

Government College Ropar

Teaching Plan (Odd Semester) Session (2021-2022)

Class: BA III

Name of the Teacher: Navneet Kaur

Subject: Home Science

Period: 6th

Paper : Food Science and Child Development I

S. No	Topics to be Covered
Week 1	Importance and functions of food, Study of basic food groups.
Week 2	Essential food constituents: Carbohydrate, Protein. Functions, Source and requirements and deficiency.
Week 3	Essential food constituents: Fat. Functions, Source and requirements and deficiency. Assignment
Week 4	Source and deficiency, functions, requirements and excess of: Vitamins: A, B complex, C.
Week 5	Source and deficiency, functions, requirements and excess of: D, E and K,
Week 6	Source and deficiency, functions, requirements and excess of: Minerals: Ca, P, Na. Class Test
Week 7	Source and deficiency, functions, requirements and excess of: Minerals: Fe, K, I.
Week 8	Methods of cooking, reasons for cooking food-cooking methods by moist heat, dry heat, by fat, microwave cooking.
Week 9	Definition, importance and objectives of child development. Assignment
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.
Week 12	Emotional development: Characteristics of childhood emotions
Week 13	Common Emotions: fear, anger, joy, jealousy, anxiety, curiosity, etc. and factors affecting the emotional development.
Week 14	Social development-during infancy, babyhood, childhood, and adolescence, the role of family and school in the process of socialization.
Week 15	Revision Tests

Arvinder Kaur
HEAD OF DEPARTMENT
Kaur

HOME SCIENCE

Jatinder Kaur
PRINCIPAL

GOVERNMENT COLLEGE ROPAR

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Teaching Plan (Even Semester) Session (2021-2022)

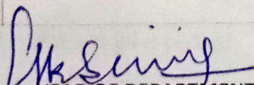
Class: BA III SEM VI

Name of the Teacher: Navneet Kaur

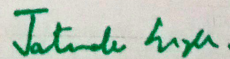
Subject: Home Science

Paper: Food Science and Child Development II

S. No	Topics to be Covered
Week 1	Introduction to Syllabus Concept of balanced Diet
Week 2	Meal Planning – Definition and Importance Principles of Meal Planning
Week 3	Meal Planning – Definition and Importance Principles of Meal Planning
Week 4	Therapeutic Diets & Modification of Normal Diets – Principles Concept of Soft, Bland, Liquid diets
Week 5	Therapeutic Diets in following conditions along with principles of diet: Fevers, Diarrhoea . Therapeutic Diets in following conditions along with principles of diet: Hypertension and Diabetes
Week 6	Therapeutic Diets & Modification of Normal Diets – Principles Concept of Soft, Bland, Liquid diets
Week 7	Revision of Syllabus and Solving of Question Bank
Week 8	Mid Semester Exams
Week 9	. Prenatal Development- Definition, importance of parental period for the mother and the child.
Week 10	Meaning of fertilization, Stages of prenatal development-ovum, embryo and foetus, Factors affecting prenatal development.
Week 11	Physical changes and discomforts during the pregnancy, Physical and psychological care during pregnancy.
Week 12	1) Feeding of the infant: (a) Breast feeding (b) Bottle feeding(c)Weaning - Different kinds of important weaning foods for infants.
Week 13	(i) Behavioral problems in children- thumb sucking, stealing, nail biting (their causes & remedies).
Week 14	Digestive disturbances-diarrhea, constipation, vomiting and colic, Viral infection-Viral fever, flu, (symptoms and preventive measures).
Week 15	Revision of Syllabus and Solving of Question Bank


HEAD OF DEPARTMENT

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