

VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT

S.Y.B.A SEMESTER- 3

HOME SCIENCE CC- 5

FAMILY MEAL PLANNING –1

Effective From June- 2012

Total credits- 04

Theory- 3 Credits (3 Periods/week)

Theory- External-50 Marks

Internal-20 Marks

Practical- 1 Credit (2 Periods/week)

Practical- External-20-Marks

Internal-10 Marks

FOCUS:- This course focuses on meal planning for various age groups according to their nutritional needs.

OBJECTIVES:-

This course will enable the students to,

- 1 Understand the concept of an adequate diet and the importance of meal planning.
- 2 Know the factors affecting the nutritional needs during the life cycle and RDA for various age groups.
- 3 Gain knowledge about dietary management in common ailments of childhood.

COURSE CONTENT

THEORY

UNIT – I Meal planning :-

- 1.1 Definitions and importance
- 1.2 Principles and factors to be considered in meal planning
- 1.3 Process of meal planning
- 1.4 Classification of activities based on occupation and food adequacy for adults

UNIT -II Planning balanced diet:-

- 1.1 Use of food groups in planning balanced diet, factors affecting it
- 1.2 Planning meals for normal man and woman

2.3 Points to be considered while planning meals for normal man and woman

UNIT -III

3.1 Nutrition during pregnancy :

- (i) Physiological changes
- (ii) Complications
- (iii) Nutritional requirement and meal planning
- (iv) Points to be considered while meal planning

3.2 Nutrition during lactation :

- (i) Nutritional requirement and meal planning
- (ii) Points to be considered while meal planning
- (iii) Nutritional composition of mother's milk and comparison with other animals' milk
- (iv) Factors affecting the composition and output of mother's milk –mother's diet, lactation period

3.4 Effects of malnutrition on nutritional status and methods to improve malnutrition

UNIT – IV (A) Nutrition during infancy:

4.1 Growth and development

4.2 Nutritional requirement

4.3 Breast feeding – meaning and importance of colostrum, advantages

4.4 Weaning - meaning; introducing liquid, semi liquid and solid foods

- (a) points to be considered while introducing weaning foods

4.5 Artificial feeding – circumstances under which it is to be given

advantages and disadvantages of bottle feeding, care and sterilization of

bottles, preparation of milk

4.6 Supplementary feeding-different supplementary foods for infants points to be considered while introducing supplementary foods

low cost supplementary foods developed In India

(B) Childhood infectitious diseases :

- (i) Cold, cough, fever
- (ii) Measles and mumps
- (iii) Diarrhoea. Vomiting, constipation

(iv) Intestinal worms

REFERENCES :

- 1 Mudambi Sumati R. and Rajagopal M.V. (1990) Fundamentals of Foods and Nutrition, New Delhi : Wiley, Eastern Ltd.
- 2 Raheena M. Begum (1989) A text book of Foods Nutrition and Dietetics, New Delhi:Wiley Eastern Ltd.
- 3 Srilakshmi B. (1990) Dietetics, New age international (P) Ltd. ,Wiely, Eastern Ltd.
- 4 Gopalan C.,Ramasastri B. and Balasubramanian S. (1993) Nutritive value of Indian foods,National Institute of Nutrition, Indian Council of Medical Research
- 5 Dr. Vrinda Singh, Meal Planning (Hindi version)

PRACTICALS:-

(1) Calculation of nutrients present in different foods

(2) Planning, preparing and calculating whole day's meal of-

- (i) Sedentary worker(male / female)
- (ii) Moderate worker(male / female)
- (iii) Heavy worker(male / female)
- (iv) Pregnant woman
- (v) Lactating woman

(3) Preparation of-

- (i) Infant – soya and peanut milk
- (ii) Different supplementary foods (two recipes)

(4) A survey of different baby foods available in local market and study of their nutritive value.

MARKING SCHEME :

Selection of dish :	2 marks
Preparation :	4 marks
Planning :	5 marks
Viva :	2 marks
Calculation :	2 marks
Journal	5 marks
Total	20 marks

VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT

S.Y.B.A. SEMESTER- 3

HOME SCIENCE- CC- 6

ART AND CRAFT-1

Effect from 2012-2013

Theory-3 Periods/week

Theory-External-50 Marks

Internal-20 Marks

Practical-2Periods/week

Practical-External-20-Marks

Internal-10 Marks

FOCUS: This is an introductory course on foundation of Art and Design. It deals with elements and principles of art and design in context of regional, traditional and contemporary art.

OBJECTIVES:

1. To understand the elements principles of design.
2. To promote group learning in study of art and craft.
3. To develop skill in creating designs and making art objects.
4. To appreciate art and craft.

