

गृहविज्ञान

प्रश्न पत्र – प्रारूप : बी.ए.

गृहविज्ञान विषय के प्रश्न पत्र प्रारूप/पैटर्न एवं अंक विभाजन के अन्तर्गत स्नातक विषय के सैद्धान्तिक प्रश्न पत्र को A व B दो खण्डों में विभाजित किया गया है। पूर्णांक का विभाजन दो खण्डों में किया गया है। प्रथम खण्ड A 40% अंक, द्वितीय खण्ड B 60% अंक दिये गये हैं। पूर्णांक 50 हैं, जिसमें 20 अंक प्रथम खण्ड, 30 अंक द्वितीय खण्ड के लिये निर्धारित किये गये हैं। जो निम्न प्रकार है:-

प्रथम :- प्रश्न पत्र A खण्ड में 6 लघुत्तरात्मक प्रश्न दिये जाने हैं, जिनमें से किन्हीं 5 प्रश्नों के उत्तर देने हैं। प्रत्येक प्रश्न 4 अंक का होगा एवं जिसकी अधिकतम उत्तर सीमा 75 शब्द होगी।

द्वितीय :- प्रश्न पत्र B खण्ड, जोकि (निबंधात्मक/विस्तृत उत्तर) प्रकार का होगा, जिसमें पाठ्यक्रम के तीनों इकाइयों में 6 प्रश्न आन्तरिक विकल्प/अथवा में, दिये गये होंगे अर्थात् प्रत्येक इकाई से 2-2 प्रश्न दिये जाने हैं। जिसमें से 1-1 प्रश्न करते हुए, कुल 3 प्रश्न करने होंगे। प्रत्येक प्रश्न 10 अंक का होगा।


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Examination Scheme in each Year

- Each Theory paper will contain nine questions having three questions from each unit. Candidates are required to attempt five questions in all selecting at least one question from each unit. Each question will be of 10 marks.

BA Home Science Part I

Paper	Subjects	Duration of exam	Maximum marks	Minimum marks	No. of hrs/wk
Theory Paper I	Family Resource Management	3hrs	50	18	3
Practical I	Family Resource Management	3hrs	50	18	2
Theory Paper II	Foods & Nutrition	3hrs	50	18	3
Practical II	Foods & Nutrition	3hrs	50	18	2
		Total	200	72	10


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B.A. PART I**FAMILY RESOURCE MANAGEMENT (THEORY PAPER I)****Maximum Marks: 50****Minimum Marks: 18****Teaching workload: 3 hrs /week****Total teaching workload: 72 hrs/ year****Objectives :**

1. To understand the meaning of resources management concepts related to management.
2. To apply managerial process to management of time, energy and money.
3. To understand saving, investment and credit pattern of family.
4. To increase awareness about consumer problems, rights, responsibilities & protection laws

Contents :**UNIT-I****Housing****Hours**

- | | |
|---|---|
| 1. Function & family need of housing | 1 |
| 2. Principles of house planning: aspect, prospect, grouping of room, roominess, privacy, orientation, circulation, flexibility, spaciousness, aesthetics economy, ventilation services | 5 |
| 3. Site selection: <ul style="list-style-type: none">• Vegetation:<ol style="list-style-type: none">i. sizeii. soil types drainageiii. contour (shape)iv. orientation | 3 |
| 4. Elements and principles of arts and design as related to interior decoration with specific reference to color and light | 6 |
| 5. Floor decoration with use of elementary art | 2 |
| 6. Table setting & etiquettes | 1 |

UNIT II**Interior designing**

- | | |
|---|---|
| 7. Room arrangement and decoration - arrangement of furniture, furnishings and accessories in various rooms. | 5 |
| 8. Kitchen planning, importance of counters, storage, principles, working heights. | 5 |
| 9. Selection and care of household equipment (without reference to any specific equipment) | 2 |
| 10. Household waste & its management by 3R | 3 |
| 11. Flower decoration <ul style="list-style-type: none">• Basic equipments• Vases and containers• Preparing plant material• Shaping an arrangement | 4 |
| 12. Furniture <ul style="list-style-type: none">• Types of furniture• Selection use & care | 3 |

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<ul style="list-style-type: none"> • Arrangement of furniture in various rooms 	
UNIT-III	
Resource Management	
13. Meaning, definition and importance of home management	2
14. Process of management: <ul style="list-style-type: none"> • planning, • Organization, • Implementation, • controlling and evaluation 	4
15. Introduction to motivational factor (meaning and types) <ul style="list-style-type: none"> • Values • Goals • Standards • Decision Making • Resources 	4
16. Time management: <ul style="list-style-type: none"> • Tools in time management <ol style="list-style-type: none"> i. Time cost ii. Time norms iii. Peak loads iv. Work curve and rest periods • Process of managing time 	4
17. Energy Management: <ul style="list-style-type: none"> • Process of energy management • Fatigue • Body mechanics • Works simplification -Mundel's Classes of changes • Ergonomics: Meaning, importance & its components 	6
18. Money Management <ul style="list-style-type: none"> • Family Income: sources & type • Budget: Definition & Process of budget making • Saving, investment and raising housing loan: <ol style="list-style-type: none"> i. Definition & Objectives ii. Channels: bank, insurance, post office 	6
19. Consumer problems, rights & responsibilities	2
20. Seeking redressal to consumer problems with special reference to consumer courts	4
NOTE: Seminar presentations on selected topics from unit I and unit II	4
References:	
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21. Sherlekar SA (1990) Trade Practices & consumerism. Himalaya Publishing House. , Mumbai.
22. Steidle RE & Bratton EC (1968). Work in the Home. John Wiley and Sons. New York, London.
23. Thomson CH (1970). Home with Character. Massachusetts. C. Health & Co. Lexington. III rd Ed.
24. Varghese MA, Ogle M, Srinivasan K (1985). Home Management. Wiley Eastern Publishers, New Delhi.

