

**GAUHATI UNIVERSITY**

**THREE YEAR DEGREE**  
**COURSE**  
**(SEMESTER PATTERN)**

**SUBJECT:-HOME SCIENCE**  
**(MAJOR)**

**Gauhati University**  
**Three Year Degree Course Revised Syllabus (Semester Pattern)**  
**Subject:- Home Science**

Home Science as a discipline aims to empower learner by developing skills in Six different areas, namely-

- Food and Nutrition
- Human Development
- Resource Management
- Clothing and Textiles
- Food Service Management
- Extension Education.

The Degree level Syllabus helps the learner to understand the development of self, family and community. It endeavors to –

Impart knowledge of Nutritional Science and methods to prevent and manage nutritional disorder.

Inculcate healthy food habits for maintaining normal health.

Acquaint learners about human development (from conception to adolescence).

Develop skills for judicious use of various resources.

Help to become responsible consumer.

Help learner to know about different textiles, their selection and care.

Enable the learner to plan, design and construct suitable dresses for different age groups.

Develop skills of communication to assist in advocacy and dissemination of knowledge of community (behavioural changes).

Get acquainted with the managerial techniques of various food service institutions.

Enable learner to design garment for differently able persons (people of special condition)

Enable the learners to elicit information of rural families and provide need based education.

## Course structure for Major First Year

### First Semester

Year	Subjects	Marks	Classes per week	Credit
First year First Semester	101 Food Science and Nutrition	75	6	6
	102 Human Development	75	6	6
	103 practical paper (food and nutrition + human development)	50(25+25)	4	4
Total Marks	Major	200 Marks		Credit 16

### Second Semester

Year	Subjects	Marks	Classes per week	Credit
First year Second Semester	201 Food Sciences and Nutrition	75	6	6
	202 Human Development	75	6	6
	203 Practical classes (food and nutrition+human development)	50(25+25)	4	4
		200	16	16

Total Marks :- 200

Total Credit – 16

Classes 116 / week

**Second Year  
Third Semester  
Major Papers**

Year	Subjects	Marks	Classes per week	Credit
Second year	301 Textile Science	75	6	6
Third Semester	302 Resource Management	75	6	6
	303 Practical	50(25+25)	4	4

Major Total Marks 200 Marks

Credit 16

**Fourth Semester  
Major Papers**

Year	Subjects	Marks	Classes per week	Credit
Second year	401 Basic Clothing Construction	75	6	6
Fourth Semester	402 Financial Management	75	6	6
	403 Practical	50 (25+25)	4	4

Major Total Marks 200 Marks

Credit 16

**Third Year  
Fifth Semester**

Year	Subjects	Marks	Classes per week	Credit
Third year Fifth Semester	501 Home Science Extension Education	75	6	6
	502 Food Service Management	75	6	6
	503 Apparel/textile design	75	6	6
	504 Dietetics and Food microbiology	75	6	6
	505 Practical	75	6	6
	506 Practical	75	6	6

Major Total Marks – 450 36 Classes 36 Credit

**Sixth Semester**

Year	Subjects	Marks	Classes per week	Credit
Third Year Sixth Semester	601 Extension and Communication Management	75	6	6
	602 Institutional food Service Management	75	6	6
	603 Interior Designing	75	6	6
	604 Preschool Management	75	6	6
	605 Field placement & Practical	75	6	6
	606 Project Work			

Major Project Work (Practical) 75 6 6  
Total Marks – 450 Classes – 36 Credit - 36

**Syllabus for T.D.C Courses (Semester System)**

**Subject : Home Science**

**Paper : 101 (theory)**

**Food Science and Nutrition**

**Credit: (3+3 classes per week)**

**Marks: 75**

**GROUP -‘A’**

- A. Introduction to Human Nutrition.
1. Definition, relationship between Food and Nutrition, Nutritional status. - 25  
Knowledge about food, its function and classification.  
Basic knowledge of nutrients-Macro and micronutrients-carbohydrates, protein, fats, vitamins, minerals, trace elements, water (function, sources, deficiency and prevention).
  2. Health (knowledge about physical wellbeing) - 15  
Concept of Health, sign of good health, physical status, psychological status, mental ability, mortality and longevity.  
Relationship of food and health concept only.
  3. Food for optimum nutrition and good health. -10  
Concept of balanced diet, importance of recommended dietary allowances for Indians.  
Basal Metabolism, specific dynamic action of food, energy value of food.

