

**SRI VENKATESWARA UNIVERSITY:
TIRUPATI**

HOME SCIENCE - MINOR

IV SEMESTER

w.e.f. 2024-25

COURSE STRUCTURE

Semester	Course Code	Title of the Course	No. of Hours		Credits
			T	P	
II	01	Essentials of Home Science Extension	3	-	3
		Essentials of Home Science Extension Practical		2	1
III	02	Fundamentals of Food Science & Nutrition	3	-	3
		Fundamentals of Food Science & Nutrition Practical		2	1
IV	03	Nutrition during Life Span	3	-	3
		Nutrition during Life Span Practical		2	1
	04	Interior Design and Decoration	3	-	3
		Interior Design and Decoration Practical		2	1
V	05	Marriage, Family and Child Welfare	3	-	3
		Marriage, Family and Child Welfare Practical		2	1
	06	Textile and Apparel Design	3	-	3
		Textile and Apparel Design Practical		2	1

IV Semester
Course 03 - NUTRITION DURING LIFE SPAN
Credits -3

Outcomes of the course

The students will be able to:

A) Remembers and explain in a systematic way

- Understanding the nutritional problems and nutrition requirements of the community.
- Acquiring knowledge about RDA, food groups, steps in planning a diet.

B) Understanding and Uses

- Planning of nutrition diets according to RDA for different age groups-Infancy to old age and physiological conditions -Pregnancy and lactation
- Different methods of assessing nutritional status –Anthropometry, biochemical, clinical examination and diet survey etc.,

C) Critically explains, judges & Solves

- Preparation of nutritious diets for different age groups meeting the RDA.
- ABCD-techniques for nutritional status assessment.

D) Working in out of prescribed areas

- Planning programs to combat nutritional problems in community.

E) Practical skills

- Planning & Preparation of diets for different age groups
- Calculations of nutritive values of the diets and RDA for different age groups.
- Nutrition education techniques.
- Assessment of nutritional status using ABCD techniques.

THEORY

Unit-I Meal Planning – Nutrition during Adulthood,

- Principles of meal Planning, Balanced Diet. Dietary guidelines for Indians
- Nutrition for Adults – Reference man and Reference women – Nutritional requirements for adult man and woman of different physical activities (Sedentary, Moderate and Heavy work).

Unit-II Nutrition during Pregnancy and Lactation

- Pregnancy – Nutritional and Food requirements, Physiological changes and complications.
- Lactation – Physiology, Nutritional and Food requirements

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 pre-schoolers –importance of packed lunch and snacks

Unit-IV Nutrition during Adolescence and Old age

- **Adolescence**-Nutritional requirements –RDA, Food habits
 - Nutritional problems and Eating Disorders- Anorexia and Bulimia.
- **Geriatric Nutrition**- Physiological changes in elderly
 - Factors affecting food intake
 - Nutrient needs and Requirements
 - Nutrition related problems and their diet management

Unit-V Nutritional Status Assessment

- Assessment of the Nutritional Status of the Community – Need and objectives
- Direct methods – Anthropometry, Biochemical Analysis, Clinical Examination, Diet Surveys, Functional assessment and Biophysical or Radiological examination.
- Indirect methods – Ecological factors and Vital Health Statistics

PRACTICALS

Credits -1

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.
4. Planning and preparation of a balanced diet for School child and an Adolescent
5. Planning and preparation of low cost Nutritious recipes
6. Use of Anthropometric measurements in assessing the Nutritional Status.

REFERENCES

1. Bamji MS, Krishnaswamy K, Brahman GNV (2016). “Textbook of Human Nutrition”, 4th edition, Oxford and IBH Publishing Co. Pvt. Ltd.
2. Dietary Guidelines for Indians – A Manual (2011), published by NIN.
3. Food Composition Tables, (2017, published by NIN.
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

IV Semester
Course 04 - INTERIOR DESIGN AND DECORATION
Credits -3

Outcomes of the course

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

A) Remember and explain in a systematic way

- Explain design, types of design, elements, Principles of design and colour harmonies.
- Understands colour concept, lighting methods and arts to decorate the interiors based on aesthetic performance.
- Acquire knowledge on selecting appropriate building materials, equipment and finishes with regard to safety and eco-friendly construction.

