

**Govt. College for Women, Hisar**

**Lesson Plan of Department of Home Science**

**B. A. III (5<sup>th</sup> Sem)**

**Session: 2022-23**

Sr. No.	Month	Topics
<b>Unit –I</b>		
1	16 <sup>th</sup> Aug – 31 <sup>st</sup> Aug, 2022	<p><b>Energy yielding nutrients:</b></p> <p><b>Carbohydrates:</b> Classification, Functions, Resources, Effects of its Deficiency and Excess intake, Recommended Dietary Requirements</p> <p><b>Fats and Lipids:</b> Classification, Types of Fatty Acids, Functions, Resources, Effects of its Deficiency and Excess intake, Recommended Dietary Requirements</p>
2.	1 <sup>st</sup> Sept- 30 <sup>th</sup> Sept, 2022	<p><b>Body Building Nutrients:</b></p> <p><b>Proteins:</b> Classification, Types of Amino Acids, Functions, Resources, Effects of its Deficiency and Excess intake, Recommended Dietary Requirements</p> <p><b>Protecting Nutrients:</b></p> <p><b>Minerals:</b> Functions, Deficiency diseases, Effects of Excess intake, sources and requirements of Calcium, Potassium, Sodium, Iron and Iodine</p> <p><b>Vitamins:</b> Functions, Deficiency diseases, Effects of Excess intake, sources and requirements of</p> <p style="padding-left: 20px;">i). Fat soluble vitamins: Vit. A, D, E, K</p> <p style="padding-left: 20px;">ii). Water soluble vitamins: Vit. B complex and C</p> <p><b>Water:</b> Its functions and importance in the body.</p> <p><b>Fibers:</b> Role of dietary fibers in human nutrition.</p>
3.	1 <sup>st</sup> Oct. – 30 <sup>th</sup> Oct., 2022	<p><b>Methods of Cooking Food:</b></p> <p style="padding-left: 20px;">i). Moist Heat- Boiling, Stewing. Steaming</p> <p style="padding-left: 20px;">ii). Dry Heat- Roasting, grilling, baking</p> <p style="padding-left: 20px;">iii). Frying- Shallow and deep frying</p> <p style="padding-left: 20px;">iv). Radiation-Solar and Microwave</p> <p>Principles and Advantages of cooking food. Effect of cooking on different nutrients.</p> <p><b>Methods of enhancing nutritive value of food stuffs:</b></p> <p style="padding-left: 20px;">i) Sprouting</p> <p style="padding-left: 20px;">ii) Fermentation</p> <p style="padding-left: 20px;">iii) Combination</p> <p style="padding-left: 20px;">iv) Supplementation</p> <p>Concepts of <b>Balanced Diet</b></p> <p><b>Meal planning</b></p> <p>Principles of Meal Planning, factors affecting it</p> <p>Meal Planning for:</p> <p style="padding-left: 20px;">i). Preschool children (3-5 years)</p> <p style="padding-left: 20px;">ii). School going children</p> <p style="padding-left: 20px;">iii). Adolescents (Boys and Girls)</p> <p style="padding-left: 20px;">iv). Adults: Male and Female (Sedentary, Moderate and heavy Workers)</p> <p style="padding-left: 20px;">v). Pregnant and Lactating Mothers</p>

Class Test & Assignment-I		
.Unit -II		
4.	1 <sup>st</sup> Nov. to 30 <sup>th</sup> Nov., 2022	<p><b>Therapeutic Nutrition:</b> Normal Diet, Soft Diet, Fluid Diet</p> <p>Diet Plan for:</p> <ul style="list-style-type: none"> <li>i). Typhoid Fever</li> <li>ii). Diarrhea</li> <li>iii). Constipation</li> <li>iv). Diabetes</li> <li>v). High Blood Pressure</li> </ul> <p><b>Food Preservation:</b></p> <ul style="list-style-type: none"> <li>Importance</li> <li>Causes of food spoilage</li> <li>Principles of food preservation</li> <li>Methods of food preservation with special emphasis on household methods</li> </ul> <p>Class Test &amp; Assignment-II</p>
5.	1 <sup>st</sup> Dec. to 6 <sup>th</sup> Dec. 22	Revision

Dr. Shashi Kala Yadav

Associate Professor of Home Science

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## Lesson Plan of Department of Home Science

B. A. II (3<sup>rd</sup> Sem)

Session: 2022-23

Sr. No.	Month	Topics
1	16 <sup>th</sup> Aug – 31 <sup>st</sup> Aug, 2022	<b>Animal Cell:</b> Structure Composition Division: Mitosis and Meiosis
2.	1 <sup>st</sup> Sept- 30 <sup>th</sup> Sept, 2022	<b>Skeletal System:</b> Functions Different Bones (Axial and Appendicular) Different type of joints <b>Digestive System:</b> Alimentary canal and Accessory glands Digestion and absorption of food in different organs
3.	1 <sup>st</sup> Oct. to 31 <sup>st</sup> Oct., 2022	<b>Circulatory System:</b> Composition of Blood, Functions and Coagulation of Blood Heart- Structure and Working Blood Pressure Normal Values of Haemoglobin, Cholesterol, Urea, uric acid and Glucose in Blood <b>Excretory System:</b> Structure and Function of Kidney Structure and Function of Skin Structure and Function of Lungs
4.	1 <sup>st</sup> Nov. to 30 <sup>th</sup> Nov., 2022	<b>Reproductive System:</b> Organs and functioning of Male and Female sex glands Mensuration and Fertilization Pregnancy and Lactation <b>Endocrine Glands:</b> Functions of different glands- i) Adrenal glands ii) Thyroid gland iii) Pituitary gland iv) Parathyroid gland v) Islets of Langerhans in Pancreas <b>Nervous System:</b> Central Nervous System ( Brain and Spinal Cord) Peripheral Nervous System Cranial Nerves and Spinal Nerves Autonomous nervous System Class Test & Assignment-I
5.	1 <sup>st</sup> Dec. to 6 <sup>th</sup> Dec. 22	<b>Revision</b>

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## Lesson Plan of Department of Home Science

B. A. I (1<sup>st</sup> Sem)

Session: 2022-23

Sr. No.	Month	Topics
1	22 Aug. to 31 <sup>st</sup> Aug., 2022	Concepts and scope of <b>Home Science</b> <b>Housing</b>
2.	1 <sup>st</sup> Sept- 30 <sup>th</sup> Sept, 2022	<b>Kitchen Garden</b> <b>Elements and Principles of Art</b> <b>Colour:</b> Characteristics and different colour Schemes <b>Layout</b> of Different rooms in a house <b>Flower Arrangement:</b> Types, meaning, importance <b>Table setting and Table manners</b>
3.	1 <sup>st</sup> Oct. to 31 <sup>st</sup> Oct., 2022	<b>Resource Management:</b> Definition, Importance and steps in process of Management <b>Family Resources</b> <b>Money Management</b> <b>Energy Management</b> Class Test and & Assignment- I
4.	1 <sup>st</sup> Nov. to 30 <sup>th</sup> Nov., 2022	<b>Time Management</b> <b>Consumer Education</b> Definition Consumer choice Buying problems Defective weights and measures Food Adulteration Consumer Education Class Test & Assignment-II
5.	1 <sup>st</sup> Dec. to 26 <sup>th</sup> Dec. 22	<b>Work simplification</b> Revision

Dr. Shashi Kala Yadav

Associate Professor of Home Science