**GROUP- ‘B’**

**B. ELEMENTS OF FOOD SCIENCE**

4. Knowledge about Food groups. - 30  
Study of Basic food groups-its composition and nutritive value of common food stuff.  
Cereals – Composition and nutritive value, Types, Byproducts.  
Pulses – Nutritive value, toxic constituents, germination  
Vegetables and Fruits-classification, pigments,  
Eggs-Role in cookery as coating agent, binding agent, thickening agent, flavouring agent and colouring agent.

Milk and Milk Product - Types, fermented and non-fermented milk products  
Meat, fish, poultry – composition and nutritive value,

Nuts and Oil Seeds – Types – groundnut milk, Soya-milk, Soya sauce, Role of  
nuts and oilseeds in cooking.

Beverages-classification (tea, coffee, fruit etc.), alcoholic

Spices and Condiments- Medicinal Importance

5. Processing of Food. - 15
- i. Study on food processing methods-soaking, parboiling, pasteurization, homogenizing, tenderizing and curing, dehydration, freezing etc.
  - ii. Preparation of food, Objectives and Methods of cooking.
  - iii. Effect of processing and cooking on composition and nutritive value of food. Loss of nutrients during preparation and cooking of food and their minimization.

**First Semester  
Paper-102**

**Credit-6  
Marks – 75**

**Human Development**

1. Introduction to Human Development. -15
  - a) Concepts, needs and scope of Human Development
  - b) Growth and development-concept, definition, principles of growth and development, factors influencing growth and development
  
2. Early childhood care and education. -30
  - a) Beginning of new life-diagnosis, stages of pre-natal development. Signs and symptoms of pregnancy, prenatal hazards, child birth process.
  - b) Postnatal period-care of the mother, newborn baby, care of premature baby, causes of pre-mature baby.
  - c) Breast feeding-importance of colostrums, breast milk
  - d) Immunization-Concept of immune substances, immunization schedule and importance of immunization.
  - e) Different areas on development of infant-physical, motor, cognitive, socio-emotional development. Play activities for fostering development. Developmental task of pre-school children.
  - f) Preschool Period-Characteristics of preschool child and significance of preschool years, developmental tasks.
  - g) Different aspects of development of pre-school-physical, social, cognitive and moral development.
  
3. Middle Childhood and Adolescence. -30
  - a) Middle childhood, characteristics and developmental task of late childhood years.
  - b) Physical development and motor skills, cognitive and language development, moral development, socialization, emotional dominance
  - c) Role of family, peers and school in promoting various development.
  - d) Inherent and recreational activities for middle childhood
  - e) Adolescence-concept, characteristics, developmental task, physical body changes and puberty.
  - f) Emotionality during adolescence.
  - g) Morality and personality development of adolescents.
  - h) Problems during adolescence-drugs, alcohol, abuses, psychological break down, S.T.D, AIDS, Teenage pregnancies.

**First Year  
1<sup>st</sup> Semester  
Paper -103 (Practical)**

**Credit-4  
Marks – 50 (25+25)**

**Food Science and Nutrition and Human Development**

**GROUP - 'A'**

- A. Use of comprehensive food exchange table in planning balanced diet for
  - i. Infancy, pre-school, school children, adolescent, pregnant and lactating mother.
  - ii. Preparation of low cost nutritious food for infants and pre-school children.
  
- B. Baking and Confectionery
  - i. Cakes (with and without eggs), buns and biscuits.
  
- C. Preservation of food-
  - i. Squash, sauce, pickles and jam.
  
- D. Visit to preservation/canning centre
  
- E. Tests for adulteration of food
  - i. Milk, Oil, Spices, Tea, Pulses

**GROUP - 'B'**

- A. Observation and recording the development of a pre-school child and interpreting his behaviour.
  
- B. Development of play materials from indigenous low cost materials.

