

Govt. College Ropar

Teaching Plan (Odd Semester) Session (2022-2023)

Class: BA III
Subject: Home Science

Name of the Teacher: Navneet Kaur
Period: 6th

S. No	Dates	Topics to be Covered
Week 1	16-08-2022 to 23-08-2022	Importance and functions of food, Study of basic food groups.
Week 2	24-08-2022 to 31-08-2022	Essential food constituents: Carbohydrate, Protein. Functions, Source and requirements and deficiency.
Week 3	1-09-2022 to 7-09-2022	Essential food constituents: Fat. Functions, Source and requirements and deficiency. Assignment
Week 4	8-09-2022 to 14-09-2022	Source and deficiency, functions, requirements and excess of: Vitamins: A, B complex, C.
Week 5	15-09-2022 to 21-09-2022	Source and deficiency, functions, requirements and excess of: D, E and K,
Week 6	22-09-2022 to 28-09-2022	Source and deficiency, functions, requirements and excess of: Minerals: Ca, P, Na. Class Test
Week 7	29-09-2022 to 5-10-2022	Source and deficiency, functions, requirements and excess of: Minerals: Fe, K, I.
Week 8	6-10-2022 to 12-10-2022	Methods of cooking, reasons for cooking food-cooking methods by moist heat, dry heat, by fat, microwave cooking.
Week 9	13-10-2022 to 19-10-2022	Definition, importance and objectives of child development. Assignment
Mid Semester Exams (20-10-2022 to 27-10-2022)		
Week 11	28-10-2022 to 3-11-2022	The physical and motor development of the child and factors affecting the same. Language development and factors affecting language development.
Week 12	4-11-2022 to 10-11-2022	Emotional development: Characteristics of childhood emotions
Week 13	11-11-2022 to 17-11-2022	Common Emotions: fear, anger, joy, jealousy, anxiety, curiosity, etc. and factors affecting the emotional development.
Week 14	18-11-2022 to 24-11-2022	Social development-during infancy, babyhood, childhood, and adolescence, the role of family and school in the process of socialization.
Week 15	25-11-2022 to 30-11-2022	Revision Tests

Jatinder Kaur

Principal
Govt. College
Ropar

Navneet Kaur (ARVINDER KOUR)
Head of the Home Science Department

GOVERNMENT COLLEGE ROPAR

Teaching Plan (Even Semester) Session (2022-2023)

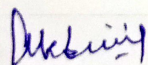
Class: BA III SEM VI

Name of the Teacher: Navneet Kaur

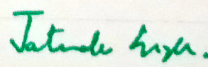
Subject: Home Science

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

HOME SCIENCE


PRINCIPAL

GOVERNMENT COLLEGE ROPAR