

Government College Ropar

Teaching Plan (Semester V) Session (2020-2021)

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). |

Jatinder Kaur

Principal
Govt. College
Ropar

Arvinder Kaur (ARVINDER KAUR)

Head of the Home Science Department
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 |

Jatinder Kaur.

Principal
Govt. College
Ropar

Arvinder Kaur (ARVINDER
KAUR)
Government College, ROPAR

Government College Ropar

Teaching Plan (Semester VI) Session (2020-2021)

Class: BA III
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 |

Jatinder Singh

Principal
Govt. College
Ropar

Akshay (ARVINDER KAUR)

Head of the Home Science Department
Government College, Ropar