**First Year**  
**Second Semester**  
**Subject: - Food Science and Nutrition**  
**Paper-201**

**Credit – 6**  
**Marks - 75**

- A. Transition of food to nutrients -
  - i. Digestion-meaning, Process of digestion, digestion in mouth, stomach and intestine Enzymes – Role of different enzymes on digestion of food.
  - ii. Absorption of food in the intestine
  - iii. Metabolism- meaning, types and metabolism of carbohydrates, protein and fats.
  
- B. Meal planning-
  - a. Concept and importance, basic principles and factors influencing meal planning.
  - b. Meal planning for different age groups infants, preschool children and adolescents.
  - c. Meal planning for special groups (pregnant, lactating, geriatric and athletes)
  
- C. Methods of enhancing nutritive value of food-
  - a. Germination, sprouting, fermentation, fortification, supplementation, low-cost nutrient supplement, and food combination concept and methods only.
  
- D. Nutritional assessment-
  - a. Need and importance of nutritional assessment, nutritional anthropometry (height, weight, head, chest and arm circumference).
  
- E. National nutritional policies and programmes.
  - a. Prophylaxis programme, midday meal programme, integrated child development schemes.
  
- F. Food preservation-
  - a. Definition, principles, objectives and methods of food preservation (household and commercial), food additives.
  
- G. Contamination of food- Definition, causes, types, symptoms and food poisoning.
  
- H. Food biotechnology and future foods: Biotechnology in Food – its needs and importance, fortification, organic Foods etc.

**First Year  
Second Semester  
Paper-202  
Dynamics of marriages family and child welfare**

**Credit - 6  
Marks-75**

1. Marriage and Family.
  - A. Marriage- - 10
    - i. Meaning, definition, purpose, motives, and function – types of marriage. Premarital association, premarital guidance and counseling.
    - ii. Adjustment after marriage-with husband, in-laws, home and work place.
    - iii. Different lifestyles-alternatives to marriage, singlehood, conversional union, their socio-emotional implication.
  - B. Family- - 15
    - i. Concept, definition, function, and forms of family
    - ii. Stages of family life cycle-beginning, expanding and contracting, launching families.
    - iii. Family disorganization-its causes and consequences
2. Women's issues- - 25
  - i. Issues related to women-dowry, sexual harassment, women criminality, psychological effect of divorce and separation.
  - ii. Different rights of women-political, educational, legal, economical, reproductive
  - iii. Empowerment of women-, meaning, needs, capacity building for women, decision making. Abilities, opportunities, problem of working women.
3. Child welfare- - 25
  - i. Reproductive child health
  - ii. Needs and rights of children
  - iii. Categorization of special children-mental retardation, physical, neurological, emotional, learning and developmental disabilities.
  - iv. Welfare services for children with disabilities
  - v. Issues to children –street children, child labour, school drop out
  - vi. National and international organization working for children.-CSWB, ICCW, WHO, UNICEF.

**First Year**  
**2<sup>ND</sup> Semester**  
**Subject – Home Science**  
**Paper-203 (Practical)**

**Credit :- 4**  
**Marks-25 + 25**

Food science and nutrition and human development

**GROUP-A**

- A. Weighing and measuring of food items
  - i. Flours, cereals, pulses, sugar, oil, milk, egg, common vegetable
- B. Standardization of recipe-
  - i. Weight of raw food (in grams & household measures)
  - ii. Weight of cooked food (in gms & household measures)
  - iii. Portion and number of servings
  - iv. Calculation of calorie and protein content of wheat, rice and pulse base recipes.
- C. Incorporation or mixing of food to improve the quality of protein, vitamin A, iron, and calcium.
- D. Planning of recipes to provide
  - i. 6-8 gms of protein
  - ii. 300-400 k cal of energy
  - iii. 150-200 mg of calcium
  - iv. 8-10 mg of iron
  - v. 200 micro grams of carotene or 50 micrograms of retinol

**GROUP – B**

- A. Report on different types of marriage ceremonies prevalent in the Indian society.
- B. Presentation of Seminar Paper issues related to women and children.
- C. Visit to
  - i. Destitute home
  - ii. Juvenile home/ observation home
  - iii. Orphanages
  - iv. Child guidance center
  - v. Family counseling center
  - vi. Institution for special children

