

RRBM UNIVERSITY, ALWAR

Programme Faculty – Art (Home- Science)

CREDIT-BASED SEMESTER SYSTEM

Eligibility / Pre-requisite of the Programme-12th Class from CBSE or Rajasthan Board or any recognized Board For both boys and Girls

SEMESTER – I (2023-24)

Course Code	Course Title	Course Type	L	T	P	Credit
HSC 51 T 101	Family Housing and Food Nutrition Theory	Discipline Centric Core (Major)	4	0	0	4
HSC 51 P 102	Family Housing and Food Nutrition Practical	Discipline Centric Core (Major)	0	0	4	2
Total Credit						6

CORE COURSE I

Code of the Course	Title of the Course	Level of Course	Credits of course
HSC 51T 101	Family Housing and Food Nutrition Theory	5	4
HSC 51P 102	Family Housing and Food Nutrition Practical	5	2
Type of Course		Delivery Type of the Course	
Major		Theory- Lecture, Sixty Lectures including diagnostic and formative assessments - during lecture hours Practical- Laboratory work and field visits.	

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SEMESTER - I

Theory Credit -4

60 Hours

HSC 51 T 101-Family Housing and Food Nutrition

Syllabus -

Max. Marks: 20+80 marks

Min. Pass Marks: 8+32 marks

UNIT-I Housing

1. Function & family need of housing
2. **Principles of house planning:** aspect, prospect, grouping of room, roominess, privacy, orientation, circulation, flexibility, spaciousness, aesthetics economy, ventilation services
3. **Site Selection:**
 - Vegetation:
 - i. size
 - ii. soil type drainage
 - iii. contour(shape)
 - iv. orientation
4. Elements and principles of arts and design as related to interior decoration with specific reference to colour and light.

UNIT-II Interior Designing

1. **Furniture:** Types Of Furniture, Selection Use Care, Arrangement Of Furniture in various rooms
2. **Room Arrangement and Decoration:** arrangement of furniture, furnishings, and accessories in various rooms.
3. **Kitchen Planning:** the importance of counters, storage, principles, and working heights.
4. **Selection And Care Of Household Equipment** (without reference to any specific equipment)
5. Household Waste & Its Management by 3R

UNIT III Food Science

1. Function of food:
 - Physiological – hunger, appetite, satiety
 - Psychological
 - Social, economic, and cultural
2. Scope of Bakery, units of measurements, basic terms, types of equipment used in bakery
3. Food Preservation: concept, importance, principals, techniques

UNIT IV FOOD NUTRITION

1. Definition of foods and nutrition, 5 basic food groups, balanced diet

2. Functions, sources of:

• **Macronutrients:**

- i. Carbohydrates
- ii. Proteins
- iii. Fats

• **Micronutrients:**

- i. Minerals – calcium, iron, iodine, fluorine
- ii. Vitamins

Water soluble – B complex vitamins, vitamin C

Fat Soluble – A, D, E & K

Learning Outcome of the Course –

Students Will Develop insight into managing types of furniture in different rooms. They will learn how to select a site for a house. After studying the subject, the student will possess the basic knowledge of food groups, nutrients, and basic metabolism related to nutrition in humans. This will further help them in the selection of a healthy diet.

SEMESTER – I 2023-24 PRACTICAL

Practical Credit -2

30 Practicals (2 hours each)

HSC 5I P 102- Family Housing and Food Nutrition

1. Family Housing

- House plans: For Various Income Groups(LIG, MIG, HIG)
- Drawing of architectural symbols of house plan
 - ii. Architectural Symbols Of Electricity Plan
 - iii. Furniture Symbol
- **Rooms(making any one paper model)**
 - i. DrawingRoom
 - ii. Diningcum leaving room
 - iii. Childrenstudyroom

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- iv. Bedroom
- v. PoojaRoom
- **Kitchen planning (making anyone a paper model)**
 - i. One wall
 - ii. Two Walls
 - iii. L'Shape
 - iv. Ushape

