

Home Science:

DEGREE STANDARD

UNIT 1.1

Nutrition - Structure, composition nutritive value and storage of cereals, pulses, vegetables, fruits, milk and milk products and meat and meat products.

UNIT 1.2

Classification, functions, disorders, and absorption and metabolism of carbohydrates, fats and proteins. Functions, sources, deficiency and treatment of fat soluble, water soluble vitamins and minerals - calcium, phosphorus iron, iodine and fluorine.

UNIT 1.3

Assessment of nutritional status - methods used advantages and disadvantages. Measures to alleviate malnutrition - Feeding programmes in action in the state.

UNIT 1.4

Interior Design - Design, classification - Elements and principles of design colour - qualities and colour schemes. Furniture, furnishings and accessories selection and arrangement in interiors, Lighting in the home - Importance and principles of home lighting. Types of lighting - Lighting needs for different activities.

UNIT 1.5

Resource management - Management process, values and goals - Decision making - Importance, types and process. Resources - classification, characteristics, factors affecting the use of resources Managerial process applied to the use of time and energy. Work simplification - Arrangement of kitchen - work centres, working lights and work triangle. Equipment for food preparation - Electrical and non electrical.

UNIT 1.6

Family Dynamic - Family - Types, Family structure in India, Family as a basic social institutions, Effects of social changes on family life style. Employment of women outside the home.

UNIT 1.7

Discipline in the home - Definition and disciplinary techniques and their effects on children. Methods of disciplining children. Population education - causes and effects of population explosion, in India - Remedial measure.

UNIT 1.8

Textile fibers and yarns - classification, processing and properties of fibers.

UNIT 1.9

Fabric construction and finishes - Basic weaves and variations plain, twill, satin and fancy weaves. Non-woven, Knitting and braiding - need for finishing. Classification of basic and applied finishes Factors affecting the selection of clothing for family.

UNIT 1.10

Principles of meal planning for different income levels and age groups. Nutritional requirements for special condition - pregnancy and lactation, Breast feeding versus bottle feeding. Diet therapy - Definition, principles and classification of therapeutic diets - feeding the patients - diet counselling. Modification of diets in gastro intestinal, pancreas, renal and cardiac vascular disorders.