**Second Year  
Third Semester  
Paper-301**

**Credit hrs-6  
Marks-75**

**Textile Science**

- A. Introduction to textile:- - 15
- i. Textile Fiber:- definition, general properties of fiber, classification, (Natural: - Plant, Animal & Mineral & Man-made: Cellulose, Protein, mineral, metal & synthetic) and consumer preferences for textile fibers.
  - ii. Yarn-definition methods of yarn making (Mechanical & chemical), types of yarn (Simple:- Single, ply and Cord; Complex or novelty, texturized, blended yarn)
- B. Fabric construction:- importance, methods ( interlacing, interloping, interlocking, lace making, netting, braiding, Laminating, bonding) and tri-axial. Merits and demerits of woven and non-woven fabric. - 15
- C. Textile finishes- - 25
- i. Concept, objectives basic finishes, mechanical & chemical finishes and finishes used in textiles to improve appearance, durability and serviceability.
  - ii. Finishing with colours-dyes, types of dyes, natural and chemical dyes, their suitability to different fabrics.
  - iii. Methods of application of dyes to fabrics-dyeing and printing, dyeing and printing defects
- D. Brief study of textiles produced in different states of India with special reference to North-East India. - 10
- E. Textile and consumer education. Selection criteria of fabric- label, tag used in textiles, quality control, standardization, consumer education, consumer organization (silk mark, wool mark) - 10

**Second Year  
Third Semester  
Paper-302 (Theory)  
Family Resource management**

**Credit - 6  
Marks-75**

- A. Principles of resource management. - 20
- i. Concept of family – its types, stages of family life cycle
  - ii. Management- concept, values, goals, standard, resources
  - iii. Management process-planning, organizing, controlling, evaluating
  - iv. Decision making-concept, types, steps in decision making. Factors affecting decision making.
- B. Management of Human resource. - 30
- i. Time management-time demand for family life cycle, time cost, peak load, time plan, steps of time plan.
  - ii. Energy management- concept of energy, energy cost, energy requirement for different activities, sources of energy, work curve.
  - iii. Major system involved in muscular work of human and their function-respiratory system, circulatory system, nervous system.
  - iv. Fatigue- concept, types, techniques for avoiding fatigue, work simplification.
- C. Equipment used in homes. - 25
- i. Equipment-importance, classification of equipment, base material, finishes and insulating materials, selection of equipments, care of equipments
  - ii. Basic of electricity, wiring, safety devices-fuse, ohm's law, dry cell.
  - iii. Brief study on few equipments-iron, oven, heater, mixer grinder, washing machine, refrigerator-their selection, use, care and working principles.
  - iv. Energy crisis- conventional and non-conventional energy, conservation of energy.

**Second Year  
Third Semester  
Paper-303 (Practical)  
Textile Science and Family resource management**

**Credit-2+2  
Marks-50**

**GROUP –A**

**Textile science**

1. Fibre identification (cotton, silk, wool, synthetic fibres by observation , microscopic, burning and solubility test).
2. Identification and characterization of different yarns and fabric available in the market (market survey)
3. Finishing with colours
  - i. Dyeing of fibres, yarn and fabric.
  - ii. Printing, resist printing (tie and dye, batik, stencil, screen)
  - iii. Direct printing (block/ vegetable block, paints)  
(Any two methods for sample and one preferred method for making garment /article)
4. Application of any method (printing, dyeing) to make an article

**GROUP – B**

**Family Resource Management**

Credit-2  
Marks-25

1. Make a time plan for different people-students, working (different professions), housewife.
2. Make household survey to collect information about preferences of home makers towards different labour saving devices.
3. Conduct market survey for collection of information of availability of labour saving tools and equipments and submit report on it.

**Second Year  
Fourth Semester  
Paper – 401 (Theory)**

**Credit -6  
Marks-75**

**Clothing Construction/ Family Clothing**

1. Introduction: - 30
  - i. Importance and scope, clothing construction terminology.
  - ii. Construction process: Clothing construction as creative expression (Planning creative clothes, shopping creatively and successfully.
  - iii. Equipment and accessories used for clothing construction.
  - iv. Construction processes: Selection of pattern and fabric, Preparation of fabric for cutting and layout. Anthropometric measurement and its importance basic paper pattern making.
  - v. Fundamentals of clothing construction; care of fabric during construction, reinforcing corners, basting, gathering and easing in fullness, seam and seam finishes.
  - vi. Problems of sewing with various types of fabrics.
  - vii. Methods and techniques of interfacing.
  
