

**B.A (HOME SCIENCE)**

<b>Semester</b>	<b>Subject code</b>	<b>Subject</b>
Sem-I	BA(Home Sc)-101	FAMILY RESOURCE MANAGEMENT
Sem-III	BA(Home Sc)-301	CLOTHING AND TEXTILES
Sem-V	BA(Home Sc)-501	FOOD AND NUTRITION & CHILD DEVELOPMENT

**LESSON PLAN B.A.(HOME SCIENCE) SEM-I**  
**FAMILY RESOURCE MANAGEMENT**

<b>Topic</b>	<b>Relevance</b>	<b>Contents</b>
Meaning and Importance of Home Science	To gain broad knowledge about the subject, its various domains and future job prospects	Basic Introduction Briefed Domains, Future Scope
Functions of Home	To understand the importance of home and family bonding	Physiological, Psychological, Social, Economic, Educational and Recreational Functions
Renting vs. Owning	To gain basic understanding about renting and owning and its pro's and con's	Advantages and disadvantages of renting and self owned house
Selection of Site, Soil and Locality for a house	To understand the importance of selecting the proper site and locality for a house	Site, Soil and its types, locality, orientation, sanitation, cost, public convenience and controlling pests and insects.
Principles of planning a house	To understand the basic terms i.e. aspect, prospect, privacy, grouping, roominess, flexibility, circulation, practical considerations, sanitation and furniture requirements while planning a house	Aspect, Prospect, privacy, grouping, roominess, flexibility, circulation, practical considerations, sanitation and furniture requirements.
Elements of art	To understand how the basic line, form, texture, color, pattern, light and space can totally change the outlook of an art piece	Line, form, texture, color, pattern, light and space
Principles of Art	To gain basic knowledge about harmony, balance, rhythm, proportion, emphasis and repetition and their importance in interiors.	Harmony, balance, rhythm, proportion, emphasis and repetition
Colors	To understand the basics of colors and how does it effects our mood	Characteristics, qualities and emotional effects of colors
Color Wheel	To understand the basic	Primary, Secondary and

	classification of colors	Tertiary colors
Color Schemes	To understand the basics of preparing pleasing color combinations	Monochromatic, Analogous and complimentary color schemes
Use of color in interior decoration for various rooms	To understand how colors can affect the mood of the room and the illusions warm and cool colors can create	Factors affecting color schemes of different rooms: style, current fashion, possessions, seasons, taste etc.
Define hygiene, infection and immunity	To understand the basic terms, different carriers of disease, sources of infection, control of communicable diseases and types of immunity	Definitions of health, disease, infections, antigens, contamination, the different carriers of disease, sources of infection, control of communication diseases, immunity and its types
Causes and Spread of diseases	To understand the causes of different diseases and how these diseases are spread	Cause, incubation period, mode of spread, signs and symptoms, prevention and control of malaria, dengue, cholera, enteric fever, diarrhea, dysentery, diphtheria, mumps, TB, ringworm, syphilis, Gonorrhoea, Chancroid, Chlamydia, Genital herpes, AIDS and leprosy
Food Poisoning	To understand the causes of the same and its prevention	Causes, Toxic effects of metals, natural toxic substances in foods, other food borne illnesses, diseases caused by viruses and parasites, symptoms and prevention of the same
Purification and storage of water	To understand the importance of purifying water and the methods of storage	Importance of water, sources, types of water, impurities, methods of purification at home as well as modern methods of purifications

