

FACULTY OF SCIENCES

SYLLABUS

For

Bachelor of Arts (Semester I-VI)

(Under Continuous Evaluation System)

(12+3 System of Education)



Session: 2021-22

The Heritage Institution

KANYA MAHA VIDYALAYA

JALANDHAR

(Autonomous)

SCHEME AND CURRICULUM OF EXAMINATIONS OF THREE YEAR DEGREE PROGRAMME

Bachelor of Arts (HOME SCIENCE)

(Session: 2021-2022)

Semester I

Course Name	Program Name	Course Code	Course Type	Marks				Examination time (in Hours)
				Total	Ext.		CA	
					L	P		
Home Science(Family Resource Management & Hygiene)	Bachelor of Arts	BARM-1284	E	100	60	20	20	3+3

E- ELECTIVE

Bachelor of Arts
SEMESTER-I
HOME SCIENCE
(Theory)

FAMILY RESOURCE MANAGEMENT & HYGIENE
COURSE CODE: BARM-1284

Time: 3 Hours

Max. Marks: 100
Theory Marks: 60
Practical Marks: 20
CA: 20

Instructions for the Paper Setter: Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section. Each question is of 12 marks.

CONTENT

Unit-I

- Home : Meaning and importance of Home Science
- Functions of Home: Renting v/s owning
- Selection of site, soil, locality for a house
- Principles of planning a house, orientation aspect, prospect, privacy, roominess, grouping, flexibility, circulation, sanitation, furniture requirement and practical considerations.

Unit -II

- Elements of Art: line, form, shape, texture, size.
- Principles of Art in relation to interior decoration, Harmony, Balance, Rhythm, Proportion and Emphasis.
- Color
 - a) Characteristic of color
 - b) Color wheel
 - c) Color schemes
 - d) Use of color in Int. Decoration for various rooms.

Unit -III

- Hygiene
 - a) Definition of hygiene.
 - b) Definition of infection, sources, carrier and control.
 - c) Definition and types of Immunity
- Causes and Spread of following Diseases
 - a) Caused by insects–malaria, dengue.
 - b) Conveyed by ingestion–Enteric fever, Jaundice, Dysentery, and Diarrhoea.
 - c) Spread by droplet infection, chicken pox, measles, and mumps, tuberculosis.
 - d) Sexually transmitted diseases–AIDS.

Unit-IV

- Food Hygiene
 - a) Food Hygiene – Definition
 - b) Hygiene during preparation, service and storage of food.
 - c) Food poisoning, causes and prevention.
 - d) Purification and storage of Water for home.

Book References:

- Family Resource Management & Health Science by Dr. Rajwinder K. Randhawa.
- Family Resource Management by Dr. Sushma Gupta, Amita Aggarwal, Neeru Garg.
- Textbook of Home Science by Mrs. Harinderpal Kaur , Mrs. Sudesh Sehgal(AP Publishers)

SEMESTER-I

FAMILY RESOURCE MANAGEMENT

(Practical)

COURSE CODE : BARM-1284

COURSE OUTCOMES

Co (1) - To enable them clean and unpolished households metals

Co (2) - To enable them to use color schemes for preparing texture sheets.

CO (3) - To Give Practical knowledge about floor decoration of alpana, rangoli for different occasions.

SEMESTER-I
HOME SCIENCE
FAMILY RESOURCE MANAGEMENT
(Practical)
COURSE CODE: BARM-1284

Time: 3 Hours

Marks:20

- Cleaning & polishing of household metals, brass, copper, silver, gold, aluminum, iron, steel, non stick pans, plastic.
- Color Wheel.
- Color Schemes– Monochromatic, Analogous, Complementary. Prepare any five texture sheets using Fevicol, Spray, Stencil, Thread, Pulling, Crayons marbling etc.
- Floor decoration of Alpana & Rangoli for different Occasions.

Instruction for the practical examiner:

There will be three questions from the following topics:

Cleaning of metal.

Color schemes/textured sheet.

Rangoli/alpana

File and viva

Note: One Practical group will consist of 15 students.

