

Subtopics: • Capacities of the neonate • Infant care practices • Physical motor development
• Socio-emotional development • Language development • Cognitive development

Unit IV: Development during early childhood (12 hours)

Unit Description: The unit traces the progression in development that occurs from 2-6 years of life.

Subtopics: • Physical Motor Development • Socio-Emotional Development • Language Development • Cognitive Development

PRACTICAL (30 hours)

Unit 1 • Narrative method: recalling and recording an event • Exploring cultural practices and traditions during - Pregnancy - birth - Infant care

Unit 2 • Observation method: - observing infants and preschool children in everyday settings - recording the observations • Neonatal assessment (APGAR scale and Neonatal reflexes) • Multi-media resources to study prenatal development, infancy, early childhood

Essential readings

1. Berk, L. (2013). Child development. 9th ed. Boston: Pearson.
2. DECE-1 Organising Child Care Services (IGNOU Study Material)
<https://www.egyankosh.ac.in/handle/123456789/32288>
3. Dixit, A. (2019). Baal Vikas (1st ed.). Doaba House.
4. Journey of the first 1000 days: Rashtriya Bal Swasthya Karyakram (2018) Ministry of Health and Family Welfare.
5. https://nhm.gov.in/images/pdf/programmes/RBSK/Resource_Documents/Journey_of_The_First_1000_Days.pdf
6. Patni, M. (2020). Baal Vikas (3rd ed.). Star Publications.
7. Santrock, J.W. (2011). Life-span development. New York: McGraw-Hill.
8. Singh, A. (Ed.) 2015. Foundations of Human Development. New Delhi: Tata McGraw
9. Hill. Chapter 2,
10. Snow, C.W. (1997). Infant Development. New Jersey, Prentice-Hall Inc.

Suggested Readings

1. Joshi, P. & Shukla, S. (2019). Child development and education in the twenty-first century. Singapore: Springer International
2. Khalakdina, M. (2008). Human development in the Indian context: A socio - cultural focus:
1. India: Sage.

DISCIPLINE SPECIFIC CORE COURSE – 2 (DSC-HH 102) Food Science and Nutrition

Credit distribution, Eligibility and Prerequisites of the Course

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
Food Science and Nutrition	4	3	0	1	Class XII With Science	-

Learning Objectives

1. To understand the relationship between food, nutrition and health.
2. To describe the function of various nutrients and list their sources.
3. To understand the nutritional contribution of and effect of cooking on different food groups.
4. To describe ways of reducing nutrient losses during cooking and methods of enhancement of nutritional quality of foods.
5. To be able to prepare dishes using principles of food science.

Learning outcomes

After completing this course, students will be able to:

1. Understand the relationship between food, nutrition and health.
2. Describe the digestion, absorption and function of various nutrients and list their sources.
3. Understand the nutritional contribution of and effect of cooking on different food groups.
4. Understand ways of reducing nutrient losses during different methods of cooking and methods of enhancement of nutritional quality of foods.
5. Prepare dishes using principles of food science and assess serving size and nutritional contribution.

SYLLABUS OF DSC- 2

Unit I: Basic Concepts in Food and Nutrition

(5 hours)

Unit Description: An introduction to the sciences of food and nutrition and their relationship to health and disease.

Subtopics: ● Basic terms used in study of food and nutrition ● Understanding relationship between food, nutrition and health ● Functions of food-Physiological, psychological and social

Unit II: Nutrients

(15 hours)

Unit Description: Functions, dietary sources and clinical manifestations of deficiency/ excess of the nutrients

Subtopics: ● Energy, Carbohydrates, lipids and proteins ● Fat soluble vitamins ● Water soluble vitamins ● Minerals

Unit III: Food groups

(15 hours)

Unit Description: Structure, composition, products, nutritional contribution, selection and changes during cooking of various food groups

Subtopics: ● Cereals and Pulses ● Fruits and vegetables ● Milk & milk products ● Eggs ● Meat, poultry and fish ● Fats and Oils ● Spices and herbs ● Beverages

Unit IV: Methods of Cooking and Enhancing the Nutritional Quality of Foods

(10 hours)

Unit Description: Different methods of cooking and ways to improve nutrient retention or improve nutritional quality

Subtopics: ● Dry, moist, frying and microwave cooking ● Advantages, disadvantages and the effect of various methods of cooking on foods ● Preventing losses of nutrient during cooking ● Improving nutritional quality of diets by Food synergy, Germination, Fermentation, Fortification and Genetic Modification of foods

Practical component – 30 Hours

Unit I • Weights and measures; preparing market order and table setting

Unit II Food preparation, understanding the principles involved, nutritional quality and portion size- • Cereals: Boiled rice, pulao, chapati, paratha-plain/stuffed, poori, pastas • Pulses: Whole, dehusked, pulse curry • Vegetables: Dry preparation, vegetable curry • Milk preparations: Kheer, porridge, custard • Egg preparations: Boiled, poached, fried, scrambled, omelettes, egg pudding • Soups: Plain and cream soups • Baked products: cakes, biscuits/cookies • Snacks and Breakfast Cereals: pakoras, cutlets, samosas, cheela, upma/poha, sandwiches • Salads: salads and salad dressings

Essential readings

1. Chadha R and Mathur P (eds)(2015). Nutrition: A Lifecycle Approach. Hyderabad: Orient Blackswan.
2. Rekhi T and Yadav H (2014). Fundamentals of Food and Nutrition. New Delhi: Elite Publishing House Pvt Ltd.
3. Srilakshmi B (2014). Food Science, 6th Edition. Delhi: New Age International Ltd.
4. Khanna K, Gupta S, Seth R, Mahna R, Rekhi T (2004). The Art and Science of Cooking: A Practical Manual, Revised Edition. New Delhi: Elite Publishing House Pvt Ltd.
5. Raina U, Kashyap S, Narula V, Thomas S, Suvira, Vir S, Chopra S (2010). Basic Food Preparation: A Complete Manual, Fourth Edition. Hyderabad: Orient Black Swan

Suggestive readings (if any)

1. Bamji MS, Krishnaswamy K, Brahman GNV (2016). Textbook of Human Nutrition, 4th edition. New Delhi: Oxford and IBH Publishing Co. Pvt. Ltd.
2. Byrd-Bredbenner C, Moe G, Beshgetoor D, Berning J. (2013). Wardlaw's Perspectives in Nutrition, International Edition, 9th edition, New York: McGraw- Hill.
3. Sethi P, Lakra P. Aahar Vigyan, Poshan evam Suraksha (Hindi); First Ed; 2015; Delhi: Elite Publishing House (P) Ltd.

DISCIPLINE SPECIFIC CORE COURSE– 3 (DSC-3) COMMUNICATION CONCEPTS AND THEORIES

Credit distribution, Eligibility and Pre-requisites of the Course

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
Communication Concepts and Theories	4	3	0	1	Class XII pass with Science	