

**DR. BABASAHEB AMBEDKAR  
MARATHWADA UNIVERSITY,  
AURANGABAD.**



**Syllabus of  
B.A.I,II & III,IV Semester  
HOME SCIENCE  
(EFFECTIVE FROM – 2020 ONWARDS)**

## Structure Plan of B.A.I<sup>st</sup>, and II Year-Home Science Syllabus (CBCS)

Semester	Paper	Title / Name of the Paper	Credits	Theo. hr/w	Prac. hr/w	Internal Marks	Exter. Marks
<b>I Sem.</b>	I	Introduction to family resource Management	04	04	-	-	30
	II	Basic Nutrition	04	04	-	-	30
		Basic Nutrition (Practical)	04	-	03	20	20
<b>II Sem</b>	III	Extension Education	04	04	-	-	30
	IV	Food & Nutrition	04	04	-	-	30
		Food & Nutrition (Practical)	04	-	03	20	20
<b>III Sem</b>	V	Human Development (Prenatal to Adolescence)	04	04	-	-	30
	VI	Fundamentals of Textile	04	04	-	-	30
		Fundamentals of Textile (Practical)	04	-	03	20	20
<b>IV Sem</b>	VII	Human Development	04	04	-	-	30
	VIII	Textile & Clothing	04	04	-	-	30
		Textile & Clothing (Practical)	04	-	03	20	20

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<b>Name of the Course</b>	:	B.A. I <sup>st</sup> year Home Science
<b>Semester</b>	:	1 <sup>st</sup>
<b>Paper No. and Title</b>	:	I-Introduction to Family Resource Management
<b>Total Marks</b>	:	30
<b>Work Load per week</b>	:	4 Periods (50 min/Lect)

**Objectives**

- 1) To introduce the Student to the field of Home management.
- 2) To acquire knowledge about the family Resource management.
- 3) To develop the ability to improve their work within less time and fatigue.
- 4) To Understand the ability how to make house hold budget to each income group.

**Unit I :Home management and family resource management.      Credit 1.5**

- a) Introduction, definition, Concept & significance of Home management.
- b) Obstacles in improvement of Home management
- c) Process of Family Resource Management – Planning Controlling and evaluation.
- d) Scopes and Significance of F.R.M. classification of family Resources
- e) Characteristics of family Resources
- f) Factors affecting family Resources Management

**Unit II :Family income and Saving and Investment      Credit 1.0**

**A) Family income**

- a) Concept of family income
- b) Types of income

- c) Sources of Family income
- d) Family Budget-meaning, importance, steps & factors affecting family Budget.

**B) Saving and investment**

- a) Saving – Concept, definition, importance, types, new trends of saving.
- b) Investment – concept, types, importance, Guidelines for investment.

**Unit III :Factors motivating management**

**Credit 1.0**

- a) Values – Meaning of Definition, Sources, Importance
- b) Goals – Meaning, Definition & types.
- c) Standards – Meanings, Definition, Classification & Types
- d) Decision making – Meaning, importance, types, Steps

**Unit IV :Work simplification**

**Credit 0.5**

- a) Meaning, Definition & importance.
- b) Mundel's law of changes
- c) Fatigue and avoidance of fatigue

**References / Books Recommended**

- 1) Home management in indian Families, Mann M. K., Kalyani Publisher, Ludhiana.
- 2) Home management, M.A. Varghise, N.N. octe, New age international (P) Limited, Pubilisher New Delhi
- 3) Home management (A test book of Home Science), Arya Publishir. House, Karol bagh, Delhi. Dee Oegefvekeâie=nJÛeJemLeeheve, [e@. Jewjeie[s, Øee. uee"keâj, Øee. cegUs, efJeÂeeyegkeâmeheefyueMeme&, Deewjbieeyeeo.
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Name of the Course : **B.A. I Home Science**

