

Punjabi University, Patiala Syllabus, B.A./B.Sc. Part-III (Semester V & VI)

Subject-Home Science

Session 2019-20, 2020-21 and 2021-22

C.

2022-23, 2023-24 & 2024-25

SEMESTER V

Theory Paper: Food Science & Child Development-I

Maximum Marks: 60
Theory: 44
Internal Assessment: 16

Time allotted: 3 Hrs
Periods per week : 6
Pass Marks: 35% in
theory and practical separately

INSTRUCTIONS FOR THE PAPER-SETTER

The question paper will consist of three sections A, B and C. Sections A and B will have four questions from the respective sections of the syllabus and will carry 6½ marks each. Section C will consist of 9 short answer type questions of 2 marks each which will cover the entire syllabus uniformly.

INSTRUCTIONS FOR THE CANDIDATES

Candidates are required to attempt two questions each from Section A and B of the question paper and the entire section C.

SECTION- A

1. Importance and functions of food, Study of basic food groups.
2. Essential food constituents: Carbohydrate, Proteins and Fats; Functions, Source and requirements and deficiency.
3. Source and deficiency, functions, requirements and excess of: Vitamins: A, B complex, C, D, E and K, Minerals: Ca, P, Na, Fe, K, I.
4. Methods of cooking, reasons for cooking food-cooking methods by moist heat, dry heat, by fat, microwave cooking.

SECTION-B

5. Definition, importance and objectives of child development.
6. The physical and motor development of the child and factors affecting the same. Language development and factors affecting language development.
7. Emotional development: Characteristics of childhood emotions
Common Emotions: fear, anger, joy, jealousy, anxiety, curiosity, etc. and factors affecting the emotional development.
8. Social development-during infancy, babyhood, childhood, and adolescence, the role of family and school in the process of socialization.

Books recommended:

1. Randhawa, R. K., Nutrition and Child Development, Pradeep Pub, Jalandhar.
2. Gopalan, C, Balasubramaniam, S.C. 1980. Nutritive Value of Indian Foods", NIN, Indian Council of Medical Research, Hyderabad.
3. ICMR 1980. Recommended Dietary Allowances for Indians", ICMR, New Delhi.
4. ICMR 1990: " Recommended Dietary Intake for Indians", ICMR, New Delhi.
5. Patvardhan V.N., " Nutrition in India".
6. Rajalakshmi 1969, "Applied Nutritions".
7. Wilson, Eva. D, 1979 Principles of Nutrition
8. Gupta, S., Garg, A., Aggarwal, A, Kaur, J. 2016. "Textbook of Foods & Nutrition & Child Development". Kalyani Publishers.