2. Family Clothing: - 30
  - i. Importance of clothing, Clothing needs of the family factors affecting clothing needs.
  - ii. Effects of clothes on child's growth and development.
  - iii. Wardrobe planning:
    - a. Importance
    - b. Clothing budget.
    - c. Wardrobe planning for individual
    - d. Principles of art applied for special figure problems.
  
3. Care of Clothing. - 15
  - i. Meaning and importance.
  - ii. Daily and Seasonal care of cotton, silk, wool, and synthetic. Principle and Methods of care (Airing, Laundry, dry-cleaning, Stain removal, starching bluening and ironing)
  - iii. Storage of clothes: importance and methods.
  - iv. Care of tear and hole (darning and patching)
  - v. Renovation.

**Second Year  
Fourth Semester  
Paper-402 (Theory)  
Family Finance Management and Consumer Education**

**Credit-6  
Marks-75**

- A. Family Finance Management. - 40
- i. Family Income-Definition, types characteristics of family income, Methods of handling income, factors affecting in the use of family income, Source of income, supplementing family income.
  - ii. Budgeting-Concept and meaning, importance of planning budget, steps in planning budget, types of budget, Engel's law of consumption.
  - iii. Account keeping and record keeping-meaning, importance, methods of account keeping.
  - iv. Credit-concept, need, type, use and credit instrument, institution for credit.
  - v. Planning for financial security:-Savings- meaning, definition, importance, institution for saving Factors determining saving. Investment- meaning, principles of investment, types of investments movable and immovable properties – Bond, Stocks and Shares.
  - vi. Taxation:- concept and meaning of tax, types of tax-Direct and indirect tax, need for taxation.
- B. Consumer Education. - 35
- i. Consumer- Meaning, definition of consumer, Duties, Rights and Responsibilities of consumer.
  - ii. Problems of consumer in rural and urban area-unfair trade practice, adulteration, faulty weights and measures.
  - iii. Market- definition, types and price fixation of market
  - iv. Sources of consumer information- advertisement, labels, packages, role of printing media, electronic media and other in supplying information's to consumers.
  - v. Consumer protection – Importance, Awareness, Government Aid standards –PFA. AGMARK, ISI. , Consumer protection laws.
  - vi. Consumer Education- needs and importance of education, Methods of educating consumers.

**Second Year  
Fourth Semester  
Paper - 403 (Practical)**

**(Clothing Construction and Family finance management & Consumer education)**

**Credit-2 classes per week  
Marks-25**

**GROUP - A  
Clothing construction**

1. Preparation of samples of basic stitches, seam, and seam finishes, fullness, finishing necklines, plackets, fasteners (two samples from each category).
2. Demonstration of taking body measurement. Pattern making and layout of fabrics.
3. Drafting, cutting, stitching of children garments(any one) Infant, toddler (School going( boys or girl-any one) and adolescent (girl)

**GROUP - B  
Family Finance Management**

Marks- 25  
Credit-2 classes per week

1. Making personnel and family budget for different income group.
2. Family financial management- keep record of expenditure of either personal or family for one month by using any one method.
3. Critical analysis of labels, brand of consumer product, standardized marks, weights and measures.
4. Visit of saving and insurance institution and submit report.

**Third Year**  
**Fifth Semester**  
**Paper – 501 (Theory)**  
**Home science Extension Education**

**Credit - 6**  
**Marks -75**

- A. Introduction to Home science Extension Education. - 15
- i. Extension education-definition, objectives and needs of extension education
  - ii. Home science- concept, objectives, philosophy of home science, scope of home science education.
  - iii. Home science extension education-its contribution towards development of household with special reference to rural families, families of remote areas.
- B. Methods and aids used in teaching home science in classroom -35
- i. Objective of using method, selection of methods for teaching home science  
Different types of methods- lecture, demonstration, discussion, laboratory, home assignment, field trip.
  - ii. Aids-definition of teaching aids classification, importance and principles of selection of teaching aids.  
Types of aids- a) graphic aids b) audio aids c) audio-visual d) display board  
e) projected aids f) three-dimensional aids.
- C. Home Science extension education. -25
- a. Concept, philosophy, objectives of home science extension education.
  - b. Characteristics and different steps in home science extension education-attention, interest, desire, conviction, action and satisfaction.
  - c. Different approaches of home science extension- individual, group, mass approach.
  - d. Duties/ responsibilities and qualities of home science extension worker.

