

**HOME SCIENCE (HONOURS)**  
**Paper I**  
**Foods and Nutrition**

**Time-3 hours**

**Full Marks-75**

1. Nutrients-Composition, classification, functions, deficiency symptoms, sources, daily allowances of carbohydrates, Fats, Proteins, Vitamins, Minerals and Water.
2. Digestion, Absorption and Metabolism of Carbohydrates, Fats and Proteins.
3. Foods-Classifications, structure, composition, nutritive value of cereals, Pulses, Vegetables, Fruits, Milk and Milk Products, Fats and Oils, Meat, Fish, Eggs, Beverages, Condiments and Spices.
4. Relation of Food intake to health-optimum, nutrition, Malnutrition Effect of dietary deficiencies.
5. Calorie- Definition, Factors affecting calorie requirements.
6. Balanced Diet-Meal Planning in Pregnancy, Lactation, infancy, Childhood, adolescence and Old age.
7. Cooking Methods-their effect on nutritive value of foods.
8. Food Storage.
9. Food Spoilage, Food Poisoning and Food Preservation.
10. Food Adulteration.



**HOME SCIENCE (HONOURS)****Paper II****Mother Craft and Child Development****Time-3 hours****Full Marks-75**

1. Pregnancy- Care of the expectant mother, Stages of labour, preparation for home confinement.
2. The New Born- Care and management, minor ailments of new born, care of the mother during puerperium.
3. The Infant-Physical, Emotional Social and Language developments from 0-1 Year, Immunization.
4. Feeding-Breast feedings, artificial feeding and complementary feeding, weaning from breast feeding to bottle feeding. Post weaning diet.
5. The Pre School Years-Physical, Social, Emotional and Intellectual Developments from 2-5 years. Nursery school Education discipline.
6. The School Age- Physical, Social, Emotional, Intellectual and Personality Developments from 6-11 years, common behaviour problems, adjustment to school life.
7. Child Development- Importance of childhood years, meaning, importance, need and scope of studying child development.
8. Growth and Development - Principles & factors influencing growth and development.

**HOME SCIENCE (HONOURS)****Practical****Time-3 hours****Full Marks-50**

**Cooking** — Pulao, Pakora, Samosa, Sandwich, Fruit Salad, Kofta, Til Laddu, Sauce, Jam, Coffee, Plain Cake, Meal Planning and Calculation of Nutrients for Pregnant Women, Nursing mother, child of 5 year, Office Worker and Labourer :

**Mother Craft** — Infant weight and height chart from 0-1 year. Baby bath equipment and procedure, Preparation of bottle feed.

Study of children's clothes and books.