

FOUR YEAR UNDERGRADUATE PROGRAM (2024 – 28)

Department of Home Science

Course Curriculum

Part A: Introduction			
Program: Bachelor in Arts (Diploma/Degree/Honors)		Semester: III	Session: 2024-2025
1	Course Code	HSSC – 03T	
2	Course Title	FOOD SCIENCE AND NUTRITION	
3	Course Type	DSC	
4	Pre-requisite(if any)	As per Program	
5	Course Learning Outcomes (CLO)	At the end of this course, the students will enable to know: <ul style="list-style-type: none"> • Basic Knowledge of health & Nutrition. • Knowledge of Food Groups. • Knowledge of Excess & deficiencies of nutrients. • Knowledge of Vitamins. • Knowledge of Normal & Therapeutic nutrition. 	
6	Credit Value	3 C	1 Credit = 15 Hours - learning & Observation
7	Total Marks	Max. Marks: 100	Min Passing Marks : 40

Part B: Content of the Course		
No. of Teaching-learning Periods (1 hour per period) : 45 Period (45 hours)		
Unit	Topics (Course Contents)	No. of Periods
1	<ul style="list-style-type: none"> • Nutrition- definition, Classification of nutrients based on work, carbohydrate, fat, protein and mineral. Water • Carbohydrate- definition, function, classification, digestion, absorption, blood sugar level, daily requirement • Fat- definition, function, classification, digestion, absorption, daily requirement • Protein- definition, function, classification, digestion, absorption, daily requirement • Mineral- definition, function, classification, digestion, absorption, daily requirement • Vitamins- definition, function, classification, resources(A B C D E K) • Water- general function, water balance, effect of excess, 	12
2	<ul style="list-style-type: none"> • Diet- classification, function, food groups • Cereal • Pulses • Milk • Fruit & vegetables 	11

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- Management of Hypertension II
- <https://youtu.be/eAonEBKWMhE>
- Management of Food allergy & Intolerance <https://youtu.be/JfZ4G0aF8DA>

Part D: Assessment and Evaluation

Suggested Continuous Evaluation Methods:

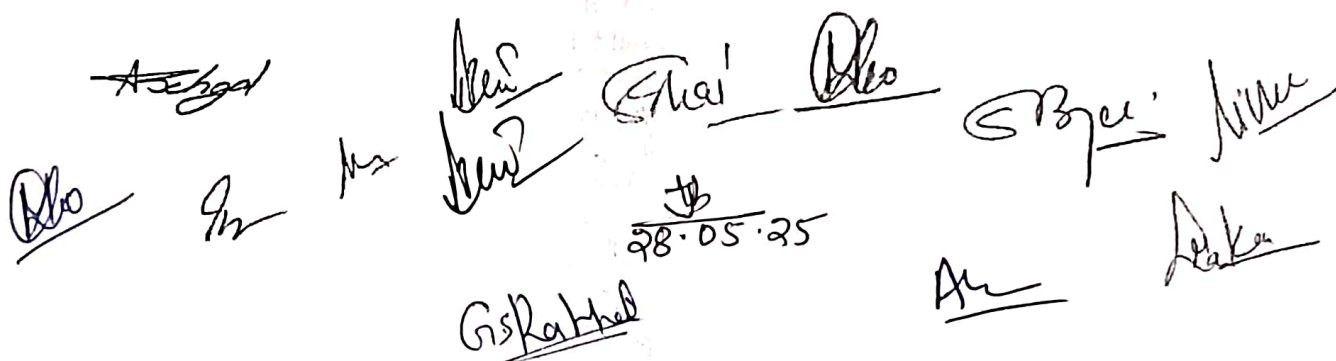
Maximum Marks: 100 Marks

Continuous Internal Assessment (CIA): 30 Marks

End Semester Exam (ESE): 70 Marks

Continuous Internal Assessment (CIA): (By Course Teacher)	Internal Test / Quiz-(2): 20 +20 Assignment / Seminar - 10 Total Marks - 30	Better marks out of the two Test / Quiz + obtained marks in Assignment shall be considered against 30 Marks
End Semester Exam (ESE):	Two section – A & B Section A: Q1 Objective-10x1=10 Mark; Q2.Short answer type-5x4=20 Marks Section B: Descriptive answer type qts.1 out of 2 from each unit-4x10=40 Marks	

