

12. Home Economics

B.A. Home Economics-Opt

Total Mark: 100

Appendix 'B'

(Syllabi and Courses of Reading)

(a) Child Development Family Relations: 25 Marks

1. Introduction to the study of family life.
 - (a) Meaning of Family Relations and Child Development, Cultural, Social, economic status conferring factor in relation with the family.
 - (b) A brief account of different stages of the family life cycle.
2. The child and his parents.
 - (a) Parental development—environmental influences expectant mother—new born baby.
3. Family Interaction.

Adult Behavior and Personality—Basic trust, Care of family crisis—illness—death, divorce discretion in view with the social and cultural analysis.

(b) Clothing: 25 Marks

1. (a) Selection of clothes in accordance with personal Characteristics keeping the art, principles and elements in mind i.e., colour, line, design, fabric texture, etc., in mind.
2. Care and storage of clothing:
 - a) Influence of the physiological, psychological and economic
 - b) Factors on families clothing:
 - c) Stain Removal.
 - d) Seasonal storage—silk, wool and synthetics.

(c) Food and Nutrition: 25 Marks

1. Definition of Food and Nutrition.
2. Functions of food—(a) Energy yielding foods, (b) Body building foods (c) Protective foods.
3. Sources and functions of nutrients—carbohydrate, fat, protein, minerals and vitamins.
4. Nutritive value of foodstuffs—cereals and millet, pulses, Meat, fish, eggs and poultry, fruits and vegetables, milk and milk products, nuts and oilseeds, fats and oil. Carbohydrate foods, condiments and spices.
5. Effects of cooking on the nutritive value of foods.
6. Requirements of dietary essentials Principles of meal Planning.

Planning menu of breakfast, lunch and supper for children, adults and industrial and agricultural workers.

(d) Home Managements:

25 Marks

1. Home Management—its importance in the home.
 2. Steps of management—planning, controlling and evaluation.
 3. Ways of improving standard of living by good management of family resources.
- II.
1. Money management — techniques.
 2. Budget purposes; making budgets according to various levels of income.
- III.
1. Equipment in the home; evaluation of equipment pieces and their comparisons.
 2. Care and storage of home equipment, developing color schemes for one's home.