FAMILY RESOURCE MANAGEMENT (PRACTICAL I)

Maximum marks: 50

Minimum marks: 18

Teaching workload: 2 practical/ week (2 hours/ practical)

Total teaching workload: 24 practical/ batch

Objectives:

1. To help students understand various banking procedures.
2. To help students understand house planning and interior decoration.

Contents :

Hours


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1. Project work on money management:	4
<ul style="list-style-type: none"> • How to open various accounts in the bank. • Filling up of slips/forms of bank and post office. <ul style="list-style-type: none"> i. Application for draft ii. Cheques iii. Withdrawal slip iv. Money order form v. Application for housing loan 	
2. Floor decoration: Alpana ,Rangoli & Mandana	2
3. Flower arrangement: fresh and dry arrangements.	2
4. Table setting	1
5. Best out of waste (one article)	1
6. Cleaning of wood, stone, tiles, metal & glass.	1
7. House plans :	6
<ul style="list-style-type: none"> • For various income groups (LIG,MIG,HIG) <ul style="list-style-type: none"> i. Drawing of architectural symbols of house plan ii. Architectural symbols of electricity plan iii. Furniture symbols • Rooms (making any one paper model) <ul style="list-style-type: none"> i. Drawing Room ii. Dining cum leaving room iii. Children study room iv. Bed room v. Pooja Room • Kitchen planning (making any one paper model) <ul style="list-style-type: none"> i. One wall ii. Two wall iii. L shape iv. U shape 	3
	4

Examination scheme:

Total Marks: 50 marks

1. Major: house plan/paper plan of rooms/paper plan of kitchen : 20 marks
2. Minor - I: Table setting/flower arrangement: 10 marks
Minor - II: Floor decoration/cleaning/filling of forms: 10 marks
3. Internal - 10 marks

FOODS & NUTRITION (THEORY PAPER II)

Maximum Marks: 50

Minimum marks: 18

Teaching workload: 3 hrs /week

Total teaching workload: 72 hours/week

Objectives:-

1. To give knowledge about basics of nutrition, nutrients and metabolism.
2. To give knowledge about meal planning for families and individuals.
3. To give knowledge about Normal & Therapeutic nutrition.
4. To give knowledge about Nutritional problems of public importance.


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Contents	Hours
Unit I	24
<ol style="list-style-type: none"> 1. Definition of Food and Nutrition, 5 basic Food groups, Balanced diet 2. Functions of food : <ul style="list-style-type: none"> • Physiological – Hunger, Appetite, Satiety. • Psychological • Social, Economic, Cultural. 3. Functions, sources, Effect of deficiency, Daily allowances of : <ul style="list-style-type: none"> • Macro Nutrients <ol style="list-style-type: none"> i. Carbohydrates ii. Proteins iii. Fats • Micro Nutrients <ol style="list-style-type: none"> i. Minerals – Calcium, Iron, Iodine, Fluorine ii. Vitamins <ul style="list-style-type: none"> Water Soluble – B complex vitamins ,Vitamin C Fat soluble—A, D, E & K • Water Balance • Energy Metabolism <ol style="list-style-type: none"> i. Unit of measurement of energy, definition of calorie, Kilocalorie. ii. Gross & Physiological fuel value of food. iii. BMR and factors affecting BMR/ Energy requirement (RDA) and factors affecting energy requirement. 	
Unit II	8
<ol style="list-style-type: none"> 4. Meal Planning <ul style="list-style-type: none"> • Advantages & importance of meal planning. • Goals of meal planning <ol style="list-style-type: none"> i. Food budget-factors affecting food budget, budgets for low, moderate & liberal incomes ii. Matching meals to time & energy iii. Other factors –taste, aroma, flavour, texture, temperature, traditions, likes & dislikes. • Factors affecting meal planning. • Factors affecting food intake. 5. Normal Nutrition – Nutritional requirements, physiological demands, problems, dietary guidelines for : <ul style="list-style-type: none"> • Pregnancy • Lactation • Infancy (with special emphasis on breastfeeding & complementary feeding) • Preschool child • School going child • Adolescent • Adult • Elderly person 	16