Bachelor of Arts
Scheme of Studies and Examination
Home Science

Home Science								
Semester II								
Course Name	Program Name	Course Code	Course Type	Marks				Examination time (in Hours)
				Total	Ext.		CA	
					L	P		
Home Science	Bachelor of Arts	BARM-2284	E	100	60	20	20	3+3

E-Elective

Bachelor of Arts
SEMESTER-II

FAMILY RESOURCE MANAGEMENT AND PHYSIOLOGY (THEORY)

COURSE CODE: BARM-2284

COURSE OUTCOMES

Upon completion of this course the student should be able to

CO (1) – To understand the steps involved in management process.

CO (2) - To understand the basic considerations while selecting furniture.

CO (3) – To understand the different types of income, budget, its advantages and limitations.

CO (4) – To understand the principles of work simplification.

CO (5) – To develop understanding about circulatory system and digestive system its structure and working.

CO (6) – To understand the working of male and female sex organs and there functions.

CO (7) – To develop understanding about the structure and functions of lungs, kidney and skin.

Bachelor of Arts
SEMESTER-II
HOME SCIENCE
(THEORY)

FAMILY RESOURCE MANAGEMENT AND PHYSIOLOGY

COURSE CODE - BARM - 2284

Max. Marks: 100

Time: 3 Hours

Theory Marks: 60

Practical Marks: 20

CA: 20

INSTRUCTIONS FOR THE PAPER SETTER

Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section.

CONTENTS

Unit - I

Meaning & Definition of Home Management. Steps in management process

Furniture: Basic considerations while selection of furniture.

Flower Arrangement: Types, Essential equipment used in flower arrangement, Selection of material, Application of elements and principles of Art in Flower Arrangement

Unit - II

Resources: Classification of resources, Human & Nonhuman, Factors affecting the use of resources.

Money Management: Types of income, Budget, its advantages and limitations. Planning of Budget. Means of supplementing family income.

Time: Steps in making plans, tools in time management—peak loads, work curves, rest periods.

Energy Management:

- Introduction
- Fatigue—types causes and effects of fatigue
- Principles of work simplification

Unit-III

Circulatory System

- Blood and its composition
- Coagulation of blood
- Structure and functions of heart.

Digestive System: Structure and functions of the alimentary canal.

Unit-IV

Reproduction system—male and female sex organs and their functions.

Structure & Functions of lungs, kidney & skin.

Bachelor of Arts.

SESSION (2021-22)

SEMESTER-II

FAMILY RESOURCE MANAGEMENT

(PRACTICAL)

COURSE CODE: BARM-2284

COURSE OUTCOMES

CO (1) - To demonstrate the working and cleaning of household equipments

CO (2) - To arrange (flowers fresh and dry) according to the principles and elements of design

CO (3) - To develop artistic techniques in glass, pot paintings and utility articles

Bachelor of Arts
SESSION (2021-22)
SEMESTER-II
HOME SCIENCE
FAMILY RESOURCE MANAGEMENT
(PRACTICAL)
COURSE CODE - BARM - 2284

Time: 3 Hrs.

Marks: 20

1. Cleaning of window pane, Refrigerator, Food Processor, Microwave, and Gas Burner, cooking range.
2. Flower Arrangements– Fresh & Dry Arrangement.
3. Table Manners, Table setting and Napkin Folding.
4. Craft workshop – Glass Painting, pot painting, utility article like bag, magazine holder pot holder etc.
5. To prepare any article using the above techniques.

Instructions for the Practical Examiner:

There will be 2 questions from the following topics:

- a. Fresh flower arrangement
- b. Preparation of utility/decorative article
- c. Files and schemes
- d. Viva

Bachelor of Arts (Session 2021-22)

Scheme of Studies and Examination

Home Science

Home Science Semester III								
Course Name	Program Name	Course Code	Course Type	Marks				Examination time (in Hours)
				Total	Ext.		CA	
					L	P		
Home Science (Clothing Textiles Part I)	Bachelor of Arts Semester III	BARM-3284	E	100	60	20	20	3+3

E-Elective

Bachelor of Arts (Home Science)

SEMESTER–III

(SESSION: 2021-2022)

CLOTHING TEXTILES (PART–I)

(THEORY)

COURSE CODE: BARM-3284

COURSE OUTCOMES

CO (1): to discuss different equipments for fabric construction.

CO (2): to get the insight of sewing machine, its care and common defects.

