

B.A. 1st year

Session 2025-26 & 2026-27

Guru Nanak College Budhlada

TEST OUTLINES, SYLLABUS and READING COURSES

For

B.A. HOME SCIENCE (Major and Minor) Part I (Semester I & II)

Academic Sessions 2025-26 and 2026-27

Under

Choice-Based Credit System (CBCS)

Scheme of

NEP 2020

PROGRAMME CODE: B.A. Part I



Department of {Fashion Technology and Home Science}

GURU NANAK COLLEGE BUDHLADA

AN AUTONOMOUS COLLEGE

Email id: gncbudhlada@yahoo.co.in

Website: www.gncbudhlada.org

Semester-1						
Type of Course	Paper code	Name of the paper	Internal	External	Total	Credits
Major	BAMJHOM1111T	Introduction to Interior Decoration And Food Science	30	70	100	3
	BAMJHOM1111P	Introduction to Interior Decoration And Food Science	00	50	50	1
	Total		30	120	150	4
Minor	BAMNHOM1131T	Introduction to Interior Decoration And Food Science	30	70	100	3
	BAMNHOM1131P	Introduction to Interior Decoration And Food Science	00	50	50	1
	Total		30	120	150	4

Semester-2						
Type of Course	Paper code	Name of the paper	Internal	External	Total	Credits
Major	BAMJHOM1211T	Family Resource Management and Hygiene & Human Physiology	30	70	100	3
	BAMJHOM1211P	Family Resource Management and Hygiene & Human Physiology	00	50	50	1
	Total		30	120	150	4
Minor	BAMNHOM1231T	Family Resource Management and Hygiene & Human Physiology	30	70	100	3
	BAMNHOM1231P	Family Resource Management and Hygiene & Human Physiology	00	50	50	1
	Total		30	120	150	4

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1	Two tests will be conducted during the semester Both the tests will be considered for assessment	60% of the marks allotted for Quantum assessment
2	Assignment/Quizzes	20% of the marks allotted for Quantum assessment
3	Attendance	10% of the marks allotted for Quantum assessment
4	Class participation and behavior	10% of the marks allotted for Quantum assessment

Skill Enhancement Course(SEC-I)

S.No	Course Name	Credits
1	Basic of Cookery	3
2	Bakery	3

The colleges may offer any number of course from the basket of skill enhancement course subject to condition of available faculty and resources

Exam	External Assessment Marks	Internal Assessment Marks	Total
Practical	70	30	100

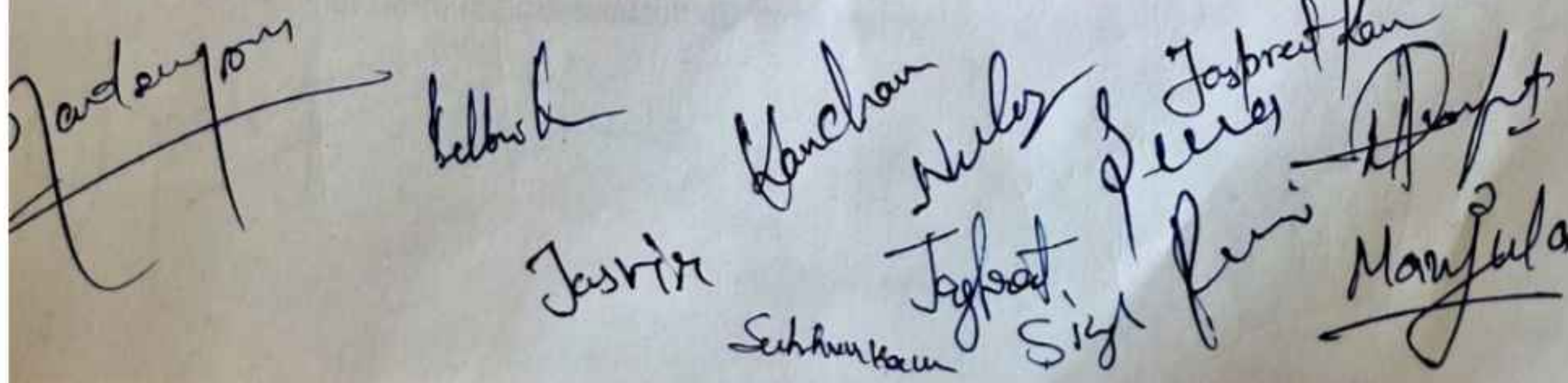
Inter-Disciplinary/Multi-Disciplinary Course*(IDC/MDC)

