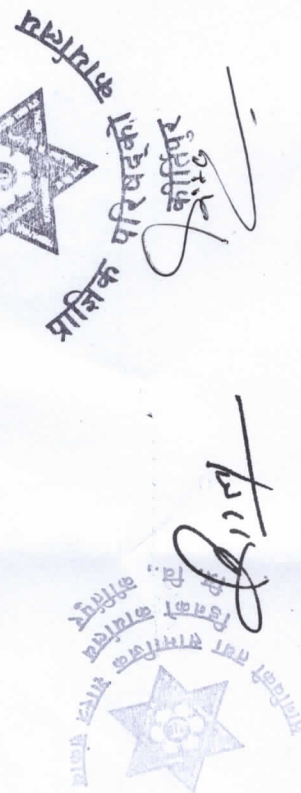


## Outlines of 4 Years B.A. Curriculum in Home Science

Paper	Year	Code. No.	Course Title	Marks			Remarks
				Full Marks	Theory	Practical	
I	1 <sup>st</sup>	HS-421	<b>Fundamental of Nutrition and Food Science :</b> Unit I - Nutrition and Food Science Unit II – Food and Balanced Diet Unit III – Nutritional Deficiency Diseases Unit IV – Nutritional Requirements Unit V – Cookery and Preservation Unit VI – Food Commodities Unit VII – Food Additives, Adulteration and Toxicity Unit IX – Practical	100	70	30	Major
II	1 <sup>st</sup>	HS-422	<b>Fundamentals of Human Development and Family Study:</b> Unit-I Introduction Unit-II Prenatal, Infancy and Childhood Unit-III Adolescence and Adulthood Unit-IV Girl Child Unit- V Convention of the Right of the Child (CRC) Unit- VI Advanced Family Studies Unit-VII Old Age Unit – VIII Practical	100	70	30	Major



III	2 <sup>nd</sup>	HS-423	<b>Textile Science and Apparel Design:</b> Unit I – Fiber and Textile Unit II – Fabric Finishes Unit III – Weaving Unit IV – Material Selection Unit V- Traditional Costumes of Different Ethnic Groups in Nepal Unit VI - Fashion Unit VII –Fashion Cycle Unit VIII- Dress Designing Unit IX - Practical	100	70	30	Major
IV	2 <sup>nd</sup>	HS-424	<b>Fundamentals of Resource Management;</b> Unit I- Home Management Unit – II- Management of Family Resources Unit –III Time Management Unit- IV Money Management Unit- V Household Work Management Unit- VI Housing Unit- VII Interior Decoration Unit – VIII Practical	100	70	30	Major
V	3 <sup>rd</sup>	HS-425	<b>Nutritional Biochemistry and Microbiology:</b> Unit I– Nutritional Biochemistry Unit II– Water Unit III - Energy Metabolism Unit IV - Chemical Composition and pH Value Unit V- <b>Micro-organisms</b> and Their Applications in Food Unit VI - Food Preservation Unit VII - Food Poisoning and Food Infection Unit VII – Food Sanitation and Hygiene Unit VIII – Practical	100	70	30	Major
Elective-A	3 <sup>rd</sup>	HS-410	<b>A- Community Nutrition and Public Health Issues:</b> Unit I - Nutrition Issues	100	70	30	Elective

  
  
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Elective-B	3 <sup>rd</sup>	HS-411	Unit II – Nutrition Policies and Programs UNIT III - Public Health Concerns with Under-Nutrition and Issues Related to Lifestyle Unit IV- Food and Nutrition Security Unit V - Concept and Scope of Public Nutrition Unit VI - Assessment of Nutritional Status Unit VII - Nutrition Education Unit VIII - Practical	100	70	30	Elective
VI	4 <sup>th</sup>	HS-426	<b>B- Basic Concept and Approaches on Early Childhood Development (ECD):</b> Unit I- Early Childhood Development Unit – II -Management of Preschool/ECD Centers Unit – III Milestone of development (up to 5 years) Unit –IV Environments of ECD center / Pre School Unit- V Child Safety Unit- VI Role of Play for Development of Children Unit- VII Role of Family Unit – VIII Practical <b>Human Physiology</b>	100	70	30	Major
VII	4 <sup>th</sup>	HS-427	<b>Research and Academic Writing:</b> Unit I – Scope of Research Methods Unit II - Types of Research Unit III - Definition and Identification of Research Problem UnitIV- Data Collection Tools and Techniques Unit V - Data Analysis and Presentation Unit VI - Proposal Writing Unit VI - Academic Writing and Presentation	100	70	30	Major

  
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**Course Title: Fundamental of Nutrition and Food Science**Level: B.A. 1<sup>st</sup> Year

Home Science (Code No.): 421

Full Marks: 100

Theories: 70

Practical: 30

Teaching Hours: 150

**Course Description:**

This course provides knowledge on nutrition and its classifications, sources and functions. It also covers about the balanced diet, my pyramid, various nutritional deficiency diseases and nutrients requirement in various age groups. This course deals with the importance of cookery, food preservation, safe food handling and storage of food. The contemporary concept of food commodities such as functional food, convenience food, fast food and food supplement are included in this course. In addition, this course provides knowledge to detect additives, adulterants and toxin in food.