Name and Signature of Convener & Members of CBoS:



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Department of Home Science
Course Curriculum

PART- A: Introduction		
Program: Bachelor in Arts (Diploma / Degree/Honors)		Semester -III Session: 2024-2025
1	Course Code	HSSC-03P
2	Course Title	FOOD SCIENCE AND NUTRITION(PRACTICAL)
3	Course Type	DSC
4	Pre-requisite (if, any)	As per requirement
5	Course Learning Outcomes (CLO)	At the end of this course, the students will enable to know: <ul style="list-style-type: none"> • Basic Knowledge of health & Nutrition. • Knowledge of Food Groups. • Knowledge of Excess & deficiencies of nutrients. • Knowledge of Vitamins. • Knowledge of Normal & Therapeutic nutrition
6	Credit Value	1 Credits 1 Credit =30 Hours Laboratory or Field learning/Training
7	Total Marks	Max. Marks: 50 Min Passing Marks: 20

PART -B: Content of the Course

Total No. of learning-Training/performance Periods: 30 Periods (30 Hours)		
Module	Topics (Course contents)	No. of Period
Lab./Field Training/ Experiment Contents of Course	<ul style="list-style-type: none"> • Prepare food from any three methods with Cereals- pulses, egg, milk, dry fruits. • Meal planning (calorie & Protein calculation) • pregnant woman • condition of constipation • diabetes disease • overweight status • Diet plan in different economic situation • Supplementary food • Food preservation by any recipe method 	30
Keywords	Nutrition, carbohydrate, fat, protein, minerals, water, food groups	

PART-C: Learning Resources

Text Books, Reference Books and Others

Text Books Recommended –

- Normal & Therapeutic Nutrition- C.H. Robinson, 1st Edition, Collier Macmillan Ltd.
- Normal & Therapeutic Nutrition- Robinson. 16th Revised Edition, Macmillan publisher.
- Normal & Therapeutic Nutrition- Vipul Khetarpaul, 1st Edition, Generic publisher.
- Foundations of Normal and Therapeutic Nutrition- T. Randall Lankford, 2nd Edition, Delmar

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		Session: 2024-2025
1	Course Code	HSSC-03P
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3	Course Type	DSC
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PART -B: Content of the Course

Total No. of learning-Training/performance Periods: 30 Periods (30 Hours)		
Module	Topics (Course contents)	No. of Period
Lab./Field Training/ Experiment Contents of Course	<ul style="list-style-type: none"> • Prepare food from any three methods with Cereals-pulses, egg, milk, dry fruits. • Meal planning (calorie & Protein calculation) • pregnant woman • condition of constipation • diabetes disease • overweight status • Diet plan in different economic situation • Supplementary food • Food preservation by any recipe method 	30
Keywords	Nutrition, carbohydrate, fat, protein, minerals, water, food groups	

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Cengage Learning publisher.		
• Food Science- B Srilakshmi, 6th Edition, New Age International Publishers.		
Online Resources–		
• e-Resources / e-books and e-learning portals		
Online Resources–		
• e-Resources / e-books and e-learning portals		
PART -D: Assessment and Evaluation		
Suggested Continuous Evaluation Methods:		
Maximum Marks: 50 Marks		
Continuous Internal Assessment(CIA): 15 Marks		
End Semester Exam(ESE): 35 Marks		
Continuous Internal Assessment(CIA): (By Course Teacher)	Internal Test / Quiz-(2): 10 & 10 Assignment/Seminar +Attendance - 05 Total Marks - 15	Better marks out of the two Test / Quiz +obtained marks in Assignment shall be considered against 15 Marks
End Semester Exam (ESE):	Laboratory / Field Skill Performance: On spot Assessment A. Performed the Task based on lab. work - 20 Marks B. Spotting based on tools & technology (written) – 10 Marks C. Viva-voce (based on principle/technology) - 05 Marks	Managed by Course teacher as per lab. status