**Third year  
Fifth Semester  
Paper-502 (Theory)**

**Credit -6  
Marks-75**

- A. Food Service Institution and Management -35
- i. Food Service Institution -Definition, Development and types of Food Service Institution and styles of food service.
  - ii. Organization and Management types of organization, functions of management, tools of management, administration leadership.
  - iii. Human Resource Management / Personnel Management- recruitment, selection, training, induction and supervision, personnel policies, duties of personnel manager.
  - iv. Menu- Origin of menu, types of menu, French classical menu, Indian menu and French menu.
- B. Food Service Equipment and Working areas- - 25
- i. Selection of equipment, classification of equipment care of equipment.
  - ii. Kitchen Layout- types of kitchen, plans of kitchen layout- areas of receiving, food preparation, vegetable preparation, main cooking area, bakery and dessert area, serving and dining area, hot and pan area, dishwashing area.
- C. Financial Management of Food Service Institution - 15  
Concept, cost accounting and maintenance of account books.

**Third Year**  
**Fifth semester**  
**Paper – 503 (Theory)**

**Credit – 6**  
**Marks - 75**

- A. Introduction:
  - i. Meaning, scope and importance of textile and apparel designing, terminology used in design.
  - ii. Elements and principles of design, its importance and application. Types of design (structural and stylized, geometric and abstract design).
  - iii. Design development rules; enlarging and reducing of design, placement and development of design for various uses (dress material for making garment for different age group like infant, pre-school elementary school, adolescent, adult and fabric for furnishing).
  
- B. Garment Manufacturing; Different methods (drafting, draping and commercial pattern), standard body measurement, commercial pattern making organization.
  
- C. Textile printing with special reference to hand printing.
  
- D. Industrial management.

**Third Year  
Fifth semester  
Dietetics and food microbiology  
Paper - 504 (Theory)**

**Credit – 6  
Marks - 75**

**GROUP - A**

- A. Dietetics
- i. Introduction to diet therapy - 20
    - a. Concept, principles, objectives, classification of therapeutic, diet based on consistency, nutrient content and tube feeding.
    - b. Role of dietician in collection of back ground data like socio-economic history, medical history and dietary history.
  - ii. Therapeutic diet. -30
    - a. Gastrointestinal disorders-diarrhoea, dysentery, peptic ulcer
    - b. Infectious disease-typhoid, tuberculosis, influenza
    - c. Liver disease-hepatitis, cirrhosis
    - d. Cardiovascular diseases-hypertension, atherosclerosis.
    - e. Diabetes mellitus, obesity
    - f. Kidney disease-nephritis

**GROUP - B**

- B. Food microbiology . - 25
- I. Food as a substrate for micro-organism - food for energy, food for growth, vitamins-
  - II. Contaminants of food (water, air, soil, animal, sewage handling, processing)
  - III. Food spoilage caused by micro organism-
    - a. Spoilage of cereal grain, flour, bread, cakes, bakery products.
    - b. Spoilage of fruit and vegetable juices.
    - c. Spoilage of meat, fish and egg
    - d. Spoilage of milk and milk products
  - IV. Enzymes produced by microorganism amylase, Maltase, Proteases, glucose oxidase.

**Third Year  
Fifth Semester  
Paper-505 (Practical)  
Home Science Extension Education and Food Science Management**

**Credit-6  
Marks-75**

**GROUP - A**

**Marks - 40**

- A. Select a subject suitable for classroom demonstration.
- B. Write a script which can be presented through any one of the following-
  - i. Puppet plays-for class room.
  - ii. Flash cards- for children and women.
  - iii. Flannel board-for children / women
- C. Collect pictures, photographs, diagrams etc to put up in a bulletin board (group work)
- D. Select and prepare any two from the following: graphs, map, charts, posters, mobiles, diagrams, cartoons, comics, strips.

**GROUP – B**

**Marks - 35**

- A.
  - i. Visit to different food service institutions-submission of report.
  - ii. Table layout and table settings
- B.
  - i. Plan and carry out and prepare formal meal to at least 10 persons.
  - ii. Plan and serve high tea to a minimum 20 persons.

**Third Year  
Fifth Semester  
Paper-506 (Practical)**

**Credit-6  
Marks-75**

**GROUP – A  
(Dietetics and Apparel Designing)**

- A. Dietetics- - 35
- i. Planning, preparing and serving of diets
    - a. Clear liquid diet, fluid diet, soft and bland diet
    - b. Low carbohydrate diet-diabetes mellitus
    - c. High protein diet-fever, hepatitis
    - d. Low protein diet-nephritis
    - e. High fibre diet-constipation
    - f. Low fibre diet-peptic ulcer, diarrhoea
    - g. Sodium restricted diet-hypertension and atherosclerosis
    - h. Low calorie diet-obesity
  - ii. Visit to dietetics department in hospital and submission of report.
- B. Apparel Designing- - 40
- i. Designing garment for the following (any two)
    - a) infant                      b) toddler                      c) pre-school                      d) ladies garment
  - ii. Making of garment (any one/two)  
(making paper pattern, cutting, stitching and finishing of the garment)
  - iii. Visit to tailoring unit / readymade garment unit/boutique and submission of report.

**Third Year  
Sixth Semester  
Paper – 601 (Theory)  
Extension Education and Communication Management.**

**Credit – 6  
Marks - 75**

- A. Communication- - 20
- i. Meaning, definition; origin of communication.
  - ii. Scope, function, elements and problems of communication
  - iii. Importance of communication in extension work.
  - iv. Types of communication – Interpersonal, group and mass communication.
- B. Non- formal Education- - 20
1. Meaning, definition and objectives of non-formal education.
  2. Schemes of non-formal education.
  3. Developing programme for non-formal education and method used for non-formal learner.
  4. Psychology of non- formal learners of all age group (children, youth, adults).
- C. Mass communication- 35
- i. Concept, nature, scope and theories mass communication.
  - ii. Use of Mass communication in extension work.
  - iii. Modes of Mass communication – Print media, broad casting- Radio, T.V. non-broad casting – cassette, CD, internet.
  - iv. Programme development for rural families-concept, scope, principles and objectives of programme development.
  - v. Steps in Programme planning – organizing implementing, monitoring and evaluation.
  - vi. Training leaders for Development – characteristics of leaders, techniques of training of leaders – Role play, observation, group activities and problem solving exercises.

**Third Year  
Sixth Semester  
Paper – 602 (Theory)  
Institutional Food Service Management**

**Credit – 6  
Marks – 75**

- A. Quality and Food Standards: 20
- i. Concept, meaning, standards of food selection, food laws
  - ii. Selection and storage of food
- i. Standardization of recipes – meaning and importance, methods of standardization (Factor and trial and error method), Evaluation of standardized recipes.
- ii. Portion control method – concept and meaning, needs.
- B. Food cost control: 20
- i. Importance of food cost control, factors affecting food cost control.
  - ii. Types of food cost in a food service institutions, food budget, food cost percentage.
  - iii. Pricing of food item – concept, methods of pricing food item, daily food cost report, profit and loss statement.
- C. Records of control: 10
- i. Concept, types – purchase order, invoices, receiving records, requisition records, census records cash receipt records, laundry records, perpetual and physical inventory.
- D. Utilization of left over foods. 5
- i. Importance and reuse of leftover foods.
- E. Food hygiene and sanitation. 20
- i. Concept and meaning, personal hygiene.
  - ii. Storage of different foods to prevent contamination.
  - ii. Food borne diseases – control of food borne diseases in food service institutions.
  - iii. Methods of purification of water.
  - iv. Food poisoning – causes, pest control and garbage disposal.