S.No	Course Name	Credits
1	Food Management-I	3
2	Food Management-II	3

*The colleges may offer any number of course from the basket of skill enhancement course subject to condition of available faculty and resources

	Name of the paper	External Assessment Marks	Internal Assessment Marks	Total
Theory	Food Management-I	50	20	70
Practical	Food Management-I	20	10	30
Total Marks (Theory and Practical)				100

	Name of the paper	External Assessment Marks	Internal Assessment Marks	Total
Theory	Food Management-II	50	20	70
Practical	Food Management-II	20	10	30
Total Marks (Theory and Practical)				100



B.A. 1st year

BAMJHOM1111T: Introduction to Interior Decoration and Food Science (Theory)

Session 2025-26 & 2026-27

Time allowed: 3 hrs.

Credit per week: 3

Pass marks: 35%

Max. Marks: 100

External Assessment: 70

Internal Assessment: 30

Course Objectives:

- To introduce the concept of Home Science, its broad fields, and applications.
- To study the importance of color and flower arrangement and their use in home decoration.
- To understand the basics of nutrition and a balanced diet
- To gain knowledge about different methods of cooking.

Course Outcomes

- Understand basic principles of interior design.
- Apply cost-effective and sustainable decoration techniques.
- Understand basic food groups and nutritional requirements
- Principles of food preservation and storage.
- Identify methods of cooking and their effects on nutrients.

Instructions for paper setter

The question paper will consist of three sections A, B, and C-section A and B will have 4 questions each from the respective syllabus and will carry 12 mark each. Section C will consist of 11 short answers type questions of 2 marks each covering the entire syllabus,

Instructions for the candidate

Candidates are required to attempt two questions each from sections A & B of the question paper and the entire Section C

Section-A

Introduction to Home Science

- Meaning and importance
- Various fields of Home Science
- Definition of house and home
- Functions of a home
- Renting/owing house

Introduction to Interior Decoration

- Elements of Art: Line, Form, Pattern, Texture, Color, Light, Space
- Principles of Art: Harmony, Balance, Rhythm, Proportion, Emphasis

Color

- Importance of color in interior decoration
- Characteristics: Hue, Value, Intensity
- Color Wheel and Schemes

Furniture Arrangement

- Definition
- Basic consideration while selection of furniture
- Furniture requirements in different rooms

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[Handwritten signatures: Jasvika, Subhakar, Jagmeet, Singh, Nulav Kanchan, Jaspreet, Sangeeta, Poo, Manjula]

Water purification

- Water storage of water for home
- Types of water

Food science

- Introduction to food science and its types.
- On the basis of their functions.

Introduction to Nutrition

- Definition: Food, Nutrients, Nutrition, Optimum & Adequate Nutrition, Malnutrition
- Nutritional status and factors affecting it (physiological and social functions)
- Importance and functions of food

Methods of Cooking Food

- Reasons for cooking food
- Techniques: Dry heat, Moist heat, Cooking with oil, Microwave
- Advantages, disadvantages, and effects on nutrients

Recommended Books:

- Premvathy S., Batra S., Meher P.: An Introduction to Family Resource Management
- Gupta S., Garg N., Aggarwal A., Kaur J.: Textbook of Family Resource Management, Hygiene and Physiology, Kalyani Publishers
- Randhawa R.K.: Pradeep's Family Resource Management and Health Science, Pradeep Publishers, Jalandhar
- Srilakshmi B.: Nutrition Science, New Age International, New Delhi
- Mudambi S.R. & Rajgopal M.V.: Fundamentals of Food and Nutrition, New Age International
- Khanna K., Gupta S., Seth R., Mahna R.: The Art and Science of Cooking, Revised Edition
- Randhawa R.K.: Pradeep's Nutrition and Child Development, Pradeep Publishers

BAMJHOM1111P: Introduction to Interior Decoration and Food Science (Practical)

Time allowed: 3 hrs.

