

Government College Ropar

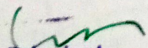
Teaching Plan (Semester V) Session (2019-2020)

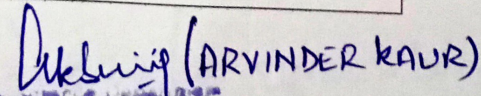
Class: BA III
Subject: Home Science

Name of the Teacher: Arvinder 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).


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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

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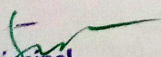
Teaching Plan (Semester VI) Session (2019-2020)

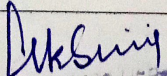
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Subject: Home Science

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

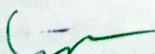
Food Science & Child Development –II


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


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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


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