CO (3): To understand the classification and manufacturing of textile fibers.

CO (4): To get the concept of application of color on fabric.

CO (5): To discuss different types of printing and method of washing.

Bachelor of Arts
SEMESTER–III (SESSION: 2021-2022)
HOME SCIENCE
CLOTHING TEXTILES (PART–I)
(THEORY)
COURSE CODE: BARM-3284

Time: 3 Hours

Max. Marks:100

Theory Marks: 60

Practical Marks: 20

CA: 20

- **Instructions for the Paper Setters:** Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).
- Candidates are required to attempt five questions, selecting at least one question from each section.
- The fifth question may be attempted from any Section.
- Each question is of 12 marks.

CONTENTS

UNIT-I

- Equipments & supplies in clothing: Construction—their use & care
- Sewing Machine:
 - (a) Parts of Sewing Machine and its accessories
 - (b) Common defects in sewing machine and their remedies
 - (c) Care of Sewing Machines

UNIT II

- Recording of Body measurements. Care to be taken while taking body measurement.
- Different methods of developing a design—Drafting, Pattern making, Draping (in brief) their advantages and disadvantages.

UNIT III

- Classification of textile fibers
- Manufacture (in Brief) & properties of different fibers. a) Cotton b) Linen c) Silk d) Wool e) Nylon f) Polyester g) Rayon Viscose & Acetate

UNIT IV

- Application of color on fabric Dyeing—simple dyeing of cotton Resist Dyeing—Tie Dye and Batik Printing. a) Block Printing. b) Screen Printing. c) Roller Printing
- Methods of Laundry/Washing.

References:

- Sushma Gupta, Neeru Garg – Textbook of clothing, textiles and laundry
- Dr. Rajwinder K. Randhawa – Clothing, textiles and their care

Bachelor of Arts (Home Science)

SEMESTER–III (SESSION: 2021-2022)

CLOTHING TEXTILES (PART–I)

(Practical)

COURSE CODE: BARM-3284

COURSE OUTCOMES

CO (1): To make basic hand and machine stitches and seams.

CO (2): To learn and make embroidery samples using 10 fancy stitches.

CO (3): To draft and stitch child bloomer and frock.

CO (4): To identify fibers through burning test.

CO (5): To design and make articles by tie and dye and block printing.

Bachelor of Arts SEMESTER-III
(SESSION 2021- 2022) HOME
SCIENCE
CLOTHING TEXTILES (PART-I)
(PRACTICAL)
COURSE CODE: BARM-3284

Time: 4 Hours

Marks: 20

Clothing Practical:

Make samples of the following:

- a) Tacking, hemming, buttonhole stitch, fasteners.
- b) Seams-counter seam, run and fell, French seam.
- c) Processes- continuous wrap, two piece placket opening, pleats, gathers into band, tucks.
- d) Embroidery-10 fancy embroidery stitches.

Drafting of the following:

- a) Childs bodice block.
- b) Sleeves- plain and puff sleeve.
- c) Collars-flat and raised peter pan, cape collar, baby collar.

Drafting and Stitching of:

- a) Bloomer
- b) Childs frock gathered.

Textile Practical:

1. Testing of Cotton, Wool & Silk, Nylon by Burning test.
2. Simple house hold dyeing of cotton fabric 12"x12".
3. Preparation of an article of Tie and Dye.
4. Preparation of article of block printing.

Instructions for the Practical Examiner:

There will be one practical exam consisting of two parts i.e clothing and textiles.

Clothing- 2 hrs 30 min.

Textiles Practical -1 hr 30 min

Bachelor of Arts (Session 2021-22)

Scheme of Studies and Examination

Home Science

Home Science Semester IV								
Course Name	Program Name	Course Code	Course Type	Marks				Examination time (in Hours)
				Total	Ext.		CA	
					L	P		
Home Science (Clothing Textiles Part II)	Bachelor of Arts Semester IV	BARM-4284	E	100	60	20	20	3+3

E-Elective

Bachelor of Arts
SEMESTER-IV (SESSION: 2021-22)
CLOTHING TEXTILES (PART-II)
(THEORY)
COURSE CODE: BARM-4284

COURSE OUTCOMES

CO (1): To understand the concept of design.

