

## **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.