

# Home Science

## **Unit-I : (Food & Nutrition Science)**

Study of foods: - Cereals, Pulses, Vegetables Fruits, fleshy foods (Meat, Fish, Egg, Poultry) milk & milk products. Food Preservation. Food Spoilage.

Study of Nutrients: - Proteins, Carbohydrates, Fats, Vitamins & Minerals.

Balanced diet: - Basic food groups, Planning of Meals, RDA.

Malnutrition: - Causes and Prevention. Role of National and International agencies in combating malnutrition.

## **Unit-II : (Human Development & Family Studies)**

Human Development: - Principles and stages.

Child Development (0 – 6 Years): - Physical, Cognitive, Speech, Social and Emotional.

Early Childhood Care and Education: - Significance and Objectives. Child rearing practices.

Family types prevalent in India, Family Life Cycle, Contemporary Family Problems.

## **Unit-III : (Family Resource Management & Consumer Studies)**

Values, Goals and Standards. Types of Family Resources. Time, Energy and Money management.

Consumer Education: - Importance and need of Consumer Education, Rights and responsibilities of Consumer. Consumer Protection: - Consumer guidance society of India, Consumer Protection Act and Council, Consumer Dispute Redressal Agencies.

## **Unit-IV : (Extension Education and Communication)**

Extension Education: - Concept, Philosophy and Principles.

Programme Planning: - Nature, Principles & Steps.

Communication: - Nature, Types, Importance, Elements and Models.

Communication Channels and Approaches

Extension Teaching Methods: - Individual, Group and Mass.

## **Unit-V : (Textiles & Research Methodology)**

Textile Fibers: - Classification and Manufacturing Process of Cotton, Wool, Silk and Rayon.

Yarn Making, Types of Weaving

Finishing :- Mechanical and Chemical.

Selection of Research Problem and Research Design.

Sampling design and Methods of data collection.

Tabulation and Analysis of data

Report writing and Bibliography.