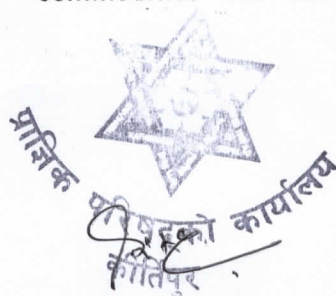
**Course Objectives:**

After completion of this course the students will be able to:

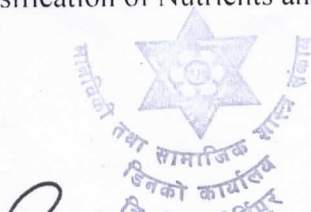
- Explain the functions, sources, classification of food and nutrients
- Understand about the deficiency of various macro-and micro- nutrients
- Describe the nutritional requirements of various age groups
- Explain cookery rules and methods of cooking
- Understand the importance of nutrients preservation and methods of food preservation
- Manage safe food handling and storage of food
- Describe the benefits and health hazards of commodities like functional food, convenience food, fast food and food supplement
- Detect food additives, adulteration and toxicity

**Course Contents:****Unit I – Nutrition and Food Science:**

- a) History of Nutrition and Food Science
- b) Definition and Function of Nutrition
- c) Definition and Classification of Nutrients and Their Sources and Function



15



## Unit II – Food and Balanced Diet:

15

- a) Definition, Classification and Function of Food
- b) Meaning, Concept and Importance of Balanced Diet
- c) Five Food Groups and their Nutrients
- d) Food Pyramid and Plate Method

## Unit III – Nutritional Deficiency Diseases (Causes, Symptoms, Preventive and Curing Method):

20

- a) Carbohydrate Deficiency
- b) Protein Deficiency
- c) Fat Deficiency
- d) Vitamin Deficiency
- e) Mineral Deficiency

## Unit IV – Nutritional Requirements:

25

- a) Nutritional Requirements Infant and Pre-school
- b) Nutritional Requirements School going children
- c) Nutritional Requirements Adolescents – Boys and Girls
- d) Nutritional Requirements Elderly
- e) Nutritional Requirements Pregnant and Lactating Mothers

## Unit V – Cookery and Preservation:

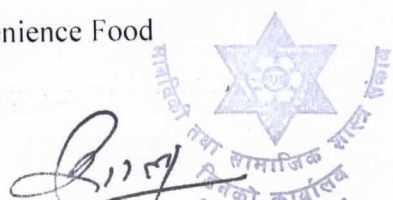
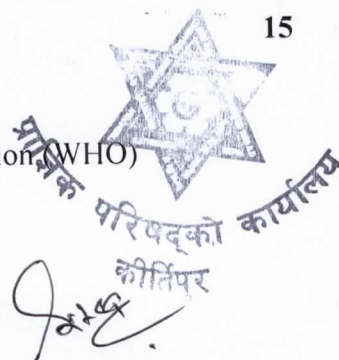
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- a) Cookery Rules, Principles and Methods of Cooking
- b) Importance of Nutrients Preservation and World Health Organization (WHO)  
10 Golden Rules for Food Preservation
- c) Methods of Food Preservation
- c) Safe Food Handling
- d) Storage of Food

## Unit VI – Food Commodities (Concept, Definition and its Effect on Health):

20

- a) Convenience Food



- b) Fast Food
- c) Commercially Packed Food
- d) Functional Food
- e) Food Supplements

## Unit VII – Food Additives, Adulteration and Toxicity:

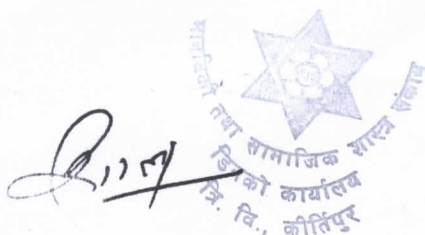
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- a) Definition of Food Additives and Its Classification
- b) Definition of Adulterations and Hazards from Food Adulteration
- c) Food Toxicity – i) Naturally Occurring Toxins in Some Foods
  - ii) Bacterial Toxins
  - iii) Mycotoxins