CO (2): To discuss about clothing, care and storage of garments for different age groups.

CO (3): To get the concept of bleaching and finishing of different fabrics.

CO (4): To get the insight about different types of yarns.

CO (5): To discuss fabric construction on different weaves.

CO (6): To make them understand about different types of stains and there removal.

Bachelor of Arts
SEMESTER–IV HOME SCIENCE
CLOTHING TEXTILES, PART–II
(THEORY)
COURSE CODE: BARM-4284

Time: 3 Hours

Max. Marks: 100
Theory Marks: 60

Practical Marks: 20

CA :20

Instructions for the Paper Setters:

- Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).
- Candidates are required to attempt five questions, selecting at least one question from each section.
- The fifth question may be attempted from any Section.

CONTENT

UNIT-I

1. Principles of design such as harmony, balance, rhythm, emphasis, and proportion.
2. Elements of design such as color, line, form, texture, light and pattern.

UNIT II

1. Selection of suitable clothes for the following groups a) Infants b) Toddlers c) School going children d) Adolescents e) Adults f) Elderly.
2. Care and storage of garments: cotton wool and silk.

UNIT III

- 1 Bleach—Oxidizing, reducing bleaches & their suitability to different fabrics.
- 2 Finishing—Sizing, designing, calendaring, sanforising, mercerization, crease resistant, water proofing & water repellent, flame resistant & flame proofing.

UNIT IV

1. Different types of yarns- simple, novelty and bulk yarn in brief.
2. Fabric construction- a brief study of basic weaves a) simple weaves- basket, rib b) twill , satin, sateen. c) novelty weaves- Pile ,leno, dobby , swivel,jacquard d) felting, bonding.
3. Stains: definition, types of stains, general procedure for identification and removal of common stains. - - tea, rust, curry, oil, ball pen, boot polish, lipstick, nail polish, juice

References:

- Sushma Gupta, Neeru Garg – Textbook of clothing, textiles and laundry
- Dr. Rajwinder K. Randhawa – Clothing, textiles and their care

Bachelor of Arts
SEMESTER-IV HOME SCIENCE
CLOTHING TEXTILES (PART-II)

(Practical)

COURSE CODE: BARM-4284

COURSE OUTCOME

CO (1): To draft and stitch ladies garments- suit and nighty.

CO (2): To design and prepare article by stencils and fabric painting.

CO (3): To study basic stain removal techniques for common stains.

Bachelor of Arts
SEMESTER-IV HOME SCIENCE

CLOTHING TEXTILES, PART-II

(PRACTICAL)

COURSE CODE: BARM-4284

Time: 4 hours

Marks: 20

Clothing Practical

1. Drafting and stitching of the following

- a) ladies shirt (kameez)
- b) salwar
- c) chooridar payjama
- d) nightie.

Textile Practical

1. Preparation of article by

- a) stencil printing
- b) fabric painting

2. stain removal- tea, rust, curry, oil, ball pen, boot polish, lipstick, nail polish, juice

Instructions for the Practical Examiners:

Clothing Practical Time: 2hrs 30 min

Textile Practical Time: 1 hrs 30 min

KANYA MAHA VIDYALAYA, JALANDHAR (AUTONOMOUS)

SCHEME AND CURRICULUM OF EXAMINATIONS OF THREE YEAR DEGREE PROGRAMME

Bachelor of Arts (HOME SCIENCE)

(Session 2021-2022)

Semester V								
Course Name	Program Name	Course Code	Course Type	Marks				Examination time (in Hours)
				Total	Ext.		CA	
					L	P		
Home Science (Food and Nutrition and Child Development)	Bachelor of Arts	BARM-5284	E	100	60	20	20	3+3

E- ELECTIVE

Bachelor of Arts (HOME SCIENCE)

Semester V

HOME SCIENCE

(Theory)

Food and Nutrition and Child Development

COURSE CODE: BARM-5284

COURSE OUTCOMES

CO (1) – To develop the knowledge about introduction to nutrition and storage methods of cereals, pulses, eggs, poultry, vegetables and fruit.

CO (2) – To distinguish between the different types of cooking methods- dry heat, moist heat, frying and microwave cooking.

CO (3) – To understand the knowledge about classification, functions and food sources, requirement, deficiencies of carbohydrates.