UNIT-I

- 1.1 Concept of Art, Craft and Design.

UNIT-II

- 2.1 Aims of Design

UNIT-III

- 3.1 Types Of Design

Definition, Meaning, Types and requirements of good design, Study of utility articles as structural and decorative designs.

UNIT-IV Elements of Art and Design.

4.1 Primary elements

- a. Point- Definition, Characteristics
- b. Line-i) Definition, ii) Characteristics, iii) effects iv) uses of line in architecture, interior, nature, etc. v) types- Straight and curved, thin and thick,
- c. Plane- Types
- d. Volume-Types

4.2 Secondary elements

- a.) Light
- b.) Space- Meaning, types
- c.) Shape-Meaning, types
- d.) Texture- Meaning, types-Transparent and opaque
- e.) Form
- f.) Color

REFERENCES:-

1. Anna Hong Rutt, Home Furnishing (Unit I,II,III,IV)
2. Collingwood R.G., The Principles of Art, Oxford Univ. Press, London.(Unit-IV)
3. Craig and Rush, Homes with Character (Unit I,II,III,IV)
4. Donald Anderson, Elements of Design (Unit-I,II)
5. Faulkner And Faulkner, Inside Today's Home (Unit I,II,III,IV)
6. Garreston Frouz, Theory and Practice of Color, Studio Vista Publishers, London.(Unit-II)
7. Goldstein and Goldstein, Art In Everyday Life, McMillan Co. Ltd.(Unit-I,II,III,IV)
8. Grames M., The Art of Color and Design, McGraw Hill Co., New York(Unit-I,II,III,IV)

PRACTICALS:

(1) Lines –

- 1 Road signs and symbols
- 2 Facial expression
- 3 Conventional symbols
- 4 Mehandi with delicate lines- Horizontal, Vertical, Curved, Slanting etc.

- 5 Draw a design showing 3-D effect
- 6 Draw free-hand design showing rangoli patterns.
- 7 Complete the half design.
- 8 Nail and thread techniques, make a card.
- 9 Origami-Paper folding, Make a card for small children's birthday.

(2) space

- 1 Produce 2 designs on paper by using stencil and show positive and negative spaces and manipulate various parts of the stencil to create two/three new designs out of it.
- 2 Produce a design on paper by using a template which will be useful for making greeting cards, invitation cards. Overlap the motifs to create interesting spaces.

(3) Texture-

Collage making

1. Cloth activity
2. Wool activity
3. Paper activity
4. Collect samples of each of the following types of textures: Transparent, Opaque, Translucent, Hard, Soft, Medium, Rough.
5. Describe the textures of the following materials : Glass, Velvet, Cactus, Ice-cream .

(4) Shape - Positive and Negative space

MARKING SCHEME:-

Unit 1 to 2	7 marks
Unit 3 to 4	7 marks
Class work	2 marks

Total 20 marks

VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT

S.Y.B.A. SEMESTER- 3

HOME SCIENCE-CC-7

FAMILY CLOTHING

Effective from June 2012-2013

Total credits- 04	Theory- External-50 Marks
Theory- 3 Credits (3 Periods/week)	Internal-20 Marks
Practical- 1 Credit (2 Periods/week)	Practical- External-20-Marks
	Internal-10 Marks

FOCUS:-

OBJECTIVES:-

COURSE CONTENT:-

THEORY

UNIT- I General principles of Pattern Cutting.

- 1.1 Pattern making- Drafting, Flat pattern, Draping.
- 1.2 Tools and equipments used for pattern making.
- 1.3 Marking on professional pattern.
- 1.4 Precautions while making the pattern.
- 1.5 Use of paper pattern.
- 1.6 Transferring the pattern marking to the fabric.
- 1.7 Different materials used for patterns.
- 1.8 Necessity and advantages of pattern making.
- 1.9 Types of pattern

UNIT- II

- 2.1 Points to be considered while buying clothes- budget, age, complexion, Season, residence, occasion, fashion etc.
- 2.2 Buying readymade garments- Guide to judge good workmanship in readymade garments- Types of fabric, cutting, stitching, finishing, comfort, hems, fitting, pockets, fastening, plackets, yokes, collars etc.
- 2.3 (i) Advantages and disadvantages of readymade, tailor made and home made garments.
(ii) Comparison between readymade, tailor made and home made garments.

UNIT-III

- 3.1 Apparel Embellishment
 - (i) Structural Embellishment
 - (ii) Functional Embellishment
 - (iii) Aesthetic Embellishment

UNIT- IV

- 4.1 Renovation and mending of clothes
 - (i) Patch:- Plain, printed, checks and lining.
 - (ii) Darning.
- 4.2 Care and storage of clothes made from various fabrics.