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Cengage Learning publisher.	
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Online Resources–	
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	Assignment/Seminar +Attendance - 05		
	Total Marks - 15		
End Semester Exam (ESE):	Laboratory / Field Skill Performance: On spot Assessment		Managed by Course teacher as per lab. status
	A. Performed the Task based on lab. work - 20 Marks		
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FOUR YEAR UNDERGRADUATE PROGRAM (2024 – 28)
Department of Home Science
Course Curriculum

Part A: Introduction			
Program: Bachelor in Arts (Diploma / Degree)		Semester: III	Session: 2024-2025
1	Course Code	HSSE-01T	
2	Course Title	FOOD SAFETY, SANITATION AND HYGIENE	
3	Course Type	DSE	
4	Pre-requisite(if any)	As per Program	
5	Course Learning Outcomes (CLO)	<p>At the end of this course, the students will be enable to-</p> <ul style="list-style-type: none"> • Upon completion of this course, the student will be able to: 1. Identify causes of and prevention procedures for food-borne illness, intoxication, and infection. • Demonstrate good personal hygiene and safe food handling procedures; describe food storage and refrigeration techniques; explain sanitation of dishes, equipment, and kitchens including cleaning material, garbage, and refuse • Discuss Occupational Safety and Health Administration (OSHA) requirements and effective workplace safety programs in Food Service Industries. 	
6	Credit Value	3 C	1 Credit = 15 Hours - learning & Observation
7	Total Marks	Max. Marks: 100	Min Passing Marks : 40

Part B: Content of the Course		
No. of Teaching-learning Periods (1 hour per period : 45 Period (45 hours))		
Unit	Topics (Course Contents)	No. of Periods
1	<p>1. Introduction to Food Safety and adulteration Basic Principles of Food Safety Food contamination: definition Sources of contamination Difference between food poisoning and food infection Safety in food processing-</p> <p>a. Food procurement; b. Storage; c. Handling; d. Preparation</p> <p>2. Safety of leftover foods Framework for creating enabling environment for serving safe & nutritious food at the workplace.</p> <p>3. Regulatory compliance requirements for the canteen establishments, Food Service Industries Safe & nutritious food tips for the employee</p> <p>4. Factors affecting food safety and food spoilage: Food adulteration - definition, types of adulteration in various foods- intentional, incidental and metallic contaminants</p>	12

2	Current Food Safety Standards in India Current Food Safety regulations, Food Safety and Standards Authority of India, objectives of developing food safety standards, Food Safety Management System (FSMS) Good Practices/ PRPs - HACCP, GMP, GHP Certification - HACCP, ISO 22000, FSSC 22000	11
3	Sanitation Procedures Basic Principles of Hygiene and Sanitation Personal hygiene and Environmental hygiene Methods of Sanitation and Hygiene Sterilization and disinfection using heat and chemicals Waste product handling and control- Solid and liquid waste disposal Control of infestation- Pest control Importance and methods of pest control; Outlining methods of disposal of liquid, solid and gaseous waste	11
4	Importance of Personal hygiene of food handlers General principles of hygiene – personal and environmental hygiene, hygienic practices in handling and serving foods, planning and implementation of training programme for health person Cleaning and sanitizing- need for efficient cleaning program, cleaning agents, equipment's, Methods to wash, rinse and sanitizing food contact surfaces.	11
Keywords: Food Safety, adulteration, Safety, Authority of India, Waste product handling, Cleaning and sanitizing.		

Part C: Learning Resources	
Text Books. Reference Books, Other Resources	
Text Book Recommended	
1.	Mahtab, S, Bamji S, Kamala Krishnasamy.,Brahmam G.N.V, Text Book of Human Nutrition, Third Edition, Oxford and IBH Publishing Co. P. Ltd., New Delhi, 2012.
2.	Srilakshmi, B., Dietetics, New Age International (P) Ltd., New Delhi, 2013.
3.	Swaminathan, M., Advanced Textbook on Food and Nutrition, Vol. 1, Second Edition, Bangalore Printing and Publishing Co. Ltd., Bangalore, 2012.
4.	Dietary Guidelines for Indians, ICMR, National Institute of Nutrition.