CO (4) – To develop the knowledge about classification. Food sources, functions and deficiencies of proteins, fats and oils.

CO (5) – To understand the knowledge about energy, food as a source of energy, the body need of energy.

CO(6) To study the development of aspects such as attention, memory and learning.

CO(7)To study the development phases in childhood with respect to these aspects.

CO(8) To link the study of development with the discipline of psychology in accordance to different theories.

Bachelor of Arts (HOME SCIENCE)

**(Theory)
Semester V**

FOOD AND NUTRITION AND CHILD DEVELOPMENT

COURSE CODE: BARM-5284

Time: 3 Hours

Max. Marks: 100

Theory Marks: 60

Practical Marks: 20

CA: 20

Instructions for the Paper Setter: Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section. Each question is of 12 marks.

CONTENT:

UNIT-I

1. Importance and functions of food:
 - a) Physiological
 - b) Psychological
 - c) Social
2. Essential food Constituents: Carbohydrates, Proteins and Fats; functions, sources, requirements and Deficiency and excess.
3. Methods of cooking: Boiling, steaming, frying, baking, roasting and micro-wave cooking.

UNIT-II

4. Food nutrients: Functions, recommended allowances, deficiency and sources of:
 - a) Vitamins– B-1, B-2, Niacin, A, C, D
 - b) Minerals–Calcium, Iron, Iodine
5. Food Preservation: Definition, Importance & Principles. Causes of food spoilage. Household methods of preservation. Sun drying, use of salt, oil, spices, sugar & chemical preservatives.

UNIT-III

1. Definition and importance of Child Development.
2. a) Differences between growth and development.
 - b) Principles of development.
3. Physical development of the child from infancy to late childhood and factors affecting the same.

UNIT-IV

4. Motor Development from infancy to late childhood.
 - a) Pattern of motor development.
 - b) Factors affecting motor development.
5. Emotional Development
 - a) Characteristics of children emotions.
 - b) Common childhood emotions fear, anger, jealousy, love and affection, anxiety and curiosity.
6. Language Development
 - a) Stages of language development.
 - b) Factors affecting language development.

**Bachelor of Arts (HOME SCIENCE)
(Practical)
Semester V**

FOOD AND NUTRITION AND CHILD DEVELOPMENT

COURSE CODE: BARM-5284

COURSE OUTCOMES

Co (1) – To identify the different food stuff, weight and measures and cooking.

CO (2) – To distinguish between different types of cooking methods.

CO (3) – To develop the knowledge about cleaning of kitchen equipments, utensils, floor and cupboard.

**Bachelor of Arts (HOME SCIENCE)
(Practical)
Semester V**

**FOOD AND NUTRITION AND CHILD DEVELOPMENT
COURSE CODE: BARM-5284**

Time: 3 hours

Marks: 20

1. Preparation of minimum of three dishes by using various methods of cooking (e.g. boiling, steaming, baking), frying (deep & shallow) and roasting with different food groups e.g. cereal, pulses & vegetables groups and their combinations.
2. Food preservation-Pickle, chutneys, jams, squashes, sherbets, sauce (at least two each).

Bachelor of Arts (HOME SCIENCE)

(Session 2021-2022)

Home Science Semester VI								
Course Name	Program Name	Course Code	Course Type	Marks				Examination time (in Hours)
				Total	Ext.		CA	
					L	P		
Home Science (FOODS AND NUTRITION & CHILD DEVELOPMENT-II)	Bachelor of Arts Semester VI	BARM-6284	E	100	60	20	20	3+3

E-Elective

Bachelor of Arts
SEMESTER–VI HOME SCIENCE
FOODS AND NUTRITION & CHILD DEVELOPMENT–II)
(THEORY)
COURSE CODE: BARM-6284

COURSE OUTCOMES

- CO (1):- To develop the knowledge to classify different functions and requirements of fat soluble vitamin and water soluble vitamin.
- CO (2):- To identify the bio-availability, requirement and deficiency of different vitamins.
- CO (3):- To develop the knowledge of food preservation, food spoilage and principle of food preservation.
- CO (4):- To develop the knowledge of food adulteration and standards, toxic effects of food adulteration.
- CO (5):- To develop the knowledge of food hygiene in purchasing, preparation, cooking and serving of food.