Semester : **I**

Paper No. & Title : **II Basic Nutrition**

Credit :- **04**

Total Marks : **30**

Work load per week : **4 lect/week**

**Objectives**

Students will acquire knowledge in the following fields

- 1) Role of food and functions of nutrient.
- 2) Different sources and deficiencies of nutrients
- 3) Students can improve the nutritional quality of food and nutrition

**Unit I. Foods-**

**Credit=1.0**

A–Interrelationship of Foods , Nutrition ,Health &Hygiene

B. Concept & basic definitions of the following

- i) Diet, Balanced Diet, Optimal diet, deficient diet, Soft diet, nutrients, RDA
  - ii) Malnutrition ,Under nutrition, Over nutrition , Nutritional status, BMI
  - iii ) Full forms and definitions of the following FSSAI, WHO , ICMR, NIN,CFTRI , FAO , UNICEF,HFSS, Junk Foods
- C) Functions of Food - physiological, psychological ,cultural , social
- D) Classification of food groups by different Methods
- E) Food Pyramid.

## **UnitII.Nutrients in Food:**

**Credit=1.0**

### A). Classification.B). Macronutrients-

- i) Carbohydrates - Classification , Sources , functions , daily Requirements , deficiencies
- ii ) Proteins- Classification , Sources , functions , daily Requirements , deficiencies
- iii ) Fats - Classification , Sources , functions , daily Requirements , deficiencies

## **UnitIII Micro Nutrients:**

**Credit=1.0**

### Vitamins and Minerals

#### A). Classification of Vitamins

- i) Fat soluble vitamins -A, D , E , K

Functions , sources, daily requirements , deficiency diseases ( Toxicity if applicable)

- ii ) Water soluble vitamins- B1 ,B2 , B3, B6 , B12, Folic acid and Vitamin C -  
Functions , sources, daily requirements , deficiency diseases

#### B) Minerals

- i) Macro minerals-Calcium and Phosphorus - Sources ,functions , daily requirement , deficiency diseases
- ii) Micro minerals-Iron and Iodine- Sources ,functions , daily requirement , deficiency diseases

## **UnitIV. Water:**

**Credit=0.5**

Importance, Sources ,functions , daily requirement , deficiency, toxicity

- ii) Fiber- Sources ,functions , daily requirements
- iii ) Medicinal properties of food-namely- Termeric,Ginger, Fenugreek seeds,Flex seeds( jawas)

**UnitV Methods of cooking:**

**Credit=0.5**

- i) Methods of cooking & its nutritional significance.
- ii) Loss of nutrients during food preparation and processing
- iii) Conserving and enhancing nutritive value of food
- iv) Food preservation methods.( physical and chemical)

**REFERENCES:**

- 1 Mudambi, S.R. and Rajgopal, M.V. (2012), *Fundamentals of Foods and Nutrition* New Age International Pvt. Ltd.
- 2 Food Science 1<sup>st</sup> Edition (2012) Sheth Publications. Maharashtra State Board of Secondary and Higher Secondary education Pune.
- 3 Roday S. (2012) *Food Science and Nutrition* (2<sup>nd</sup> Ed.) Oxford University Press.
- 4 Joshi S. (2009) *Nutrition and Dietetics* McGraw Hill Higher Education
- 5 Robinson, and Lawler (1990) *Normal and Therapeutic Nutrition* (17<sup>th</sup> Edn) Macmillan Pub. Co.
- 6 Guthrie Helen (1986) *Introductory Nutrition*, Mosby College Publishing. Times Mirror
- 7 Wardlaw G.M (1997) *Contemporary Nutrition, Issues and Insights*, 3<sup>rd</sup> Edition Tata McGrawHill Inc. Boston.
- 8 Guthrie H. A. and Frances M. (1994) *Human Nutrition* William C Brown Pub.
- 9 Poshan and Ahar by sau. Shobha waghmare, vidya books, pimpalapur Prakashan.
- 10 Annashashtra by Indira Khadase, Fadake prakashan Nagpur.