Credit per week: 1

Pass marks: 35%

Max. Marks: 50

Course Objectives:

- To study the importance of color and flower arrangement and their use in home decoration.
- To understand the basics of nutrition and a balanced diet.
- To gain knowledge about different methods of cooking

Course Outcome (CO)

- Apply cost-effective and sustainable decoration techniques.
- Identify methods of cooking and their effects on nutrients.
- Demonstrate safe food handling and preparation techniques

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Jasvir

Sukhwani

Jagmeet

Sigal

[Signature]

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Kanchan
Jaspreet

Manjula

Experiments

- Understanding weights and measurements of raw and cooked food
- Basic culinary terms
- Cleaning and polishing of household metals, glass, plastic, wooden furniture's.
- Preparation of snacks using different cooking methods
- Making of furniture arrangement for different rooms
- Poster on a color wheel
- Visit to an entrepreneurship unit and report submission

Recommended Books:

- Premvathy S., Batra S., Meher P.: An Introduction to Family Resource Management
- Gupta S., Garg N., Aggarwal A., Kaur J.: Textbook of Family Resource Management, Hygiene and Physiology, Kalyani Publishers
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[Signature] *Babbar*

[Signature] *Shukla*

[Signature] *Sukhraj*

[Signature] *Mangla*

[Signature] *Jagmeet Singh*

[Signature] *Jaspreet*

[Signature] *Kanchan*

[Signature] *Jasvira*

B.A. 1st year

Session 2025-26 & 2026-27

BAMNHOM1131T: Introduction to Interior Decoration and Food Science (Theory)

Time allowed: 3 hrs.
Credit per week: 3
Pass marks: 35%

Max. Marks: 100
External Assessment: 70
Internal Assessment: 30

Course Objectives:

- To introduce the concept of Home Science, its broad fields, and applications.
- To study the importance of color and flower arrangement and their use in home decoration.
- To understand the basics of nutrition and a balanced diet
- To gain knowledge about different methods of cooking.

Course Outcomes

- Understand basic principles of interior design.
- Apply cost-effective and sustainable decoration techniques.
- Understand basic food groups and nutritional requirements
- Principles of food preservation and storage.
- Identify methods of cooking and their effects on nutrients.

Instructions for paper setter

The question paper will consist of three sections A, B, and C-section A and B will have 4 questions each from the respective syllabus and will carry 12 mark each. Section C will consist of 11 short answers type questions of 2 marks each covering the entire syllabus,

Instructions for the candidate

Candidates are required to attempt two questions each from sections A & B of the question paper and the entire Section C

Section-A

Introduction to Home Science

- Meaning and importance
- Various fields of Home Science
- Definition of house and home
- Functions of a home
- Renting/owning house

Introduction to Interior Decoration

- Elements of Art: Line, Form, Pattern, Texture, Color, Light, Space
- Principles of Art: Harmony, Balance, Rhythm, Proportion, Emphasis

Color

- Importance of color in interior decoration
- Characteristics: Hue, Value, Intensity
- Color Wheel and Schemes

Furniture Arrangement

- Definition
- Basic consideration while selection of furniture
- Furniture requirements in different rooms

Handwritten signatures:
Nandkumar
Habbu

Handwritten signatures:
Jasvir
Subhankar

Handwritten signatures:
Kanchan
Jaspreet
Sangeeta
Manjula
Jagdeep Singh

Section-B

Water purification

- Water storage of water for home
- Types of water Classification of Foods

Food science

- Introduction to food science and its types.
- On the basis of their functions.