Part D: Assessment and Evaluation		
Suggested Continuous Evaluation Methods:		
Maximum Marks: 100 Marks		
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End Semester Exam (ESE): 70 Marks		
Continuous Internal Assessment(CIA): (By Course Teacher)	Internal Test / Quiz-(2): 20 +20 Assignment / Seminar - 10 Total Marks - 30	Better marks out of the two Test / Quiz + obtained marks in Assignment shall be considered against 30 Marks
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Name and Signature of Convener & Members of CBoS:



 (Dr. Amita Singh)










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PART- A: Introduction			
Program: Bachelor in Arts (Diploma/Degree/Honors)		Semester -III	Session: 2024-2025
1	Course Code	HSSE-01P	
2	Course Title	FOOD SAFETY, SANITATION AND HYGIENE (PRACTICAL)	
3	Course Type	DSE	
4	Pre-requisite (if, any)	<i>As per requirement</i>	
5	Course Learning Outcomes (CLO)	<p>At the end of this course, the students will be enable to-</p> <ul style="list-style-type: none"> • Upon completion of this course, the student will be able to: 1. Identify causes of and prevention procedures for food-borne illness, intoxication, and infection. • Demonstrate good personal hygiene and safe food handling procedures; describe food storage and refrigeration techniques; explain sanitation of dishes, equipment, and kitchens including cleaning material, garbage, and refuse • Discuss Occupational Safety and Health Administration (OSHA) requirements and effective workplace safety programs in Food Service Industries. 	
6	Credit Value	1 Credits	<i>1 Credit =30 Hours Laboratory or Field learning/Training</i>
7	Total Marks	Max. Marks: 50	Min Passing Marks: 20
PART -B: Content of the Course			
Total No. of learning-Training/performance Periods: 30 Periods (30 Hours)			
Module		Topics (Course contents)	No. of Period
Lab./Field Training/ Experiment Contents of Course		<ol style="list-style-type: none"> 1. Microbiological Examination of different food samples 2. Bacteriological Analysis of Water 3. Assessment of surface sanitation by swab/rinse method 4. Assessment of personal hygiene 5. Biochemical tests for identification of bacteria 6. Scheme for the detection of food borne pathogens 7. Detection of common adulterant in food: <ul style="list-style-type: none"> i) Khesari flour in besan ii) Vanaspati in Ghee/Butter. Dried papaya seeds in black pepper, metanil yellow in turmeric or colored sweet products and artificially foreign matter in tea (dust/leaves). 	30

Keywords	Food Safety, adulteration, Safety, Authority of India, Waste product handling, Cleaning and sanitizing.
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PART-C: Learning Resources

Text Books, Reference Books and Others

Text Books Recommended –

1. Mahtab, S, Banji S, Kamala Krishnasamy, Brahman G.N.V, Text Book of Human Nutrition, Third Edition, Oxford and IBH Publishing Co. P. Ltd., New Delhi, 2012.
2. Srilakshmi, B., Dietetics, New Age International (P) Ltd., New Delhi, 2013.
3. Swaminathan, M., Advanced Textbook on Food and Nutrition, Vol. 1, Second Edition, Bangalore Printing and Publishing Co. Ltd., Bangalore, 2012.
4. Dietary Guidelines for Indians, ICMR, National Institute of Nutrition

Other Resources–

PART -D: Assessment and Evaluation

Suggested Continuous Evaluation Methods:



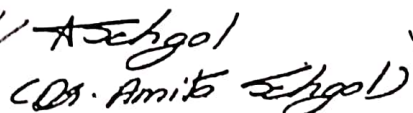


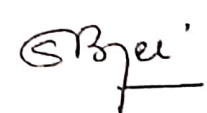
Maximum Marks: 50 Marks





Continuous Internal Assessment(CIA): 15 Marks

End Semester Exam(ESE): 35 Marks

End Semester Exam(ESE):	55 Marks	
Continuous Internal Assessment(CIA): (By Course Teacher)	Internal Test / Quiz-(2): 10 & 10	Better marks out of the two Test / Quiz +obtained marks in Assignment shall be considered against 15 Marks
	Assignment/Seminar +Attendance - 05 Total Marks - 15	
End Semester Exam (ESE):	Laboratory / Field Skill Performance: On spot Assessment	
	A. Performed the Task based on lab. work - 20 Marks	
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		Managed by Course teacher as per lab. status

Name and Signature of Convener & Members of CBoS:

FOUR YEAR UNDERGRADUATE PROGRAM (2024 – 28)
Department of Home Science
Course Curriculum

Part A: Introduction			
Program: Bachelor in Arts (Diploma / Degree/Honors)		Semester: IV	Session: 2024-2025
1	Course Code	HSSC – 04T	
2	Course Title	FAMILY RESOURCE MANAGEMENT	
3	Course Type	DSC	
4	Pre-requisite(if any)	As per Program	
5	Course Learning Outcomes (CLO)	At the end of this course, the students will be able to know. <ul style="list-style-type: none"> • Basic knowledge of Home management. • Basic knowledge of work simplification. • Basic knowledge of time management, energy management. • Basic knowledge of Finance management. 	
6	Credit Value	3 C	1 Credit = 15 Hours - learning & Observation
7	Total Marks	Max. Marks: 100	Min Passing Marks : 40

Part B: Content of the Course		
No. of Teaching-learning Periods (1 hour per period : 45 Period (45 hours))		
Unit	Topics (Course Contents)	No. of Periods
1	<ul style="list-style-type: none"> • Home management- definition, process, duties and responsibility of the housewife in the family. • Price targets and levels-characteristics, classification and development. • Decision process 	12
2	<ul style="list-style-type: none"> • Home decoration- Principle of design, elements of art, Design-structural and decorative. • Colour-importance and effect. • Selection of furniture and its importance • Home decoration accessories • Flower arrangement-types, principle and use 	11
3	<ul style="list-style-type: none"> • Family resources- classification, characteristics. • Time management-concept, resources, process. • Energy management- concept, resources, process, value of power in domestic work. Process of power management. • Income- resource and process, family budget, account keeping • Living standard 	11

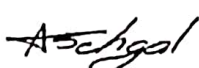
4	<ul style="list-style-type: none"> Kitchen-types, workplace in kitchen, Non-Traditional Sources of fuel, Solar energy Water distribution Ventilation, Light arrangement, storage arrangement. Work simplification-meaning, methods, process and pathway chart Time, energy and labor saving equipments 	11
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Keywords: Home management, process, principle of design, element of art, family budget, time and energy management, work simplification.


Part C: Learning Resources	
Text Books, Reference Books, Other Resources	
Text Book Recommended <ul style="list-style-type: none"> Family resource management-Brindasingh, 3rd Edition, Panchsheel Prakashan. Family resource management- Premavathy Seetharaman, Sonia Batra, Preeti Mehra, 6th Edition, CBS Publication. Family resource management- Tami James Moore, Sylvia M. Asay, 4th Edition, SAGE Publishing. Foundation of Family resource management- Elizabeth B Goldsmith, 6th Edition, SAGE Management of Modern Families- Inma, N., Gross, Elizabeth Crandall, Manjorim. Knoll 2nd Edition Appleton Century Crofts Publisher. Home Management- Varghese, MA, Srinivasan, Kogale, NN, 2nd Edition, New Age International Publisher. Management for modern families- Gross, Cranall and Kloli, 3rd Edition, Printrice Hall Inc. Management in Family living- Nickell and Dorsey, J, 4th Edition, Wiley Eastern Limited. Family Resource Management and Interior Decoration- Bhargava, B, 4th Edition, Jaipur: Apple Printer and V. R. Printers Home Management: Contexts and Concepts- Deacon, R.F., and Firebaugh, F.M. 7th Edition, Boston: Houghton Mifflin Company. 	
Online Resources: <ul style="list-style-type: none"> Management Process https://www.youtube.com/results?search_query=management+process Energy Management https://www.youtube.com/results?search_query=process+of+energy+management+in+hindi 	

