



**ANDHRA PRADESH STATE COUNCIL OF HIGHER
EDUCATION**

**Model Syllabus for Home Science (Minor) in consonance with Curriculum framework w.e.f. AY
(W.E.F. AY-2026-27)**

Prepared by Sri Venkateswara University, Tirupati

COURSE STRUCTURE

Year	Semester	Course	Title of the Course	No. of Hrs /Week	No. of Credits
II	III	1	Health and Nutrition	3	3
			Health and Nutrition-Practical	2	1

SEMESTER-III

COURSE 1: HEALTH AND NUTRITION

Theory

Credits: 3

3 hrs/week

Outcomes of the course

At the end of the course the students will be able to

- 1 Interpret the importance and functions of food and its nutrients
- 2 Understand the composition and nutritive value of both animal and plant food
- 3 Apply skills for planning diets for nutritional disorders.
- 4 Apply the techniques to assess the nutritional status of different age groups.

THEORY

Unit I: Fundamentals of Health and Nutrition

- Definitions: Health (concepts, dimensions) and Nutrition (scope and importance)
- Food Groups: Classification - food composition
- Balanced Diet: Concept, components, and significance
- Menu Planning: Definition, principles, and factors influencing menu planning

Unit II: Food Sources, Composition, RDA and Nutrient Deficiencies

- Cereals, Millets, Pulses and Legumes – Composition, recommended dietary allowances (RDA), and nutrient deficiencies
- Fruits and Vegetables – Composition, vitamins, minerals, antioxidants; RDA and deficiencies
- Fats and Oils – Composition, essential fatty acids, RDA, and deficiency symptoms
- Animal Foods (Milk and milk products, Egg, Meat, Poultry, Fish, and Marine foods) – Composition, RDA, and deficiencies.

UNIT- III: Major Nutrition Problems of the Community

- Malnutrition and under nutrition- PEM/CED, obesity
- Deficiencies- vit-A, iron, iodine - Etiology –Symptoms
- Government programmes to eradicate PEM, vitamin-A, Iron and Iodine deficiencies –
- Principles of planning diets for different conditions of malnutrition.

UNIT IV Nutrition assessment & Strategies to combat nutrition deficiency

- Definition, Methods of Assessment - (a) Direct Methods - (i) Diet Surveys (ii) Anthropometric Assessment - (iii).clinical and (iv). Biochemical Assessment.
- (b) Indirect Methods - Vital Statistics - Merits and Demerits of methods
- Food security – Definition – Management of food insecurity - -Food Fortification and enrichment.
- Food Assistance and Food Supplementation - Policies and Programmes of the Government - Governmental Policies and Programmes - Food Assistance and Food Supplementation Programmes - Public Distribution System (PDS) - Food For Work (FFW), Special Nutrition Programme (SNP), School Lunch Programme (SLP), Mid Day Meal Programme (MMP), Balawadi Nutrition Programme (BNP), Integrated Child Development Services (ICDS).

UNIT-V: Nutrition Education and Interventions

- Concept, objectives and principles of nutrition education in community health
- Approaches and methods of nutrition education, development of IEC materials
- Information, Education, Communication (IEC), Behaviour Change Communication (BCC) and Social Behaviour Change Communication (SBCC) strategies
- Community-based nutrition interventions and their monitoring and evaluation

SEMESTER-III

COURSE 1: HEALTH AND NUTRITION

Practical

Credits: 1

2 hrs/week

- 1 Identification of Common Foods and Their Names in Telugu, Hindi, and English – along with understanding their nutrient composition.
- 2 Standardization of Weights and Measures of Common Food Items.
- 3 Assessment of Nutritional Status using Anthropometry and Dietary Method.
- 4 Planning of Diets for Nutritional Deficiencies (PEM, Anaemia, Vitamin A Deficiency).
- 5 Planning and Conduct of Nutrition Education Programmes for Community Events (e.g., Breastfeeding Week, Nutrition Week, World Food Day).

REFERENCES

- 1 Bamji MS, Krishnaswamy K, Brahman, (2016) Textbook of Human Nutrition, 4th edition. Oxford and IBH Publishing Co. Pvt. Ltd.
- 2 Longvah, T., Ananthan, R., Bhaskarachary, K. and Venkaiah, K. (2017). Indian Food Composition Tables, Published by NIN
- 3 Raheena Begum, (2013). Textbook of Food, Nutrition and Dietetics, 3rd edition, Sterling Publishers Pvt. Ltd.
- 4 Shubhangini A. Joshi, (2002). Nutrition and Dietetics, 2nd edition, Tata McGraw-Hill Publishing Company Ltd.
- 5 Srilakshmi, B., (2018). Nutrition Science, 6th edition, New Age International Publishers.
- 6 Swaminadhan S, (2005). Advanced Text book on foods & nutrition, Vol. I&II (2nd revised and enlarged) Bappco.
- 7 VijayaKhader, (2000). Food, nutrition & health, Kalyani Publishers.

CO-CURRICULAR ACTIVITIES

- 1 Student seminars on different nutrients.
- 2 Preparation of posters, charts, flashcards etc. related to different nutrients – Functions, RDA dietary sources, nutrient content of foods and deficiency symptoms.
- 3 Collections of food samples rich in particular vitamins and minerals like calcium, iron etc.
- 4 Visit to food stores, vegetable and fruit markets to study locally available foods.
- 5 Study projects to collect the data from people. Eg. Foods avoided or given in specific conditions.
 - Celebration of Important Days (National and International)
 - World's Breast Feeding Week (August 1st - 7th)
 - Nutrition Week – September 1st - 7th
 - Nutrition Month – September month
 - World Food Day – October 16th

4- Year UG Honours MINOR

Syllabus

(2026-27)

Semester-III

Model Question Paper

Time : 3hrs

Marks:75

Part-A

Answer any Five Questions. Each Question carries 3 Marks.

5x3=15

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Answer the following questions. Each question carries 12 Marks

5x12=60

11. a) Unit-I
(Or)
b) Unit-I

12. a) Unit-II
(Or)
b) Unit-II

13. a) Unit-III
(Or)
b) Unit-III

14. a) Unit-IV
(Or)
b) Unit-IV

15. a) Unit-V
(Or)
b) Unit-V