2. Food Nutrition

Methods of cooking: - Preparation of any four dishes by using the different methods of cooking (Steaming/Simmering/Frying/Baking/Roasting):

- **Preparation of Beverages** – Tea (hot & iced), Coffee (Hot & Cold), Chaach, lassi, milkshakes, fruit punch (using squashes & fresh fruits), lemonade, Jaljeera, amla shake, aam panna, mocktails (any 2)
- **Cereal cookery** – Chapati, puri, Paratha, rice, Idli, (Namak para, Shakkar para), Chowmein, pizza, Sandwiches, and Biscuits. Muthia.
- **Legumes & pulses** - daal (plain & daal fry), rajma/chole, kadhi mangodi, dahi vada, dal pakoda, besan pakoda, sprout chaat, dal halwa. Dhokla, Cheela.
- **Vegetables** –Dry Vegetables (for e.g.aalu gobhi, methi aloo, arbi, bhindi), stuffed vegetables (bhindi, capsicum), vegetables with gravy (malai kofta, gatta, dum aloo, kadai paneer, shahi paneer), baked vegetables, soups (clear & cream).

Scheme of Examination –

- Practical exam (total 50 marks)
- Internal and record: 10 marks
- Housing practical: 20 marks
- Preparation of two recipes: 20 marks

Learning Outcome of the Course –

Students grasp knowledge in money management, house planning, and home decor. Gain competence in creating architectural symbols and paper models for different rooms and kitchen layouts. The learners will be able to prepare various recipes from different food groups based on principles and methods of cooking.

REFERENCES:

- गृह प्रबंध एवं सज्जा : डॉ वृंदा सिंह पंचशील प्रकाशन जयपुर
- आहार विज्ञान एवं पोषण : डॉ वृंदा सिंह पंचशील प्रकाशन जयपुर
- आहार विज्ञान एवं पोषण : डॉ वंदना जैन अभिषेक प्रकाशन जयपुर
- आहार विज्ञान एवं पोषण : डॉ ए. के. शर्मा, श्रीमती अंजू शर्मा, शर्मा प्रकाशन जयपुर
- गृह प्रबंध एवं सज्जा : डॉ. वंदना जैन अभिषेक प्रकाशन जयपुर

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- Birrel Verla Leone (1967). Color and Design. A Basic Text (Vol. I & II). Digest submitted in the requirement for the degree of education Teachers college Columbia university
- Bryan Lawson (1980). How Designer Think. Architectural press Ltd.

websites:

<https://www.skillshare.com/classes/Interior-Design-Basics-Simple-Steps-to-Your-Perfect-Space/822981848>

https://wec.ifas.ufl.edu/extension/Urban_Hort/Affordable_Housing/documents/4_1_Site_Selection_Analysis.pdf

SEMESTER – II (2023-24)

Course Code	Course Title	Course Type	L	T	P	Credit
HSC 51 T 103	Family Resources Management and Therapeutic Nutrition Theory	Discipline Centric Core (Major)	4	0	0	4
HSC 51 P 104	Family Resources Management and Therapeutic Nutrition Practical	Discipline Centric Core (Major)	0	0	4	2
Total Credit						6

CORE COURSE II

Code of the Course	Title of the Course	Level of Course	Credits of course
HSC 51 T 103	Family Resources Management and Therapeutic Nutrition Theory	5	4
HSC 51 P 104	Family Resources Management and Therapeutic Nutrition Practical	5	2
Type, of Course,		Delivery Type of the Course	
Major		Theory- Lecture, Sixty Lecture including diagnostic and formative assessments - during lecture hours Practical- Laboratory work and field visits.	

