HOME SCIENCE

UNIT-L: (Food and Nutrition)

- <u>Study of Macro and Micro Nutrients</u>:- Protein, Carbohydrate, Fat, Vitamins and Minerals.
- <u>Food Preservation</u>:- Meaning, Objectives, Principles of food preservation, household methods of food preservation.
- Food Adulteration: Meaning and Types, Food Laws.
- **Balanced Diet**:- Definition and factors affecting formulation of balanced diet, recommended dietary intake for different age group (Pre-School, School going, adolescent boys and girls, aged people).
- <u>Malnutrition</u>:- Causes and Prevention, Role of National and International agencies in combating malnutrition.

<u>UNIT-II</u>: (Human development and Family Studies)

- Human development: Principles and stages of human development.
- <u>Child development (0-5 years)</u> :- Physical and Motor development, (Emotional and Speech development).
- <u>Adolescence</u>:- Physical and sexual changes, changes in social behaviour, developmental tasks and problems.
- Old age :- Problems of old age, issues and challenges of the aged in the present society. Role of the family, society and Govt. in tackling the problems, Legal and welfare measures for the aged.
- Family Studies: Family Types prevalent in India.

Problems of marital life – Marital disharmony and conflict, separation and divorce, single parenthood.

Problems of family life – Prolonged Sickness and accidents, widowhood, unemployment, economic distress/ Poverty, broken families, Gender discrimination, domestic violence, family with disability, Suicide in the family.

Unit -III :- (Family Resource management and Consumer studies)

- Meaning and Process of Home Management.
- Classification of Family Resources:- Time , Money and Energy.
- Decision Making :- Steps involved in decision making.
- Needs, objective and importance of consumer education.
- Rights and responsibilities of Consumer
- Consumer guidelines and Consumer Protection Act.

Unit IV: (Extension Education and Communication)

- Extension Education:- Principles of extension education.
- Programme Planning :- Nature, Principles and steps.
- Communication ;- Types, Importance, Elements and Models. Communication channels and Approaches.
- Extension Teaching Methods :- Individual, Group and Mass.

Unit V: (Textiles and Research Methodology)

- Textile Fibers :- Classification and Manufacturing Process of Cotton , Wool, Silk & Rayon.
- Weaving:- Types of Weaving.
- Finishing :- Mechanical and Chemical

Research Methodology

- Meaning, objectives and types of Social Research.
- Selection of Research Problems and Research Designs.
- Sampling design and methods of Data Collection.
- Tabulation and Analysis of data.
- Report writing and Bibliography.