REFERENCES:-

- 1 Reena Bhatia & Charu Arora- Introduction to Clothing and Textiles.
- 2 Neelima, Fashion and Textile Design, Sonali publications, 2009, New Delhi- 110002
- 3 Pramila Varma- Vastra vigyaan evam paridhan
- 4 Raul Jewel- Encyclopaedia of dress making
- 5 Jacob Anna Thomas, The Art of Sewing, UBS Publishers and Distributors Ltd., New Delhi, 1993.
- 6 Veena Samani, Hina Sanvat, Malini Pathak, Dress Designing, Pravin Pustak Bhandar, Rajkot (Gujarati)

PRACTICALS:-

- 1 Taking correct body measurement for different types of garments, taking Measurement from stitched garments, average measurement
- 2 Make samples
 - (i) Finishing Necklines- 'U' shape, 'V' shape, square and sweetheart
Using bias binding, bias facing and shaped facing

- (ii) Plackets
- (iii) Yokes
- 3 Construction of children's garments
 - 1) Zabra
 - 2) Sunsuit
 - 3) Baby frock with smocking
 - 4) Baba suit

MARKING SCHEME:-

Q 1	2 Samples from practical no. 2	4 marks
Q 2	Stitching any one garment	6 marks
	Class work	6 marks
	Journal	4 marks
	Total	20 marks

VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT

S.Y.B.A. SEMESTER - 3

HUMAN DEVELOPMENT - CE-1

Effective from June 2012-2013

Theory- 3 Credits (3 Periods/week)

Theory- External-50 Marks

Internal-20 Marks

Practical- 1 Credit (2 Periods/week)

Practical- External-20-Marks

Internal-10 Marks

FOCUS:-

OBJECTIVES:-

- 1 To learn about mother care before and after birth of child.
- 2 To develop understanding regarding developmental tasks of child at various stages of development.
- 3 To understand role of adult to promote child development.

COURSE CONTENT:-

THEORY

UNIT -I

1.1 Human Reproductive system : Male and Female

Structures and functions of the reproductive organs, structure of ovum and sperm, menstrual cycle.

UNIT – II

2.1 Antenatal/prenatal development of foetus:

- Fertilization, Implantation, Intrauterine development of foetus, Foetal membrane, intrauterine growth of foetus.

2.2 Maternal changes during pregnancy :

Structural changes, physiological changes, increase in body weight and metabolic changes.

2.3 Diagnosis of pregnancy : Medical examination of pregnant woman.

2.4 Antenatal care of mother

UNIT - III

3.1 Normal delivery : Basic information

-Stages of labour

-Sign and symptoms of labour

-Management of labour

3.2 Normal puerperium and its management : In brief

UNIT - IV

4.1 Infancy :

-Care of Neonate – and infant

-Signs of healthy child

- Milestones in the growth of the infant.

-Breast feeding

- Premature baby and its management.

Vaccination:- Importance and schedule

4.2 Family planning : Its importance and methods

REFERENCES:-

- 1 Text book of Human Physiology - Chattarji
- 2 Child development - Elizabeth Hurlock
- 3 Infancy and childhood development and its contexts - Newman & Newman
John, Wiley

- 4 Manavsharir, Karyavidnyan Tatha Prathmik Sutikashastra (Gujarati) - Dilip P.Mehta
- 5 A Text book of Obstetrics - V.I.Bodyazhina, Mir Publication Moscow
- 6 Where There is No Doctor : A health care handbook by David Werner -
(Gujarati version by Dr. Kiran Shinglot, LOcost Vadodara
- 7 Essentials of Medical Physiology - K.Sembulingam,Prema Sembulingam,Jaypee Brothers MedicalPublisher (P) Ltd

PRACTICALS

- (1) Study of female reproductive organs using models and charts etc.
- (2) Study of male reproductive organs using models and charts etc
- (3) Measurement of body temperature.
- (4) Measurement of pulse rate and respiratory rate.
- (5) Measuring blood pressure. (Sphigmomanometer/ electronic instrument
- (6) Determination of body mass index (BMI)
- (7) Visit to maternity home.(Prepare report)

MARKING SCHEME

To measure body temperature/ Pulse rate/Respiratory rate, viva	6 marks
To demonstrate use of sphygmomanometer / To determine BMI	5 marks
Identify and describe pointed parts.-specimen no. 1 to 4	4 marks
Journal	5 marks

Total 20 marks

VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT

S.Y.B.A SEMESTER-3

FOOD ADULTERATION CE- 2

Effective from June 2012-2013

Theory- 3 Periods/week

Theory- External-50 Marks

Internal-20 Marks

Practical- 2 Periods/week

Practical- External-20-Marks

Internal-10 Marks

FOCUS:- This course focuses on food adulteration, adulterants used and government regulations & standards of food quality.

