

# Siddharth University, Kapilvastu, Siddharthnagar

## Syllabus

### Minor Elective Subject – Home Science (B.A/B.Sc)

1. Home Science –  
Meaning, Scope and Importance
2. Food & Nutrition –  
Food – Meaning, Classification and Function  
Nutrition – Macro and Micro, Sources and Deficiency diseases
3. Home Management –  
Income & Expenditure, Saving and Budgeting
4. Cell and Human Systems –  
Digestive System and Respiratory System
5. Mother Craft & Child Care –  
Physiological Features of Women for Motherhood, Pregnancy & Prenatal Development
6. Textile –  
Scope, Classification of Fibres, General Properties of Fibres and House Linen
7. Extension Education –  
Meaning, Concept Objectives, Scope and Audio-Visual Aids
8. Family Welfare & Family Planning

**B.A/B.Sc Minor Elective (Paper-II) Subject- Home Science**

**Semester-III**

**Siddharth University, Siddharth Nagar, Kapilvastu**

**Food and Nutrition-**Balanced diet, Functions of Food, RDA and types of cooking methods.

**Food Microbiology-** Microbial contamination and spoilage of foods and their prevention.

**Home Management-**Elements and principles of design, values, goals and standards, decision making, work simplification techniques

**Human Development-** Principles of growth and development, prenatal development

**Textile and Clothing-** Physical and chemical testing of fibres, fabric finishes

**Extension Education-** Classification of communication methods, scope and types

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*Deepthi*