B) Understands and Uses

- Apply the elements and principles of design and colour harmonies in the arrangement of furniture, accessories in different rooms, flower arrangement and table setting

C) Critically explains, judges and solves

- Factors affecting the purchase of furniture; colour harmonies in different rooms

D) Working in out of prescribed areas under co-curricular activity

- Learn elements and principles of design by drawing, painting by collecting pictures from magazines
- Preparation of Chart, Posters and albums using principles of art and design
- Observation of Flower Arrangements at different places.

E) Practical skills

- Learn elements and principles of design by drawing, painting by collecting pictures from magazines
- Learn to arrange furniture in different rooms by applying elements and principles of design
- Learn to arrange Flower Arrangements by applying elements and principles of design
- Learn to lay the table formal and informal parties.

THEORY

Unit-I Interior Design & Decoration – Elements & Principles

- Interior Decoration – Meaning, objectives of Interior decoration.
- Good taste – Meaning, development of good taste
- Design – Definition, Classification of design – structural and decorative designs, Types of Decorative Design.
- Elements of design – Line, Form, Texture, Colour, Value
- Principles of art – Harmony, Proportion, Balance, Emphasis and Rhythm

Unit- II Interior Design- Colour

- Colour – its importance and effect; Prang's colour system – Primary, Secondary, tertiary and quaternary colours, characteristics of colour- Hue, Value and Intensity
- Colour schemes, classification of colour schemes and their use in interior decoration;
- Factors affecting choice of colour schemes for different rooms and different areas in the house.

Unit-III Interior Decoration- Flower Arrangement

- Flower Arrangement -Elements and principles of art in flower arrangement.
- Types of flower arrangement – Line, mass, line & mass, miniature etc.
- Styles of flower arrangement – Traditional, oriental (Japanese) and modern.
- Materials and equipment used in flower arrangement.
- Points to be considered while selecting, storing and making of flower arrangements.

Unit-IV Interior Decoration - Furniture & Furnishings

- Furniture Arrangement – Selection of furniture and considerations in arranging the furniture, Furniture arrangement in different rooms.
- Furnishings – Classification, Factors in Selection.
- Lighting – Natural and Artificial Fittings – Types and their use in Interior Decoration

Unit-V Interior Decoration -Accessories

- Accessories – Functions, classification, selection and care of accessories
- Window Treatments – Types of windows and window treatments; Factors to be considered in the selection of curtains and draperies
- Table setting – General rules for setting and laying the table; Types – Formal and Informal table setting

PRACTICAL

Credits -1

1. Interior Design – A) Elements of Design, B) Types of Design – Natural, Decorative, Types of Decorative Design - Naturalistic, Stylized, Geometric and Abstract – Drawing/ Sketching
2. Application of Principles of art in different rooms- a) Harmony b) Balance c) Rhythm d) Emphasis and e) Proportion – Drawing/ painting/sketching/clippings from magazines.
3. Colour – Value chart, Prang's colour chart and six standard colours, Application of colour harmonies.
4. Different types of flowers arrangement.
5. Furniture arrangement in different rooms – Sketching/ Drawing Room plans and pasting.
6. Table setting – Formal and informal table setting.
7. Window treatments – Types

REFERENCES

1. Bela Bhargava (2016). Family resource Management & Interior Decoration, 1st edition reprint, University Book House Pvt Ltd. Jaipur.
2. Parimalam, Andal, & Premlatha (2015). A Textbook of Interior Decoration, 1st edition reprint, Satish Serial Publishing Home.
3. Premavathy Seetharaman & Parveen Pannu (2014). Interior Design and Decoration, CBS Publishers.
4. Premlata Mullick (2016). Textbook of Home Science, 4th edition, Kalyani Publishers
5. Stella Soundara raj (2009). A Text book of Household Arts, 4th edition, Orient Black Swan Ltd.
6. Subasini Mohapatra (2010). Home Management and Household Economics, 1st edition Kalyani Publishers.
7. Sushma Gupta, Neeru Garg & Renu Saini (2018). Text book of Family Resource Management, Hygiene and Physiology, 11th edition, Kalyani Publishers.
8. Verghese, M.A. & Oagle, M.N. (2005). Home Management, New Age International Publishers.

CO- CURRICULAR ACTIVITIES

1. Drawing, colouring, and painting using principles of art, Interior designing & Decoration
2. Modelling- clay, chart, cardboard etc.
3. Quiz, Seminars, debates and Group discussion
4. Chart and Poster Presentations
5. Organizing exhibitions
6. Flower Arrangements

7. Table Settings
8. Furniture arrangement
9. Album making