OBJECTIVES :

This course will enable the students to,

- 1 To know about various adulterants & the methods of detecting them.
- 2 To learn the prevailing food laws & government regulations & standards of food quality.
- 3 To learn about hygiene & sanitation of foods.

COURSE CONTENT

THEORY

UNIT I

1.1 Basic concept of food adulteration

meaning (definitions) according to the provisions of Food Adulteration

Act, objectives

- 1.2 Types of adulterants
 - a. Intentional adulterants
 - b. Incidental adulterants
- 1.3 Common adulterants in foods & domestic methods of identification & prevention
- 1.4 Packaging hazards & new adulterants

UNIT -II

(A) Contamination of Foods with Toxic metals, chemicals, pesticides and

Insecticides:

- 2.1 Toxic metals
- 2.2 Pesticides
- 2.3 Food additives

(B) Contamination of food with harmful micro organisms

- 2.1 Bacterial infections
- 2.2 Fungal contamination of food
- 2.3 Parasitic infestation
- 2.4 Toxicants naturally occurring in some foods
- 2.5 Insects & rodent contamination of stored foods

UNIT -III

Food sanitation & Hygiene

- 3.1 Importance for health, contamination of food through air, water, equipments,
cleaning material practical rules for sanitation and hygiene
- 3.2 Clean – India – An environmental assessment, awareness, advocacy and action program.

UNIT -IV

Food Laws & standards:

- 4.1 Mandatory measures
- 4.2 Food standardization and regulation agencies in India

4.3 International Standards

REFERENCES :

- 1 Rani Anupama (Saujanya books online bookshop) "Food adulteration & hygiene"
- 2 Parikh J. V. "screening tests for detecting adulteration in food, Food & pack, May 2005
- 3 B. Srilaskshmi New Age international publisher, Food Science
- 4 M. Swaminathan, Essentials of food and nutrition (An advanced text book – Volume-II, Applied Aspects)

PRACTICALS

Common adulterants & their tests to identify

- 1 Cereals - bajra, rice, rava, wheat flour
- 2 Pulses - Bengal gram dal, green peas
- 3 Spices - Asafetida, Black pepper, chilli powder, cinnamon, cloves, common salt, coriander powder, coffee, cumin seeds, mustard seeds, saffron, silver leaves, turmeric powder, tea leaves, supari
- 4 Milk & milk products
- 5 Beverages, soft-drinks, sherbet
- 6 Edible oils
- 7 Ghee/butter
- 8 Honey, jaggary, sago, sugar

VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT
S.Y.B.A. SEMESTER - 3
EXTENSION EDUCATION AND AUDIO-VISUAL AIDS - CE- 3
Effective from June 2012-2013

Theory- 3 Credits (3 Periods/week)	Theory- External-50 Marks Internal-20 Marks
Practical- 1 Credit (2 Periods/week)	Practical- External-20-Marks Internal-10 Marks

FOCUS:-

OBJECTIVES: To enable the students to:

- (1) Understand the basic information about Family and Community Extension Education.
- (2) To develop their abilities in selecting and using Audio- Visual aids.

COURSE CONTENT

THEORY

UNIT- 1 Introduction to Family and Community Extension.

- i- Definitions of Family and Community Extension Education.
- ii- Meaning of Family and Community Extension Education.
- iii- Objectives of Family and Community Extension Education.
- iv- Characteristics of Family and Community Extension Education.

UNIT- II . Principals of Family and Community Extension Education.

UNIT- III Family and Community Extension teaching.

- i- Steps of Family and Community Extension teaching process.

UNIT- IV Chapter-4 General Principals in selecting and using following audio-visual aids.

- 1- Overhead projector

- 2- Slide projector
- 3- C.D player
- 4- DVD
- 5- Computer

REFERENCES:-

- 1 G.L.Ray, "Extension communication and Management. 4th edition, 1999. Naya prokash, Calcutta, India.
- 2 S.K.Waghmare, "Teaching Extension Education, 1980, Prashant publishers.
- 3 S.V.Supe, "Extension Education", R.Singh science Publishers, Nagpur, 1973.
- 4 Prof. Dhiraj Dhakan , Visatran na mulsiddhanto, Kanak. D.Dhakan, Pankaj Society, Jamnagar.
- 5 Geeta Pushp Shaw, "Prashar Siksha" Vinod Pustakmandir, Agra-2.

PRACTICALS

Use of various audio-visual aids

- 1-Overhead projector
- 2-Slide projector
- 3-C.D player
- 4- DVD
- 5- Computer

Note: Students will prepare a journal and maintain their practical experience.