Semesters



Structure of Question Paper

DSC Major Papers I and Minor Paper -I

All the questions are compulsory.

Q.1 Multiple Choice Questions	5
Q. 2 Short note (Any 3 out of 5)	15
Q. 3. Solve following questions (Any 2 out of 3)	20

Internal Evaluation & Practical Evaluation

DSC Major Papers I and Minor Paper -I

Total Marks: 10

Internal Evaluation

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



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Department of Home Science
B.A. Part I Sem. I
NEP 2020 Level 4.5
DSC (Major Paper I)
Fundamentals of Food Science and Nutrition

Total Credits: 4
Theory: 3 credits
Practical: 1 credit

Workload:
Theory: 3 Lectures per week
Practical: 2 Lectures Per week

Course Outcomes

Student will be able to:

- CO 1: Describe between food, nutrition and health
CO 2: Articulate the food groups, nutritional contribution and physical changes during cooking
CO 3: Define nutrients and understand their functions, dietary sources and deficiencies
CO 4: Analyze methods of cooking for preventing nutrient losses in cook

Theory

Module 1

Understanding food and Nutrition

05

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

Module 2

10

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 10

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 20

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 B₁)/ 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*, 3rd 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.
9. M. E. Barasi - Human Nutrition: a health perspective, Arnold, New Delhi.
10. Subhangini Joshi - Nutrition and Dietetics, Tata McGraw-Hill Publishing Company Ltd., New Delhi.
- 11.. 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



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Department of Home Science

B.A. Part I Sem. I
NEP2020 Level 4.5
DSE (Minor Paper I)

Introduction to Food Science and Nutrition

Total Credits: 4
Theory: 3 credits
Practical: 1 credit

Workload:
Theory: 3 Lectures per week
Practical: 2 Lectures Per week

Course Outcome:

Student will be able to :

- CO 1: Describe between food, nutrition and health
- CO 2: Articulate the food groups, nutritional contribution and physical changes during cooking
- CO 3: Define nutrients and understand their functions, dietary sources and deficiencies
- CO 4: Analyze methods of cooking for preventing nutrient losses in cook

Total Credits: 4

Theory

Module 1

Understanding food and Nutrition

05

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

Module 2

10

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 10

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

Module 4

Nutrients 20

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

5. Carbohydrates, lipids and proteins
1. Fat soluble vitamins-A, D, E and K
2. Water soluble vitamins – thiamine, riboflavin, niacin and vitamin C
3. 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 B₁)/ 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:

- 12.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
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- 14.Bamji MS, Krishnaswamy K, Brahmam GNV (2009). *Textbook of Human Nutrition*, 3rdedition. Oxford and IBH Publishing Co. Pvt. Ltd.
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- 17.Chadha R and Mathur P (eds). *Nutrition: A Lifecycle Approach*. Orient Blackswan
- 18.Dr. M. Swaminathan- *Advanced Text book on Food and Nutrition*, Vol.I, BAPPCO, Bangalore.



- 19.M. Reheena Begum - A Text book on Food, Nutrition and Dietetics, Serling
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- 20.M. E. Barasi - Human Nutrition: a health perspective, Arnold, New Delhi.
21. Subhangini Joshi - Nutrition and Dietetics, Tata McGraw-Hill Publishing
Company Ltd., New Delhi.
- 22.. 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.
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Publishers, Aurangabad



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B.A. Part - I Semester I

NEP 2020 Level 4.5

VSC-I

Bakery Science

July 2023 onwards

TOTAL CREDITS: 02

THEORY: 01

PRACTICAL: 01

Total Marks – 25

Workload: 2 lectures per week

Theory: 1 Lectures per week

Practical: 2 Lectures per week per batch

Course Outcomes:

Students will be able to

CO 1: Acquire knowledge of bakery Science.

CO 2: Apply the bakery skills and decoration skills.

CO 3: Acquaint the techniques of cake, pastry and cookies.

CO 4: Acquire entrepreneurship skills to start their own start up in bakery industry.

THEORY

THEORY LECTURES : 15

Module I : Bakery

15

1.1 Scope and importance of Bakery industry

1.2 Use of Food material and quality required for baking

1.3 Instruments and Equipment required for baking.

PRACTICAL

PRACTICAL LECTURES : 30

1. Weights and measures of raw material.

2. Preparation Sensory evaluation of cakes ,Pastries and cookies

3. Cakes

Plain cake

Chocolate cake /fruit cake with icing

Muffins



4. Pastries

Plain Pastries

Chocolate Pastries /fruit Pastries

5. Cookies

Nankhatai

Coconut Cookies/ Chocolate Cookies

References:

- Dubey SC Basic Baking Science and Craft Society of Indian Bakers ,Delhi 2007.
- Encyclopedia of Food Science and Technology ,Academic Press.1993.
- Khanna K Gupta s, Seth R, Mahana R, Rekhi T. The Art and Science of Cooking Phoenix Publishing House Private Limited ,Delhi.2004.
- डॉ.सय्यद रिझवान आधुनिक बेकरी तंत्रज्ञान
- वसंत धोत्रे, कदम, केकचे प्रकार,केक आयसिंग व केक सजावट
- वसंत धोत्रे, सुलभ बेकरी व्यवसाय



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B.A. Part - I Semester I

NEP 2020 Level 4.5

IKS

Indian Traditional cuisine

July 2023 onwards

Total Credits: 2

Total Marks 25

Workload: Theory: 2 Lectures per week

Teaching Hours: 30

Course Outcome:

By the end of this course, students will be able to:

CO 1: Acquire the knowledge about traditional Indian food and it's rich food culture

CO 2: Understand food cuisine and cooking style of various states of India

CO 3: Analyze internationally Famous food recipes of India

CO 4: Understand use and importance of spices in Indian Cuisine

Module 1: Indian Cuisine

15

- History of Indian Traditional cuisine
- Indian food culture
- Indian Spices / Masale
- Indian Traditional Sweets

Module 2: State traditional Cuisine

15

- Eastern state cuisine (Assam)
- Western state cuisine (Maharashtra)
- Southern state cuisine (Karnataka)
- Northern state cuisine. (Panjab)
- Central state cuisine (Madhya Pradesh)

Reference books:

- कोत्तावार निशा - भारतीय खाद्य संस्कृती, मंगेश प्रकाशन, नागपूर
- वाघमारे शोभा - पोषण आणि आहार, विद्या बुक्स पब्लिशर्स, औरंगाबाद
- फरकाडे, गोंगे - पोषण आणि आहारशास्त्र, पिंपळापुणे अॅन्ड कंपनी पब्लिशर्स, नागपूर
- लेले सरल - अन्नशास्त्र व पोषण शास्त्र, पिंपळापुणे अॅन्ड पब्लिशर्स, नागपूर
- गोडबोले कमला - महाराष्ट्रीयन खास पदार्थ, साठे प्रकाशन, पुणे
- दिवेकर ऋतुजा - इंडियन सुपर फूड्स, अमेय इनस्पारींग, पुणे
- Khosala Anju - Culture and household cookery, Discovery publishing house, New Delhi