Introduction to Nutrition

- Definition: Food, Nutrients, Nutrition, Optimum & Adequate Nutrition, Malnutrition
- Nutritional status and factors affecting it (physiological and social functions)
- Importance and functions of food

Methods of Cooking Food

- Reasons for cooking food
- Techniques: Dry heat, Moist heat, Cooking with oil, Microwave
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- Khanna K., Gupta S., Seth R., Mahna R.: The Art and Science of Cooking, Revised Edition
- Randhawa R.K.: Pradeep's Nutrition and Child Development, Pradeep Publishers

Kishor
 Jasvir
 Subhakar
 Jashdeep
 Jaspreet
 Kanchar
 Jaspreet Singh
 Manjula
 Jaspreet
 Kanchar

- To study the importance of color and flower arrangement and their use in home decoration.
- To understand the basics of nutrition and a balanced diet.
- To gain knowledge about different methods of cooking

Course Outcome (CO)

- Apply cost-effective and sustainable decoration techniques.
- Identify methods of cooking and their effects on nutrients.
- Demonstrate safe food handling and preparation techniques

Experiments

- Understanding weights and measurements of raw and cooked food
- Basic culinary terms
- Cleaning and polishing of household metals, glass, plastic, wooden furniture's.
- Preparation of snacks using different cooking methods
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Belwal
Jasvika
Jankar Singh Sukhwani
Kandhan
Suresh
Puri
Mangla
Jagjit Singh
Jaspreet

B.A. 1st year

Session 2025-26 & 2026-27

BA (Home Science)

2025-2026 (under NEP 2020)

SKILL ENHANCEMENT COURSE

BASIC OF COOKERY

Credit: 3

Maximum Marks-100

Duration of Class: 4 hours per week

paper: 70 Course code:

BASEHOM1231P

Duration of Exam: 3 hours

internal assessment: 30

Instruction for Examiner and Candidate:

1. The question paper will be set on the spot
2. The duration of the paper will be three hours.
3. Candidate is required to prepare and submit practical file /recipe file.
4. Practical group size maximum 20 students in one group.

Learning Objective

- To impart practical skill in basic method of cooking.
- To create awareness about hygiene cooking practices.
- To learn techniques of table setting, napkin folding and presentation

Learning Outcomes

- Knowledge of Ingredients and Equipment
- Recipe Reading and Execution
- Flavor Development and Seasoning
- Preparation of Simple Dishes
- Presentation and Serving
- Personal and Professional Conduct

UNIT-I

1. Introduction to Cookery and practical skill in basic method of cooking.
2. Culinary terms and Hindi, Punjabi and English glossary
3. Types of kitchen tools (measuring, cutting, mixing, cooking)
4. Setting a simple table (cutlery, crockery, napkins)

UNIT-II

5. Beverages – Hot and cold(three each)
6. Sandwiches (any two)
7. Salad (any four)
8. Rice and pasta (any two)

UNIT-III

9. Soups (any two)
10. Savory snacks (any two)
11. Sweet snacks (any two)

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Jasvika, Kanchan, Jaspreet, Subhakar, Jaspreet, Manjula, Jyoti, Sona

B.A. 1st year

Session 2025-26 & 2026-27

Guru Nanak College Budhlada

TEST OUTLINES, SYLLABUS and READING COURSES

For

Inter-Disciplinary/Multi-Disciplinary Course*Under Subject Home Science

Academic Sessions 2025-26 and 2026-27

Course Title: Food Management-I

Course Credits: 3

B.A Part I (Semester-I)

Course Code:
BAIDHOM1149T

Theory
3Hours/week

Practical
1 Hour/week

Scheme of Examination

	Name of the paper	External Assessment Marks	Internal Assessment Marks	Total
Theory	Food Management-I	50	20	70
Practical	Food Management-I	20	10	30
Total Marks (Theory and Practical)				100

Note: Internal Assessment will be based on attendance (20%), Written Assignment/Project Work etc. (40%) and two mid- semester tests/internal examination (40%).