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Name of the Course ; - **B.A. I Home Science**

Semester ; - **I**

Paper No. & Title ; - **IIIPRACTICAL (Basic Nutrition)**

Credit ; - **04**

Total Marks ; - **20+20=40**

Work load per week ; - **3lect/week**

**Unit I:**Weights & Measures of raw and cooked foods **Credit= 0.5**

**Unit II:** Basics of Cookery –Laboratory rules **Credit= 0.5**

- Preparation of kitchen area
- Kitchen equipment, use & care

**Unit III:** Plan & Prepare Recipes for one serving each from high, medium and low income groups for the following nutrients. **Credit= 2.0**

- Energy- high and low
- Proteins
- Vitamin C
- Vitamin A
- Vitamin– B,B2,B3
- Calcium
- Iron

**Unit IV:** Preparation of types of salads ( Any Two) **Credit= 1.0**

- Vegetables

- Fruits
- Sprouts

**Scheme of Marking for examination Total: 40 Marks**

Scheme of Marking for practical exam

QUE. .N.	Details	Distibution of Marks	Total Marks(100)
1	plan & preparation for nutrient rich recipes for three economic groups	10	10
	Write up –Any four functions & sources of specific nutrient	10	10
3	Sessional activities	10	10
5	Record Book	10	10
	Total		40

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**Name of the Course:** B.A. 1st year

**Semester:** IInd

**Paper no. and title:** III-Extension Education

**Total marks** : 30

**Work load per week:** 4 Period (50 min Lecture)

**Objective:**

- 1) To understand the meaning, importance and need of home science extension education
- 2)To develop awareness about extension learning.
- 3)To understand the process of communication in development work
- 4) To understand importance of rural society and social problem.

**Unit-I Extension Education**

**Credit: 1.0**

- a) Education - Definition of Education,concept of education, Types of education, difference between Formal and Non Formal education.
- b) Extension education - Definition on extension education, origin of extension education,scope, objectives, Fields.Principles and essential links in the chain of rural development.

**Unit-II Home Science Extension**

**Credit: 0.5**

- a) Meaning of Home Science, Philosophy and objectives of home science, scope, and fieldsof home science, roleof home Science Extension in rural and urban areas.
- b) Role of extensionworkers.

Meaning and role of extension workers in the field of development, essential qualities needed by extension worker.

### **Unit-III- Extension Methods**

**Credit: 0.5**

Individual methods-Home visit, Personal Letter and telephone Call.

Group Contact Methods-Demonstrations, Field trips, group discussions.

Mass Contact methods-Exhibition, Campaign, Television, Mobile.

(Their benefits, limitations and losses)

### **Unit-IV Community Development and Community Organization Credit: 1.0**

a) Community development concept, importance, principles and objective of community development.

b) Community organization concept, Objective and role of government schemes.

IRDP, ICDS, Role of NGO and role of universities.

### **Unit –V Rural Society and Rural Problems**

**Credit: 1.0**

Meaning of rural society, importance of rural society, rural society group.

Rural Problems-Meaning of rural society, Importance of rural problems, over population, poverty, caste

tension, poor health problems unemployment, sanitation.

### **Sessional Activities: (Any 2)**

1) Preparation of extension bulletin on any home science fields.

2) Preparation and presentation of chart on any home science field..

4) Poster presentation on rural problems.

## **REFERENCE:**

- 1)Chandra A. Shah &Joshi U-Fundamentals of Teaching Home Science,sterling Publishing New Delhi.1989
- 2)Supe S.V.: An introduction of extension education:Oxford and IBH Publishing Co.1999.
- 3)Devdas, R. P. Methods of Teaching Home Science: National Council of Educational Research and training, New Delhi,1978
- 4)Singh K.-Rural Sociology Peakashan Kendra, Lucknow\_1985
- 5) Rathore O.S. Dhakar, S.D. Chauhan, M.S.Ohia S.V.:Handbook of Extension Education agro tech Publishing Academy, Udaipur,1999
- 6) Reddy A.A.: Extension Education, Shri Laxmi: Press 1971
- 7) Directorate of Extension, Extension Education in Community Development Group of India: 1968
- 8) Devdas R. P Nutrition and National Development Saradalaya Press 1980
- 9) Thimmainah G. (Ed.) – Studies in Rural Dev, Chugh Publishing, 1979
- 10) Ganguli, B. N. (ed.) Social Dev, New Delhi, Sterling Publishers, 1977
- 11) Kapur Pramila: The Changing roles & Status of Women: The Indian Family in the change and challenges of the seventies. Sterling Publisher, New Delhi – 1972
- 12) Pandav G. N. Complete Guide to successful Entrepreneurship

