

Appendix

Home Science Pass Paper

Fifth Semester

GE – I - Human Nutrition

Sixth Semester

GE -II- Nutrition, A Life span Approach

Details Syllabus is same as Hons.-GE-I & II. This may be applicable for 16 -17 and 17-18 batch.

Fifth Semester

DSE- Childhood In India / changed and Food Science is included as DSE-I- This may be applicable for 17-18batch.

DSE-I- Childhood in India to be deleted & FOOD SCIENCE to
be included as DSE-1

Appendix - A

Objectives:

- 1.To know about the composition of food.
- 2.To know about Preservation Techniques and evaluation of food.

Theory

Unit -1

- . Introduction to food science
- . Definitions, importance and applications
- . Basic Terminology used in food Science.

Unit-II- Basic food Microbiology

- . Introduction to yeast, mould and bacteria - characteristics and their role in preservation and Spoilage of food
- . Hygiene and Sanitation Practices in food Processing and waste disposal.

Unit – III - Preservation Techniques, Principles and their application.

- . High temperature, low temperature, removal of moisture, irradiation and additives.
- . Food packaging and labeling : FSSAI, Codex

Unit -IV- Sensory Science

- . Physiological basis of Sensory Evaluation and Sensory Attributes of food.
- . Sensory Evaluation: Assessment, Subjective and Objective.

Unit-V- Food laws and Quality Assurance

. National and International food laws -FSSAI,BIS,AGMARK,Codex and ISO: 22000, ISO:9000,ISO:14000

.Quality Assurance procedures-GMP,GHP,HACCP

Practical

1.I -Applications and factors affecting formation of Sols, Gels, Foams and emulsion

II-Study of microscopic structure of different food Starches and their gelatinization properties

2-I-Slide preparation and identification of bacteria, yeast and mould.

II-Assessment of hygiene practices of food handles.

3-I-Preservation of food using different methods(Blanching, Dehydration, Freezing)

II-Basic Principle Involved in food preservation using additives.

4.I-Sensory evaluation method and their applications.

II- Food analysis ;Moisture, PH, Acidity, total soluble solids by refractometer.

5-Evaluation of food labels

Recommended Readings

1-Manay S.& Shadaksharaswamy M(2002).Foods-Facts and Principles. Wiley Eastern Ltd.

2-Srilakshmi (2007).Food Science,4th Edition, New Age International.

3-Sethi Mohini and Rao E(2011).Food science (Experiments and Applications).2nd edition.CBS Publishers & Distributer Pvt. Ltd.

SEC-III-C

Care and well-being in Human Development

Theory-

Unit-I-care and human Development

- .Definition, Concepts & relevance of care
- .Vulnerable Periods in life that require care
- .Principles & Components of care

Unity- II: Well-being & Human Development

- . Concept of well-being -Physical, Psychological, Spiritual
- .Life crises and well-being
- .Factors & Experiences that promote well-belling

Unit III-Care & well- being at different stages of life

- .Childhood Years
- .Adolescence
- .Adulthood and old age
- .Well-being of Caregivers

Unit IV-Policies, Services & programs

- .School health programs
- .Nutrition & health for all
- .Counseling & Yoga

Practical:-

- 1-Observation of children (1Infant, 1 toddler)To understand their care needs**
- 2-Interview of a mother of a school-going child to understand here perspective of care and child's well-being.**
- 3-Interaction with two adolescents (male, female)to explore their perspective on well-being.**
- 4-Visit to a senior citizens home, to study their care and well-being**
- 5-Lecture /workshop by a counselor on significance of Counseling**
- 6-Participation in yoga/self development session**

Recommended Reading:-

- .IGNOU.(2011).Positive Psychology-2, MCft-006, Applied Social Psychology. New Delhi
- .Santrock.J.W(2007)Life Span Development (3rd ed.).New Delhi. Tata McGraw-Hill.
- .Seligman M.E.P(2002).Authentic happiness: Using the new Positive Psychology to realize your Potential for lasting fulfillment. New York. Free press
- .Sriram.R.(2004)Ensuring infant and maternal health in India. In J. Pattnaik(Ed). Childhood in south Asia: A Critical look at issues, Policies and Programs Conn.USA: Information Age.
- .Singhi.P.(1999) Child health & well- being: Psychosocial Care within & beyond hospital walls. In T.S.Saraswathi (Ed.).Culture, Socialization and human development. New Delhi: Sage.