*Average of both mid semester tests/internal examination

[Handwritten signatures and names: Balbir, Jasvir, Sukhpreet, Jaspreet, Singh, Kanchan, Manjula, Singh]

B.A. 1st year

12. Bakery item (any two)

Session 2025-26 & 2026-27

UNIT-IV

13. Common cooking terms (boil, simmer, sauté, bake.) any two
14. Moist heat (boiling, steaming, stewing) any two
15. Dry heat (baking, roasting, grilling) any two
16. Combination methods (pressure cooking)
17. Menu Planning and Table Setting

Books recommended:

1. Randhawa, R. K., Nutrition and Child Development, Pradeep Pub, Jalandhar
2. FAO, 1974: " Handbook of Human Nutritional Requirements" FAO series.
3. Gopalan, C, Balasubramaniam, S.C. 1980 " Nutritive Value of Indian Foods", NIN, Indian Council of Medical Research, Hyderabad.
4. Wilson, Eva. D, 1979 Principles of Nutrition
5. Suzanne von Drachenfels, The Art of the Table : A Complete guide to " table setting" Table Manners and Tableware (2000)
6. Patvardhan V.N., "Nutrition in India".
7. Wilson, Eva. D, 1979 Principles of Nutrition 8. Gupta, S. , Garg, A., Aggarwal, A, Kaur, J. 2016 "Textbook of Foods & Nutrition & Child Development". Kalyani Publishers

Manoj Kumar
Shelvi
Babitha
Sreena
Ravi
Manjula
Jasvika
Jaspreet Singh
Sukhpreet
Randeep

B.A. 1st year

Session 2025-26 & 2026-27

SEMESTER-1
FOOD MANAGEMENT-I

Maximum Marks: Theory: 70
Paper 50

Internal Assessment: 20

Pass Marks: 35% in the subject of Theory and Practical separately

paper code: BAIDHOM1149T

Time Allowed: 3hrs

Lectures per week: 3 Hours

Instructions for the Paper Setters:

The question paper will consist of three sections A, B, and C-section A and B will have 4 questions each from the respective syllabus and will carry 7 mark each. Section C will consist of 11 short answer type questions of 2 marks each covering the entire syllabus.

Instructions for the Candidates:

Candidates are required to attempt two questions each from sections A & B of the question paper and the entire Section C

Learning Objective

- To supply the body with adequate calories for daily activities and body functions.
- To ensure proper growth in children and maintenance of tissues in adults.
- To avoid under nutrition (deficiency diseases) and over nutrition (obesity, diabetes).
- Balance Nutrients include carbohydrates, proteins, fats, vitamins, and minerals in the right proportion.
- To help in achieving, maintaining, or reducing body weight as needed.
- To meet individual requirements based on age, gender, activity level, lifestyle, and health status.
- To create a diet plan that is realistic, affordable, and culturally acceptable.

Learning Outcomes

- Understand the Role of Nutrients
- Identify Sources of Food.
- Analyze Nutritional Needs
- Apply Nutrition Knowledge
- Prevent Malnutrition
- Promote Healthy Eating Habits
- Evaluate Food Safety
- After learning about diet planning, a student will be able to:
- Prepare diet plans suitable for different age groups and lifestyles

SECTION-A

Food & Nutrition:

- Food Meaning, definition, function
- Nutrition Meaning and types
- Macro nutrients- Carbohydrates, Protein, Fats – functions, nutritional deficiencies sources and RDA
- Micro Nutrients- vitamins(A,D,E,K,B&C)& minerals (iron and iodine)-function, nutritional deficiencies, sources and RDA

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SECTION-B

Food & Meal Planning:

Major Food Groups

- Major Food Groups
- Meal planning- Meaning, importance and factors affecting meal planning
- Planning diets for – 1. Pregnant lady and lactating mother
2. Patient with Diarrhea and Constipation

Practical

Maximum Marks: 30

Assessments: 10

Internal

External Assessment: 20

Lecture per week – 1hour

Pass Marks: 35% in the subject theory and Practical separately.