**Third Year  
Sixth Semester  
Paper – 603 (Theory)  
Interior Design and Decoration**

**Credit-6 classes per week  
Marks-75**

- A. Housing and space Management- - 20
- i. Housing its importance, ownership versus renter-ship of house
  - ii. House planning- site selection, factors affecting the planning of a house, designing different work areas like kitchen, storage area, importance of multipurpose room in space management.
  - iii. Housing schemes- Government and Non-Government housing schemes
- B. Interior decoration- - 20
- i. Meaning and need, purpose of interior designing
  - ii. Application of elements of art and principles of design
  - iii. Furniture- furniture for different activities, types of material, selection, care and maintenance, arrangement, importance of using space saving multipurpose furniture.
  - iv. Lighting-types and effect of architectural and decorative lighting, lighting requirements for various activities.
- C. Interior enrichment - - 25
- i. Wall treatment- materials used for wall treatment, wall paper, paint, wood paneling, tiles, fabric etc. care and maintenance of materials used for wall treatment.
  - ii. Window treatment- Importance of treating window, types of window treatment, factors influencing choice of window treatment.
  - iii. Floor and floor covering- types, selection, care and maintenance, storage of floor covering.
  - iv. Flower arrangement- Principles, selection of flower, picking, care of flowers and foliage selection, preparation of plant material and making arrangement for different areas and occasions.
  - v. Accessories- types-utility, decorative, their selection and placement in areas and rooms using appropriate back ground.
- D. Cost factor- Estimation of cost interior designing of a room, concept importance and method. - 10

**Third Year**  
**Sixth semester**  
**Paper-604 (Theory)**  
**Pre-school Management**

**Credit-6**  
**Marks-75**

- A. Pre School Education. -15  
Definition, objectives, concept, and importance of pre-school education.  
History of pre-school education, Types of pre-school Education  
Home school communication, its importance. Methods of preschool education.
- B. Management. - 30  
i. Establishment-starting of pre-school  
ii. Infrastructure-location, building, indoor and outdoor space, material and equipment, staff  
iii. Role and qualities of a pre-school teacher and other staff.  
iv. Arrangement and maintenance of nursery school equipment and records  
v. Parental involvement in early childhood education and programmes.
- C. Curriculum planning. - 25  
i. Content of curriculum  
ii. Basic principles and significance of planning  
iii. Outdoor and indoor activities to promote all round development of pre-school children, fostering creativity in children, Importance and Types of play.

**Third Year  
Sixth Semester  
Paper - 605 (Practical)  
Food service management and Extension and communication management**

**Credit - 6  
Marks-75**

**GROUP - A  
Food Service Management**

1. Standardisation of receipes for portion and cost
2. Running a cafeteria for 2 weeks

**GROUP - B  
Extension and communication Management**

1. Public speaking – Plan, prepare speech
2. Puppet show – Plan and prepare scripts for puppet show
3. Demonstration – Preparation for method demonstration and result demonstration.
4. Preparation of tools for conducting base line survey and identifying needs of the selected families, conducting programme based on felt needs of the community-
5. Plan and preparation of various communication media
  - i. Print media-poster, leaflets, charts, diagrams, graphs
  - ii. Electronic media- preparation of cassettes and CD

**Third Year  
Sixth semester  
Paper – 606 (Practical)  
Interior designing and preschool management**

**Credit-6(3+3)  
Marks-75**

**GROUP - A**

- A. Interior Designing- Marks-40  
Credit – 3
- i. Elements and principles of interior decorations.
  - ii. Application of colour schemes on different motif.
  - iii. Making samples of window treatment (any two)
  - iv. Decorate floor for different occasion (rangoli, kolam, alpana)
  - v. Making flower arrangement for different area (corner table, center table, dining table, conference room table)
  - vi. Interior enrichment-preparation of articles (pottery painting, wall hanging, use of waste material for decoration, utilitarian article- any one)
- B. Market survey for latest trends in- window, wall, floor treatment, furnishing material, furniture and submit report (any one).

**GROUP - B**

- Pre-school Management Marks-35  
Credit-3
- C. Curriculum planning for specified period
- i. Topic selection (rhymes, story and informal talk)
  - ii. Teaching aid-preparation of teaching aids for pre- schools
  - iii. Preparing of activity plan
- D. Participation in pre-school and submit report.
- E. Observation and report on the managerial aspect of pre-school.