

	ANDHRA PRADESH STATE COUNCIL OF HIGHER EDUCATION
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**Model Syllabus for 4-Year UG Honours in B.Sc. (Home Science) as Major in
consonance with Curriculum framework 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	IV	8	Fundamentals of Garment Construction	3	3
			Fundamentals of Garment Construction-Practical	2	1
		9	Nutrition During Life Span	3	3
			Nutrition During Life Span-Practical	2	1
		10	Extension Education and Community Development	3	3
			Extension Education and Community Development-Practical	2	1

SEMESTER - IV

COURSE 9: NUTRITION DURING LIFE SPAN

Theory

Credits: 3

3 hrs/week

Outcomes of the course

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

1. Gain knowledge on the importance of nutrition during life span.
2. Enlighten the principles and working applications during dietary modifications.
3. Comprehensive knowledge on analysing the nutritional requirements.
4. Apply Computational skills in the Nutritional allowances during life span.

THEORY

Unit-I RDA and Balanced diet

- Basics of Recommended Dietary Allowances (RDA) and Acceptable Dietary Intake (ADI)
- Factors affecting RDA – age, sex, physiological status, activity, health conditions
- Concept of consumption units and their applications in diet planning
- Balanced diet – definition, principles and formulation for different age groups

Unit-II Nutrition during Pregnancy and Lactation

- Pregnancy – Nutritional and Food requirements, Physiological changes and complications.
- Lactation – Physiology, Nutritional and Food requirements.
- Dietary Modifications and supplementation during Pregnancy and Lactation
- Common Nutritional problems and Preventive Strategies in Pregnancy

Unit-III Nutrition during Childhood

- Infancy – Nutritional requirements – Breast feeding and its advantages; Artificial/bottle feeding; Weaning Practices, Supplementary foods.
- Early and Late childhood –Nutritional requirements – RDA, Inculcating healthy eating habits among preschoolers –importance of packed lunch and snacks

Unit-IV Nutrition during Adolescence and Adults

- **Adolescence**–Nutritional requirements –RDA, Food habits
- Nutritional problems and eating disorders- Anorexia and Bulimia.
- **Adults** – Reference man and Reference women – Nutritional requirements for adult man and woman of different physical activities (Sedentary, Moderate and Heavy work).
- Nutrition related problems and their diet management in Adults

UNIT-V Nutrition During Old age

- **Geriatric Nutrition**- Physiological changes in elderly
- Factors affecting food intake
- Nutrient needs and Requirements
- Nutrition related problems and their diet management

SEMESTER - IV

COURSE 9: NUTRITION DURING LIFE SPAN

Practical

Credits: 1

2 hrs/week

1. Planning and preparation of a balanced diet for Adult man and women.
2. Planning and preparation of a balanced diet for Pregnant and Nursing mother.
3. Planning and preparation of a balanced diet for a Pre School Child, School child and an Adolescent
4. Planning and preparation of a balanced diet for geriatrics.
5. Planning and preparation of low cost Nutritious recipes

REFERENCES

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2. Dietary Guidelines for Indians – A Manual (2011), published by NIN.
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4. Prabha Bisht, Community Nutrition in India, Star Publications, Agra.
5. Raina U, Kashyap S, Narula V, Thomas S, Suvira, Vir S, Chopra S (2010). Basic Food Preparation: A Complete Manual, Fourth Edition. Orient Black Swan Ltd.
6. Ravinder Chada and Pulkit Mathur, (2015). Nutrition – A Life Cycle Approach, 1st edition, Orient Black Swan.
7. Sara Abraham (2016). Nutrition through life cycle, 1st edition, New Age International Publishers.
8. Srilakshmi, B. (2018). Food Science, 7th edition, New Age International (P) Ltd.
9. Srilakshmi, B. (2018). Nutrition Science, 6th edition, New Age International (P) Ltd.
10. Srilakshmi, B. (2019). Dietetics, 8th edition, New Age International (P) Ltd.
11. Suryatapa Das (2018). Textbook of Community Nutrition" 3rd edition, Academic Publishers.
12. Swaminadhan, M. (1985). Essentials of Food and Nutrition Volume I and II ", 2nd edition, The Bangalore Printing and Publishing Co. Ltd., Bangalore

CO- CURRICULAR ACTIVITIES

1. Academic based: -
 - Preparation of charts and posters for Nutrition education
 - Essay writing competitions
 - Group discussions on topics relevant to community nutrition
 - Exhibition on low cost nutritious foods and balanced diet
2. Lab/Research based: -
 - Visit to Anganwadi centre
 - Visit to school lunch programs
 - Visit to village and urban slum area for assessing the nutritional status of rural and urban slum population
3. Value based: -
 - Nutrition and Health awareness camp
 - Poster and puppet show regarding nutrition education and importance of community participation
4. Celebration of Important Days (National and International): -
 - Breast feeding week-August 1 to 7th
 - International Women's day-March 8th
 - World Health day-April 7th
 - International day of elderly-October 1st

4- Year UG Honours, Major
Syllabus
(2026-27)
Semester-IV

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