Theory Credit -4

60 Hours

HSC 51 T 103- Family Resource Management And Therapeutic Nutrition

Max. Marks: 20+80 marks

Min. Pass Marks: 8+32 marks

PAPER: FAMILY RESOURCE MANAGEMENT AND THERAPEUTIC NUTRITION

UNIT-I Resource Management

1. Meaning, definition, and importance of home management
2. Process Management:
 - planning,
 - Organization,
 - Implementation,
 - controlling, and evaluation
3. Introduction To Motivational Factor: (meaning and types)
 - Values
 - Goals
 - Standards
 - Decision Making
 - Resources
4. Management Of Important Resources:
 - a) **Time:** Tools & Process
 - b) **Energy:** Process, Classes Of Change
 - c) **Money:** Family Income, Budget, Savings & Investment

UNIT-II Art and Consumer

1. Floor Decoration with the use of elementary art
2. Table Setting & Etiquettes
3. Flower Decoration
 - Basic Equipments
 - Vases and containers
 - Preparing Plant Material
 - Shaping An Arrangement
4. Consumer Problems, rights responsibilities
5. Seeking redressal to consumer problems with special reference to consumer courts

UNIT III Clinical Nutrition

1. Normal nutrition – dietary guidelines for
 - Pregnancy
 - Lactation
 - Infancy (with special emphasis on breastfeeding and complementary feeding)
 - Preschool child
 - School children
 - Adolescent
 - Adult
 - Elderly person

UNIT IV Therapeutic Nutrition

1. Therapeutic nutrition
 - Modification of normal diet to therapeutic diet
 - Dietary management of the following:
 - i. Weight management – obesity, underweight
 - ii. Diseases of the gastrointestinal tract –diarrhea and constipation
2. Nutritional importance of public health importance and their management:
 - Protein Energy Malnutrition
 - Anaemia
3. Meal Planning
 - Importance and factors affecting meal planning
 - Sample menu for adult male and female

SEMESTER – II 2023-24

PRACTICAL

CORE COURSE II

Practical Credit -2

30 Practicals (2 hours each)

HSC 5IP.104- Family Resource Management And Therapeutic Nutrition

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1. Family Resource Management

- How To open various accounts in the bank.
- Filling Up Of Slips/forms of bank and post office.
 - i. Application For Draft
 - ii. Cheques
 - iii. Withdrawal slip
 - iv. Application For Housing Loan
- Floor Decoration: Alpana, Rangoli Mandana
- Flower arrangement: fresh and dry Arrangements.
- Table Setting
- Best Out of waste (one article)
- Cleaning Wood, stone, tiles, metal & glass.

2. Food and Nutrition

- **Milk & Milk products** – Paneer, khoa, curd, shrikhand, kheer, rabri, fruit custard, raita, fruit cream, Kheer
- **Savory food preparation**- dosa, uttapam, mixed veg cutlets, hara bhara kabab, burger, samosa, kofta, kachori, vada, pav bhaji, sago khichdi, bhelpuri.
Sweets- jalebi, Sandesh, laddu, coconut barfi, gujiya, fruit stew (apple and pear), pudding, cupcake, bronie, Gulabjamun
- **Salads** – vegetable, fruit. Mayonnaise and lemon-vinegar dressing.
- **Meal planning (with additional emphasis on nutritional problems) for**
 - Adult man/woman
 - Pregnant Woman
 - Lactating Woman
 - Packed lunch for school-going child
 - Elderly

Scheme of Examination –

- Practical exam (total 50 marks)
- Internal and record: 10 marks
- Resource Management practical: 20 marks
- Preparation of two recipes: 20 marks

Learning Outcome of the Course –

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Acquire the ability to open and operate various bank accounts, fill out necessary forms, and understand financial transactions. Develop proficiency in floor decoration, flower arrangement, table setting, and cleaning techniques. The procedure of handling money and savings and investment will be learnt. There will be a general insight regarding consumer rights and responsibilities. Students Will Develop an insight in house planning and interior decoration

The learners will be able to plan appropriate meals for people from different stages of life. Knowledge of various cooking methods and meal planning will enable them to cook and select healthy foods for themselves and their families. This subject will also give them basic understanding about nutritional needs in the various stages of life cycle and during disease.

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https://www.who.int/health-topics/nutrition#tab=tab_1

<https://www.who.int/news-room/fact-sheets/detail/anaemia>

<https://www.who.int/news-room/fact-sheets/detail/healthy-diet>

<https://www.who.int/news-room/fact-sheets/detail/malnutrition>

<https://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight>

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