

Government College Ropar

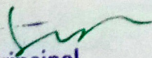
Teaching Plan (Semester V) Session (2018-2019)

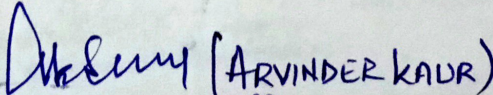
Class: BA III
Subject: Home Science

Name of the Teacher: Jasbir Kaur
Paper: Theory & Practical

Food Science & Child Development-I

S. No	Topics to be Covered
Week 1	Importance and functions of food, Study of basic food groups. Practical: Preparation of minimum five dishes by using various methods of cooking - boiling, steaming, baking), frying (deep and shallow) and roasting with different food groups (cereals, pulses and vegetable groups).
Week 2	Essential food constituents: Carbohydrate, Functions, Source and requirements and deficiency. Practical: Preparation of minimum five dishes by using various methods of cooking - boiling, steaming, baking), frying (deep and shallow) and roasting with different food groups (cereals, pulses and vegetable groups).
Week 3	Essential food constituents: Proteins, Functions, Source and requirements and deficiency. Practical: Preparation of minimum five dishes by using various methods of cooking - boiling, steaming, baking), frying (deep and shallow) and roasting with different food groups (cereals, pulses and vegetable groups). Assignment
Week 4	Essential food constituents: Fats, Functions, Source and requirements and deficiency. Practical: Hot and cold beverages (two each).
Week 5	Source and deficiency, functions, requirements and excess of: Vitamins: A, B complex Practical: Hot and cold beverages (two each).
Week 6	Source and deficiency, functions, requirements and excess of: Vitamins: C, D Practical: Hot and cold beverages (two each).


Principal
Govt. College
Ropar


Arvinder Kaur
Government College, ROPAR

Week 7	Source and deficiency, functions, requirements and excess of: Vitamins: E and K Practical: Food preservation: pickles, chutneys, jams, squashes, (two each).
Week 8	Source and deficiency, functions, requirements and excess of: Minerals: Ca, P, And Na. Practical: Food preservation: pickles, chutneys, jams, squashes, (two each).
Week 9	Source and deficiency, functions, requirements and excess of: Minerals: Fe, K, I. Definition, importance and objectives of child development. Practical: Food preservation: pickles, chutneys, jams, squashes, (two each).
Week 10	Revision Mid-Semester exams
Week 11	The physical and motor development of the child and factors affecting the same. Language development and factors affecting language development. Practical: Food preservation: pickles, chutneys, jams, squashes, (two each).
Week 12	Emotional development: Characteristics of childhood emotions Common Emotions: fear, anger, joy, jealousy, anxiety, curiosity, etc. and factors affecting the emotional development. Practical: Preparation of scrap book showing different stages of development (physical, motor, emotional and social).
Week 13	Social development-during infancy, babyhood, childhood, and adolescence, the role of family and school in the process of socialization. Practical: Preparation of scrap book showing different stages of development (physical, motor, emotional and social).
Week 14	Revision, Tests Clarification of doubts

Principal
Govt. College
Ropar

(Arvind Kumar)
Principal
Govt. College
Ropar

Government College Ropar

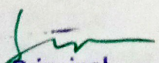
Teaching Plan (Semester VI) Session (2018-2019)

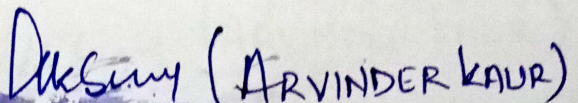
Class: BA III
Subject: Home Science

Name of the Teacher: Jasbir Kaur
Paper: Theory & Practical

Food Science & Child Development –II

S. No	Topics to be Covered
Week 1	Balanced diet: Definition, points to be considered while planning balanced diets. Practical: Preparation of diets for the following:- (a) Pre-school child. (b) Adolescent (c) Adults (men and women) moderate worker
Week 2	Meal planning: Definition, importance and factors affecting meal planning. Practical: Preparation of diets for the following:- (a) Pre-school child. (b) Adolescent (c) Adults (men and women) moderate worker
Week 3	Planning of meals for different age groups i.e. pre-school, adult (male & female), pregnancy & lactation. Practical: Preparation of diets for the following:- (a) Pre-school child. (b) Adolescent (c) Adults (men and women) moderate worker Assignment
Week 4	Normal diet and its modifications. (b) Definition of soft, bland and liquid diets with examples. Practical: Preparation of diets for the following:- (a) Pre-school child. (b) Adolescent (c) Adults (men and women) moderate worker


Principal
Govt. College
Ropar


HEAD OF THE DEPARTMENT
GOVERNMENT COLLEGE ROPAR

Week 5	Dietary requirement during typhoid fever, digestive disorders (constipation, diarrhea and dysentery), diabetes, high blood pressure. Practical: Cooking and serving of soft and weaning foods.
Week 6	Dietary requirement during typhoid fever, digestive disorders (constipation, diarrhea and dysentery), diabetes, high blood pressure. Practical: Cooking and serving of soft and weaning foods.
Week 7	Prenatal Development- Definition, importance of parental period for the mother and the child, Meaning of fertilization, Stages of prenatal development - ovum, embryo and foetus. Factors affecting prenatal development. Practical: Cooking and serving of soft and weaning foods.
Week 8	Physical changes and discomforts during the pregnancy, Physical and psychological care during pregnancy. Practical: Preparation of low calorie & nutritious dishes.
Week 9	(i) Feeding of the infant: (a) Breast feeding (b) Bottle feeding (c) Weaning - Different kinds of important weaning foods for infants. Practical: Preparation of low calorie & nutritious dishes.
Week 10	Revision Mid-Semester exams
Week 11	(ii) Behavioral problems in children- thumb sucking, stealing, nail biting (their causes & remedies). Practical: Preparation of low calorie & nutritious dishes.
Week 12	Digestive disturbances-diarrhea, constipation, vomiting and colic. Viral infection - Viral fever, flu, (symptoms and preventive measures). Practical: Interviewing mothers to conduct a survey on feeding, weaning and child rearing practices.
Week 13	Digestive disturbances-diarrhea, constipation, vomiting and colic. Viral infection - Viral fever, flu, (symptoms and preventive measures). Practical: Interviewing mothers to conduct a survey on feeding, weaning and child rearing practices.
Week 14	Revision, Tests, Clarification of doubts

Principal
Govt. College
Ropar

Arvinder Kaur (ARVINDER KAUR)
Head of the Department
Department of Education, Ropar