## Unit VIII – Practical:

30

- 1) Demonstration of Food Lab 3
- 2) Introduction of Lab's Rules and Regulation and Equipments 3
- 3) Commonly Used Terms on Cookery 3
- 4) Weight and Measurements 6
- 5) Food Preparation and understanding the principles Involved in Quality and Portion Size of Following Food Items: 15
  - a) Beverages – Hot and Cold
  - b) Cereals – Any Two Items
  - c) Meat/Fish/Poultry – One Dish
  - d) Egg – Egg Items (Boiled, Poached, Fried, Scrambled, Omelets and Egg Pudding)
  - v) Vegetables – i) Green Leafy Vegetables
    - ii) Other Vegetables
- 6) Detection of Adulterants in Cereals, Pulses, Tea, Coffee, Ghee, Milk and Spices 5



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## B.A. HOME SCIENCE

1st year

**Course Title:** Fundamental of Human Development and Family Study

Full Marks: 100

Internal Ass: 30

External Ass: 70

Course Code: HS ~~402~~ 422

### Theory

#### Course Description

Human development is defined as one of the branch of Home Science which is concern with development of life span. It deals with all aspect of development from prenatal development to old age. This course gives practical and theoretical knowledge about various stages of human development and family relation.

#### Objectives:

After the completion of this course the students will be able to-

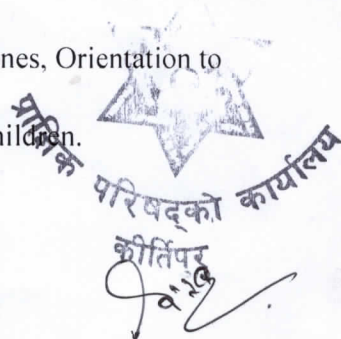
- know about prenatal ,infancy and childhood development
- understand about important aspects of Adolescence and adulthood
- understand the problems and their adjustment during old age
- develop awareness about development during the life span of an individual
- Perceive the importance of family and the community
- know about child right , child labor ,girl trafficking and street children

#### Unit-I Introduction

- Human development and family study Concept, Need and Scope.
- Methods of child study: Interview, Observation, Case Studies, Psychological test & Intelligence (in brief)
- Growth and Development-Definition, Principles, Related factors
- Need to study development through the life cycle.

#### Unit-II Prenatal, Infancy and Childhood

- Pre-natal period: Prenatal development, overview of birth process and complications. Conditions affecting pre-natal development, Hazards during pre-natal development (Physical and Psychological hazards).
- Infancy: Physical changes, Languages development, Social and Emotional development and cognitive/ intellectual development and milestone of infancy.
- Early childhood and Middle childhood: development tasks and milestones, Orientation to pre-school education and significance.
- Children with special needs & Organizations working for welfare of children.



### Unit-III Adolescence and Adulthood

- Adolescence Definition and Characteristics,
- Problems of adolescence-drugs and alcohol abuse, psychological breakdown, STD's , AID's and Teenage pregnancies.
- Adulthood: Definition and Characteristics.
- Adjustments in adulthood- Marital and Parenthood Adjustments. Menopause and Andropause.

### Unit-IV Girl child

- Socio economic environment
- Existing situation of girl child of Nepal
- Girl trafficking in Nepal (history and role of Maiti Nepal)
- Special education program for girl child of Nepal( in remote area )

### Unit- V Convention of the Right of the Child (CRC)

- Concept and definition of Convention of the Right of the Child
- Key fundamental principles - Survival , Protection, Development and Participation
- Nepal initiatives in the right of CRC
- Street children and child labor

### Unit- VI Advanced Family Studies

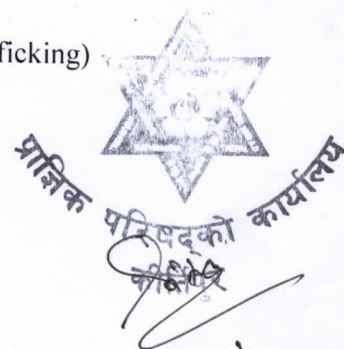
- Overview of Family Theories and function of family
- Existing family theories, their assumptions, values, and applications.
- Changing families in a changing world ,changing role of father
- Existing family problem in Nepalese society and reconstructing family
- Multicultural (racial, ethnic, social) families

### Unit-VII Old Age

- Old age: Definition, Characteristics of old age.
- Situation and Problems of senior citizens and intergenerational conflict with senior citizens in Nepal
- Senior citizens: Managing old age -Preparation and coping strategies to adjust in family and society.
- Government plan and policies for welfare of senior citizens in Nepal. Role of NGOS, INGOS and Stakeholder for better life of Senior citizens.

### Practical:

1. Report writing (related to Early childhood development/ old age/girl trafficking)
2. Growth chart (sample preparation)
3. low cost teaching learning materials for pre scholar (at least 2)
4. Developmental mile stone (sample record file age group-2 to 5 years )





## References

Human Development (Ninth Edition) Diana E. Papilla, Shallywendkosolds,  
Ruth Duskin Feldman: TATA McGraw-Hill, 2005