Bachelor of Arts SESSION (2021-2022)
SEMESTER-VI HOME SCIENCE
FOODS AND NUTRITION & CHILD DEVELOPMENT-II
(THEORY)

COURSE CODE: BARM-6284

Time: 3 Hours

Max. Marks: 100
Theory Marks: 60
Practical Marks: 20
CA :20

Instructions for the Paper Setters:

- Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).
- Candidates are required to attempt five questions, selecting at least one question from each section.
- The fifth question may be attempted from any Section.

Unit- I

1. Food Adulteration:

- i) Definition
- ii) Common Adulteration
- iii) Food standards

2. Concept of balanced diet.

3. Classification of food based on the five/seven food groups.

4. Principles of Meal planning.

a) Planning of Balanced Diets for the Middle Income Group for the following

- i) Pre-schoolchildren
- ii) School going
- iii) Adolescents
- iv) Adult-male and female (only moderate worker)
- v) Old age
- vi) Pregnancy
- vii) Lactation

Unit- II

5. Therapeutic Diets & Modification of Normal Diets:

- a) Principles of Therapeutic Diets
- b) Concept of Soft, Bland, Liquid Diets with examples.

6. Therapeutic diets in the following conditions with principles involved:

- a) Fever
- b) Constipation
- c) Diarrhea
- d) High Blood Pressure/Hypertension
- e) Diabetes Mellitus

Unit- III

7. Social Development:

- a) Stages of Social Development
- b) Pattern of Social Development
- c) Role of Family and School in the Development of the Child.

8. Play:

- a) Significance of Play
- b) Types of Play
- c) Play Materials/Equipment required for various age group.

9. Common Behavior Problems and their Remedies–Bed Wetting, Thumb Sucking, Nail Biting, Temper-Tantrums.

Unit- IV

10. Pregnancy:

- a) Signs and Symptoms of Pregnancy
- b) Discomforts
- c) Complications
- d) Care During Pregnancy
- e) Methods of Family Planning in Brief

11. Pre Natal-Development:

- a) Stages of Pre Natal-Development
- b) Factor Affecting Pre Natal-Development

12. Feeding of the Infant

- a) Importance and Process of Breast Feeding
- b) Bottle Feeding
- c) Weaning
- d) Important Weaning Foods
- e) Importance of Weaning

Bachelor of Arts SESSION (2021-2022)
SEMESTER-VI HOME SCIENCE
FOODS AND NUTRITION & CHILD DEVELOPMENT-II)
(Practical)
COURSE CODE: BARM-6284

Course Outcomes:

CO1:- To develop knowledge about different nutrients.

CO2:- To develop knowledge about therapeutic diets.

CO3:- To enhance the cooking skills with absorbing more nutrients.

CO4:- To develop knowledge about different food groups.

Bachelor of Arts SESSION (2021-2022)
SEMESTER-VI HOME SCIENCE
FOODS AND NUTRITION & CHILD DEVELOPMENT-II)
(Practical)
COURSE CODE: BARM-6284

Time: 3 Hours

Marks:20

Note: One Group will consist of 15 Students.

1. Planning Calculation of Calories, Proteins, Fats and Carbohydrates. Preparation of diets for the following:
 - a) Pre-Schoolchild
 - b) School going/packed lunch
 - c) Adolescence
 - d) Adult (Man & Woman) moderate worker pregnancy and lactation diets.
2. Cooking and serving of the following: Invalid cookery: soft, liquid, fluid diets.
3. Low calories recipe (five)
4. Low cost recipe (five)
5. Enhancing Nutritive value (five).

List of Books:

1. Applied Nutrition, R. Rajalakshmi, Oxford & IBH Publishing Co. Pvt. Ltd., New Delhi.
2. Principles of Nutrition-Dietetics, Dr. M. Swaminathan, The Bangalore Printing and Publishing Co. Ltd., 88, Mysore Road, Bangalore.
3. Food & Nutrition, By Educational Planning Group, Arya Publishing House, Karol Bagh, New Delhi-5.
4. Normal and Therapeutic Nutrition, By Corinne H. Robinson, Marly R. Lowler Macmillan Publishing Co., New York, Collier Macmillan Publishers, London.