Unit III	
<p>6. Therapeutic Nutrition</p> <ul style="list-style-type: none"> • Modification of normal diet to therapeutic diet. • Dietary management of the following: <ol style="list-style-type: none"> i. Obesity ii. Under weight iii. Diseases of the gastrointestinal tract – Diarrhoea, Constipation , dyspepsia/Indigestion iv. Fevers v. Liver – Jaundice vi. Diabetes vii. Hypertension <p>7. Nutritional Problems of Public Health Importance and their management :</p> <ul style="list-style-type: none"> • Protein Energy Malnutrition • Anaemia • Fluorosis • Vitamin A deficiency • Iodine Deficiency Disorder 	<p>18</p> <p>6</p>
<p>References:</p> <ol style="list-style-type: none"> 1. Srilakshmi B (2011). Dietetics. New Age International Publishers 2. Srilakshmi, B. Food Science , new Age International (P) Ltd. Publishers, New Delhi, 3. Swaminathan MS(2010) Aahar evam Poshan, NR Brothers,MY Hospital Marg, Indore, 4. Kumud Khanna, Sharda Gupta, Santosh Jain Passi, Rama Sethi, Ranjana Mahna & Secma Puri (2005), Elite Publishing House Pvt. Ltd. Ansari Road, Darya Ganj, New Delhi 5. Mudambi , S.R. and Rajagopal. M.V., 1997 Fundamentals of Foods & Nutrition, New Age International (P) Ltd, New Delhi. 	
<p>FOODS AND NUTRITION (PRACTICAL II)</p>	
<p>Maximum marks: 50 Minimum marks: 18 Teaching workload: 2 practicals/ week (2 hours/ practical) Total teaching workload: 24 practicals/ batch</p>	
Contents:	Hours
<p>1. Methods of cooking: - Preparation of any four dishes using the following methods of cooking</p> <ul style="list-style-type: none"> • Boiling – for e.g. Rice, Tea, Coffee • Steaming – Idli , Dhokla , Muthia • Simmering – kheer , rabadi , kadhi , custard, stews- apple & pear 	<p>6</p>


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<ul style="list-style-type: none"> • Frying <ul style="list-style-type: none"> i. Shallow – cheela , parantha, tikki ii. Deep – pakoda , mathri , samosa , kofta etc. • Baking – cake , biscuit , nan khatai • Roasting – papad , moongphali (groundnuts) 	1
2. Preparation of Beverages – Tea (hot & iced), Coffee (Hot & cold), chhaach, lassi, milk shakes, fruit punch (using squashes, fresh fruits), lemonade, jaljeera, aamla shake, aam panna, mocktails(2), mirinda shake.	1
3. Cereal cookery – chapaati, puri(plain, missi), parantha (stuffed, plain), cheela, bhatura , rice (plain, pulao, sweet), khichdi, daliya. Upma, halwa, baati, choorma, mathri (namak para, shakkar para), chowmein, pizza, sandwiches (open, toasted, vegetable)	1
4. Legumes & pulses-daal (plain & daal fry), rajma, chhole, dal makhani. Kadhi, mangodi, dahivada, dal pakodi, besan pakodi, sprout chaat, dal halwa.	1
5. Vegetables-Dry Vegetables (for e.g. aalu gobi, methi aalu, arbi, bhindi), stuffed vegetables (bhindi, capsicum), vegetables with gravy (dahi aalu, malai kofta, gatta, dum aalu, kadhai panner, shahi paneer), baked vegetables.	1
6. Milk & Milk products – paneer, khoa, curd, shrikhand, kheer rabri, fruit custard, raita, fruit cream.	1
7. Soups-clear & cream including Indian soups-palak , tomato, mixed veg., minestrone, sweet corn, pea soup, lentil, raabri.	1
8. Salads-tossed, fruit salad, sprout salad, kosambri, corn, chana, pasta salad, salad dressing, (mayonnaise, lemon, vinegar).	1
9. Shallow fat fried – dosa, uttapam, mixed veg cutlets, hara bhara kabab, burger Deep fat fried – samosa, kofta, kachori, spring rolls, vada Steamed – idli, khaman, muthia Miscellaneous – tikki chola, pav bhaji, sago khichri, bhejpuri	1
10. Sweets – jalebi, sandesh, gulab jamun, laddu, coconut barfi, gujiya, petha roll,	


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chhaina murki, jalebi	1
11. Meal planning for	6
<ul style="list-style-type: none"> • Pregnant woman • Lactating woman • Packed lunch for school going child adult man / woman • Elderly 	
12. Plan dishes rich in	2
<ul style="list-style-type: none"> • Energy • Protein • Calcium • Iron • Vitamin A / β carotene 	

Examination scheme:

Total Marks: 50 marks

1. Major problem -

25 marks

Meal Planning and preparation of one dish for any one of the following

- Pregnant woman
- Lactating woman
- Packed lunch for school going child adult man / woman
- Elderly

2. Minor Problem -

15 marks

Preparation of one dish from

- Any one method of cooking
- Any one food group (cereals, vegetable, milk etc.)

3. Internal -

10 marks

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