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MAA VINDHYAVASINI UNIVERSITY, MIRZAPUR

SYLLABUS

FOR

Home Science: Minor Elective

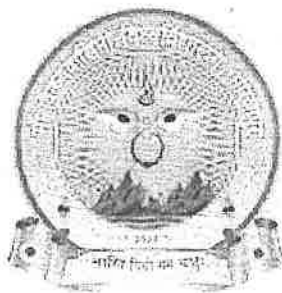


Department of Home Science

Faculty of Science


Dean
Faculty of Science And Technology
Maa Vindhyavasini University, Mirzapur


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MAA VINDHYAVASINI VISHWAVIDYALAYA

MIRZAPUR UTTAR PRADESH-231001

Syllabus Design Committee of Home Science (1 Year PGP)

Sr. No.	Name	Designation	Department	College/University
1.	Prof. Mridalini Singh	Principal	Home Science	Govt. P.G. College, Magraha, Mirzapur
2.	Prof. Devendra Pandey	Dean, Faculty Of Science	Chemistry	K.B. P.G College Mirzapur
3.	Dr. Anju Sonkar	Professor	Home Science	Govt. Degree College Pawanikala, Sonbhadra
4.	Dr. Sadhana Agrawal	Assistant Professor	Home Science	Govt. Gils Degree College, DLW, Varanasi
5.	Manisha	Assistant Professor	Home Science	KPM, Govt. P.G College Aurai Bhadohi

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Semester-Wise Syllabus Titles Of The Minor Elective (Home-Science) In U.G Programme

Year	Semester.	Course Code	Paper Title	Theory/Practical	Credits
B.A I Year	II	A130203ME	Fundamentals of Nutrition and Cooking Skile	Theory	4
	II	A130203ME	Fundamentals of Cooking and Effect of Cooking on Nutrients	Practical	2
B.A II Year	IV	A130404ME	Technique of food Preservation	Theory	4
	IV	A130404ME	(Releted to Food Preservation)	Practical	2

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**B.A I Year Semester II Syllabus of Home Science Minor Elective
Fundamentals of Nutrition and Cooking Skile (Theory +Practical)**

Programme Class : Certificate	Year : I	Semester : II
Subject : Home Science : Minor Elective		
Course Code : A130203ME	Course Title Fundamental of Nutrition and Cooking Skile	
Couse Outcomes:- This syllabus has been prepared according to the NEP 2020 pattern as a Home Science Minor Elective Course. It includes both theory and skill-based practical components.		
Credit : 6 (4T+2)	Minor Elective	
Max Marks- 100 (50T+ Internal P 25+25 Internal Assisment)	Min- Passing Marks	
Total No. of Lecture-60		

Unit	Topic	No. of Lecture
I	Meaning and Importance of food Nurition and Nutrients Function of Food Basic Food Groups Balanced diet	15
II	Nutrients and Their Functions Macronutrients : Carbhycirates, Proteins,Fats Micronutrients : Vitamins, Minerals	15
III	Functions & Sources : Body building foods, energy giving foods, Protective Foods	15
IV	Defficiency Distlases : Anemia, Rickets, Scurvy, Night Blindneess, Osteoporosis, Goiter	15

Total No. of Lab (Internal Practical)-30 (Fundamentals of Cooking and Effect of Cooking on Nutrients)

Unit	Topic	No. of Lecture
I	Fundamentals of Cooking Methods of Cooking: Boilling, Steaming, Frying, Roasting, Baking	15
II	Effect of Cooking on Nutrients Kitchen Safety Hygiene and sanitation Fuel saving Techniqyes: Pressure cooking, Covered cooking	15

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**B.A II Year Semester IV Syllabus of Home Science Minor Elective
Technique of food Preservation (Theory +Practical)**

Programme Class : Diploma	Year :2	Semester : IV
Subject : Home Science : Minor Elective		
Course Code : A130404ME	Course Title Technique of food Preservation	
Couse Outcomes:- • To Understand the imprortance of food preservation • To learn simple methods of preserving foods at home level • Tto develop practical skills for prepring preserved food products.		
Credit : 6 (4T+2 Internal P)	Minor Elective	
Max Marks- 100 (50T+25 Internal P +25 Internal Assisment)	Min- Passing Marks	
Total No. of Lecture-60		

Unit	Topic	No. of Lecture
I	What is food spoilage? Causes and types / खाद्य अपक्षय क्या है? कारण और प्रकार Principles of food preservation / खाद्य संरक्षण के सिद्धांत Methods of food preservation / खाद्य संरक्षण की विधियाँ: Heat preservation: boiling, pasteurization, sterilization / गर्मी से संरक्षण: उबालना, पाश्चुरीकरण, स्टेरिलाइजेशन	15
II	Cold preservation: refrigeration, freezing / ठंड से संरक्षण: फ्रिज, फ्रीज Drying and dehydration / सुखाना और निर्जलीकरण Preservation using sugar, salt, vinegar / चीनी, नमक, सिरका से संरक्षण Canning / डिब्बाबंदी Fermentation / किण्वन	15
III	Food additives and preservatives / खाद्य योजक और संरक्षक Packaging and storage / पैकेजिंग और भंडारण Food safety and hygiene / खाद्य सुरक्षा और स्वच्छता Recent trends in food preservation / खाद्य संरक्षण की नई तकनीकें	15
IV	Food safety and hygiene / खाद्य सुरक्षा और स्वच्छता Recent trends in food preservation / खाद्य संरक्षण की नई तकनीकें	15

Total No. of Lab (Internal Practical)-30 (Releted to Food Preservation)

Unit	Topic	No. of Lecture
I	Making jams and jellies / जेम और जैली बनाना Pickle preparation / अचार बनाना Fruit drying / फलों को सुखाना	15
II	Making sauces and squashes / सॉस और स्क्वैश बनाना Preparation of fermented foods (yogurt, idli batter) / किण्वित खाद्य पदार्थ (दही, इडली का बैटर) Evaluating preserved foods for quality (taste, texture, appearance) / संरक्षित खाद्य पदार्थों का स्वाद, बनावट और रूप देखकर मूल्यांकन	15

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