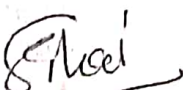
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Name and Signature of Convener & Members of CBoS:



 (Dr. Amit Singh)



 Dr. Bharti Sethi



 Smt. Mamta K Deo



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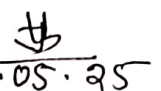

 Rakesh



 Anurag



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Department of Home Science
Course Curriculum

PART- A: Introduction			
Program: Bachelor in Arts <i>(Diploma / Degree/Honors)</i>		Semester -IV	Session: 2024-2025
1	Course Code	HSSC-04P	
2	Course Title	FAMILY RESOURCE MANAGEMENT(PRACTICAL)	
3	Course Type	DSC	
4	Pre-requisite (if, any)	<i>As per requirement</i>	
5	Course Learning Outcomes (CLO)	At the end of this course, the students will be able to know. <ul style="list-style-type: none"> • Basic knowledge of Home management. • Basic knowledge of work simplification. • Basic knowledge of time management, energy management. • Basic knowledge of Financial management. 	
6	Credit Value	1 Credits	1 Credit =30 Hours Laboratory or Field learning/Training
7	Total Marks	Max. Marks: 50	Min Passing Marks: 20
PART -B: Content of the Course			
Total No. of learning-Training/performance Periods: 30 Periods (30 Hours)			
Module		Topics (Course contents)	No. of Period
Lab./Field Training/ Experiment Contents of Course		<ul style="list-style-type: none"> • Flower Arrangement • Identify and formulate five goals that a student will have. • Identify and formulate various types of decision, write process of decision making. • To work out minimum and maximum working approach. (Vertical and Horizontal) • To develop simplify methods of any work. • Visit to energy garden. • Project/ Field Work- Take up a situation trip/function/picnic/party and manage that situation. Write the process of management implementing and report. Making time plan for a student (at least for a week) and explain it. 	30
Keywords		Home management, process, principle of design, element of art, family budget, time and energy management, work simplification.	

PART-C: Learning Resources	
Text Books, Reference Books and Others	
Text Books Recommended –	
<ul style="list-style-type: none"> Family resource management- Brinda singh, 3rd Edition, PanchsheelPrakashan. Family resource management – Premavathy Seetharaman, Sonia Batra, Preeti Mehra, 6th Edition, CBS Publication. Family resource management- Tami James Moore, Sylvia M.Asay, 4th Edition, SAGE Publishing. Foundation of Family resource management- Elizabeth B Goldsmith, 6th Edition, SAGE Management of Modern Families- Inma,N.,Gross, Elizabeth Crandall, Manjori m. Knoll 2nd Edition Appleton Century Crofts Publisher. Home Management- Varghese, MA, Srinivasan, Kogale, NN, 2nd Edition, New Age International Publisher. 	
Online Resources–	
<ul style="list-style-type: none"> e-Resources / e-books and e-learning portals 	
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PART -D: Assessment and Evaluation		
Suggested Continuous Evaluation Methods:		
Maximum Marks: 50 Marks		
Continuous Internal Assessment(CIA): 15 Marks		
End Semester Exam(ESE): 35 Marks		
Continuous Internal Assessment(CIA): (By Course Teacher)	Internal Test / Quiz-(2): 10 & 10 Assignment/Seminar +Attendance - 05 Total Marks - 15	Better marks out of the two Test / Quiz +obtained marks in Assignment shall be considered against 15 Marks
End Semester Exam (ESE):	Laboratory / Field Skill Performance: On spot Assessment A. Performed the Task based on lab. work - 20 Marks B. Spotting based on tools & technology (written) – 10 Marks C. Viva-voce (based on principle/technology) - 05 Marks	Managed by Course teacher as per lab. status

Name and Signature of Convener & Members of CBoS:

