

SEMESTER I

Theory : Introduction to Interior Decoration and Food Science

Maximum Marks: Theory: 70

Paper: 50

Internal Assessment: 10

Time Allotted: 3 Hrs

Lectures per week: 6

Pass Marks : 35% in the subject of Theory and Practical separately.

INSTRUCTIONS FOR THE PAPER SETTERS

The question paper will consist of three sections A, B, C. Section A and B will have 4 questions from the respective sections of the syllabus and will carry 8 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.

Learning Objectives:

- 1 To introduce the concept of home Science, broad fields and the applications of various fields of Home Science.
- 2 To study the importance of color and flower arrangement and its use in home decoration.
- 3 To understand the basics of nutrition and balanced diet.
- 4 To gain knowledge about different methods of cooking.

SECTION A

1 Introduction to Home science

- a) Meaning and importance of Home Science
- b) Various fields of Home Science
- c) Definition of house, home
- d) Functions of a home

2 Introduction to Interior Decoration

- a) Elements of Art-Line, Form, Pattern, Texture, Colour, Light, Space
- b) Principles of Art-Harmony, Balance, Rhythm, Proportion and Emphasis

3 Colour

- a. Importance of colour in interior decoration
- b. Characteristics of colour -Hue, Value and Intensity
- c. Colour Wheel
- d. Colour Schemes
- e. Use of colour in interior decoration favorite rooms
- f.

4 Flower Arrangement

- a. Definition

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- b. Types of Flower Arrangement-Line, Mass, Combination, Miniature, Floating, Foliage, Ikebana
- c. Materials and equipments used in flower arrangement

SECTION B

5 Introduction to nutrition

- a. Definition of Food, Nutrients, Nutrition, Optimum and Adequate Nutrition, Malnutrition
- b. Nutritional Status and factors affecting the nutritional Status.
- c. Importance and functions of food -Physiological, Psychological and Social functions.

6 Classification of Foods

- a. On the basis of their functions
- b. On the basis of nutritive value
- c. Based on their type

7 Methods of Cooking Food

- a. Reasons of cooking food
- b. Cooking by Dry heat ,Moist Heat, Cooking with oil, Microwave Cooking
- c. Advantages and disadvantages of each method and effect of cooking on food nutrients.

Reference Books:

1. Premvathy S, Batra S, Mehera P. An Introduction to Family Resource Management
2. Gupta S, Garg N, Aggarwal A, Kaur J. Textbook of family Resource Management, Hygiene and Physiology, Kalyani Publis
3. Randhawa RK Pradeep's Family Resource Management and Health Science. Pradeep publishers, Jalandhar
4. Sri Lakshmi B, Nutrition Science New Age International New Delhi
5. Mudambi SR and Rajgopal MB Fundamental of Food and Nutrition New Age International
6. Khanna K, Gupta S, Seth R, Mahhana R, The art and science of cooking. A practical manual revised edition. Elite Publishing house private limited
7. Gupta S, Garg N, Aggarwal A, Kaur J, Gill P. Textbook of food and nutrition and child development Kalyani publishers
8. Randhawa RK Pradeep's Nutrition And Child development. Pradeep Publishers, Jalandhar