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Name of the Course : B.A. I year

Semester : II

Paper No. & Title : IV, Food & Nutrition

Credit : 04

Total Marks : 30

Work Load per Week: 04 (50 minutes/Lecture)

**Objectives**

1. To gain acquaintance with human gastrointestinal track,
2. To understand the concept of meal planning,
3. To aware of the effect of food poisoning and food adulteration, and
4. To gain knowledge about the nutrient need for various age groups.

**Unit I: Digestion of Food**

**Credit=0.5**

Digestive system with illustration,  
Digestion of Carbohydrates, proteins and fat

**Unit II: Energy:**

**Credit=1.0**

Definition and factors affecting energy requirement,  
Measurement of Energy by direct method (Bomb Calorimeter)  
& indirect method (Benedict Roth),  
Food Habits: definition & Factor affecting on it.

**Unit III: Meal Planning:**

**Credit=2.0**

Importance, factors affecting & principles of meal planning,  
Meal Planning for: Pregnant women, Lactating Mothers,  
Baby Food, d, Preschool Children, e. School going Children,

Adolescent, Old age.

**Unit IV: Food Adulteration**

**Credit =0.5**

1. Causes and types of adulteration,
2. Precautionary measures,
3. How to detect adulteration in : a. Semolina, b. Groundnut, c. Tea, d. Coffee, e. Saffron.

**REFERENCES:**

1. Mudambi, S.R., Rajgopal, M.V.(2012), Fundamentals of Foods and Nutrition, New Age International Pvt. Ltd.
2. Food Science (2012), Maharashtra State Board of Secondary and Higher Secondary education Pune, 1<sup>st</sup> Edition, Sheth Publications.
3. Roday Sunetra, (2012), Food Science and Nutrition, 2<sup>nd</sup> Edition, Oxford University Press.
4. Joshi, Shubhangini (2009), Nutrition and Dietetics , Mcgraw Hill Higher Education.
5. Srilaksmi, B.(2011): Dietetics, 6<sup>th</sup> Edition, New Age International Pvt Ltd Publisher

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**Name of the Course:** B.A. 1st year

**Semester:** IInd

**Paper no. and title:** - **Practical (FOOD AND NUTRITION)**

**Total marks** : 20+20=40

**Work load per week:** 3 Period (50 min Lecture)

**Objectives:**

The course would enable the students to:

1. Apply principles of diet therapy in planning and preparing foods for specific health conditions.
2. Plan foods for specific health conditions keeping in mind cost, availability and other factors.

**Unit I** Planning and preparation of diets for following age groups at three income level to specific nutritional requirement **Credit=1.5**

- a. Pregnancy, b. Lactation, c. Baby food, d. Preschool, e. School going, f. Adolescents, g. Adult, h. Old age.

**Unit II** Salad decoration: **Credit=1.5**

**Unit III** Food adulteration: **Credit=0.5**

Identify adulterants used in the various food

**Unit IV** Survey regarding junk/fast food. **Credit=0.5**

Report writing



**Scheme of Marking for examination Total: 40 Marks**

Scheme of Marking

Q. No.	Details	Distribution of Marks	Total Marks(40)
1	plan & preparation of diet for different age group	10	10
2	b)Write up	10	10
3	Salad Decoration	10	10
4	Record Book	20	10
	Total		40