**LESSON PLAN B.A. (HOME SCIENCE) SEM-III**  
**CLOTHING AND TEXTILES**

<b>Topic</b>	<b>Relevance</b>	<b>Contents</b>
Equipments and supplies used in clothing construction: their care and uses, Parts of sewing machine and its accessories and measuring equipments	To understand the importance of the various tools and equipments used while clothing construction, to learn about the different parts of a sewing machine	Sewing equipments, Measuring and drafting equipments, marking equipments, cutting equipments and finishing equipments
Sewing machine and its care, parts of sewing machine, common defects and adjustments of sewing machine and care of the same	To understand the basics of a sewing machine and the care required for its upkeep and to also know the causes of the defects that arise while stitching and how to avoid them	Parts of sewing machine, its operation, machine stitching, considerations and care of the machine
Recording Body measurements	To learn the basics of taking anthropometric measurements at different levels of the human body	Importance, types of measurements, preparations for taking measurements, care to be taken while recording measurements
Different methods of developing a design	To understand the importance of drafting, pattern making and draping in clothing construction	Definitions, steps of drafting, pattern making and draping, tools used for the same, points to considered, adaptations and precautions,
Classification of textile fibers	To learn the basis of classification of textile fibers used in clothing industry	Classification of Fibers on the basis of length, Sources and Thermo plasticity: Vegetable Fibers, Animal Fibers, Mineral Fibers, Filament fibers, Staple Fibers, their composition, properties and terminologies
Manufacture and properties of different fibers	To learn in depth how each fibre both natural and man-made are prepared in the industries	Manufacture and properties of cotton, silk, wool, linen, nylon, polyester and rayon
Dyeing and Printing, Different types of dyes	To learn different techniques of dyeing and printing as well as the types of dyes suitable for both natural and man-made fibers	Types of dyes, Methods of home dyeing, tools and accessories required, methods of obtaining different colors and industrial dyeing
Methods of Laundry/ Washing and Principles of Laundry	To understand the importance of different methods of washing and storage of clothes	Principles of washing and their application, methods, process of washing, its advantages and disadvantages.

**LESSON PLAN B.A.(HOME SCIENCE) SEM-V**  
**FOOD AND NUTRITION & CHILD DEVELOPMENT**

<b>Topic</b>	<b>Relevance</b>	<b>Contents</b>
Importance and functions of food	To understand the importance of food in our daily lives	Physiological, psychological and social functions of food
Different food constituents	To learn the significance of different nutrients, their sources, role in our body, excess & deficiencies	Carbohydrates composition, sources, classification, functions, deficiency and excess and RDA's
Different food constituents	To learn the significance of different nutrients, their sources, role in our body, excess & deficiencies	Proteins composition, sources, classification, functions, deficiency and excess and RDA's
Different food constituents	To learn the significance of different nutrients, their sources, role in our body, excess & deficiencies	Fats composition, sources, classification, functions, deficiency and excess and RDA's
Methods of cooking	To understand the importance of different methods of cooking and their advantages and disadvantages	Boiling, Steaming, frying, baking, roasting and microwave cooking
Food nutrients	To learn the importance of different vitamins and minerals in our daily diet, their functions, RDA's, deficiencies and sources	Vitamins (B1, B2, B3, A, C, D) Minerals including Calcium, Iron and Iodine
Food nutrients	To learn the importance of different vitamins and minerals in our daily diet, their functions, RDA's, deficiencies and sources	Minerals (Calcium, Iron and Iodine)
Food Preservation	To learn the basics of preservation and its techniques	Definition, importance, principles and methods
Causes of food spoilage	To understand why certain foods get spoilt under certain conditions	Classification of foods on basis of shelf life, chemical, physical and micro-biological spoilage of foods
Household methods of preservation	To learn how foods can be prepared and stored for longer durations at home	Household methods (dehydration, refrigeration, chemical preservation), commercial methods for preservation (canning etc), its advantages and disadvantages

Definition and importance of child development	To understand the importance of child development	Definitions, objectives, importance
Difference between growth and development and principles of development	To understand the difference between the terms growth and development as well as the basis of development	Difference between the same, general and special principles of development
Physical, motor, emotional, and language development of the child from infancy to late childhood and factors affecting the same	To understand the levels of development from infancy to late childhood and which factors influence the same	Principles, aspects, characteristics and factors affecting the same