1. Preparation of 5 protein rich recipes
2. Preparation of 5 nutritious recipes
3. Preparation of high fiber and low fiber recipes
4. Preparation of any 1 diet plan

Books recommended:

1. Randhawa, R. K., Nutrition and Child Development, Pradeep Pub, Jalandhar
2. FAO, 1974: " Handbook of Human Nutritional Requirements" FAO series.
3. Gopalan, C, Balasubramaniam, S.C. 1980 " Nutritive Value of Indian Foods", NIN, Indian Council of Medical Research, Hyderabad.
4. Wilson, Eva. D, 1979 Principles of Nutrition
5. Suzanne von Drachenfels, The Art of the Table : A Complete guide to " table setting" Table Manners and Tableware(2000)
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7. Wilson, Eva. D, 1979 Principles of Nutrition 8. Gupta, S. , Garg, A., Aggarwal, A, Kaur, J. 2016 "Textbook of Foods & Nutrition & Child Development". Kalyani Publishers

Narayan
 Ashish
 Kandam
 Jaspreet
 Segun
 Jasvir
 Keri
 Subhakar
 Nangila
 Jagpreet Singh

Time allowed: 3 hrs.
Credit per week: 3
Pass marks: 35%

Max. Marks: 100
External Assessment: 70
Internal Assessment: 30

Learning Objectives:

- To introduce the concept of Home Science, its broad fields, and applications.
- To study the importance of color and flower arrangement and their use in home decoration.
- To understand the basics of nutrition and a balanced diet.
- To gain knowledge about different methods of cooking.

Learning Outcomes

- Identify major organ systems of the human body circulatory, digestive.
- Describe the structure and function of each body system and how they maintain homeostasis.
- Understand homeostasis and feedback mechanisms in regulating body functions.

Instructions for the Paper Setters:

The question paper will consist of three sections A, B, and C-section A and B will have 4 questions each from the respective syllabus and will carry 12 mark each. Section C will consist of 11 short answer type questions of 2 marks each covering the entire syllabus.

Instructions for the Candidates:

Candidates are required to attempt two questions each from sections A & B of the question paper and the entire Section C

SECTION A

Home Management

- Introduction
- Management process

Resources

- Meaning definition
- Classification of resources human and non-human resources
- Factors affecting the of resources

Money Management

- Types of money
- Budgeting its advantages and limitation

Time management

- Steps in making time
- Tools in time management peak load
- Work curves
- Rest periods

Energy Management:

- Introduction
- Fatigue –types of, causes and effects of fatigue
- Principles of work simplification

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Jasvinder
Sukhinder

[Handwritten signatures]
Jaspreet
Suresh
Renuka
Kandhar
Manjula
Jaspreet Singh

Session 2025-26 & 2026-27

glygiene

- Definition: Hygiene
- Definition of infection, sources, carrier and control
- Definition and types of immunity

Circulatory System

- Definition of circulatory system
- Blood and its composition
- Structure and functions of heart

Digestive system

- Introduction
- Structure and function of the alimentary canal

Recommended Books:

- Premvathy S., Batra S., Meher P.: An Introduction to Family Resource Management
- Gupta S., Garg N., Aggarwal A., Kaur J.: Textbook of Family Resource Management, Hygiene and Physiology, Kalyani Publishers
- Randhawa R.K.: Pradeep's Family Resource Management and Health Science, Pradeep Publishers, Jalandhar
- Srilakshmi B.: Nutrition Science, New Age International, New Delhi
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- Khanna K., Gupta S., Seth R., Mahna R.: The Art and Science of Cooking, Revised Edition
- Randhawa R.K.: Pradeep's Nutrition and Child Development, Pradeep Publishers

Jaskaran
 Kanchan Jaspreet
 Jasvir
 Subhman
 Jaspreet Singh
 Manjula
 Jaspreet Singh

B.A. 1st year

RAMJHOM1211P: Family Resource Management and Hygiene & Human physiology (Practical)

Session 2025-26 & 2026-27

Time allowed: 3 hrs.

Credit per week: 1

Pass marks: 35%

Max. Marks: 50

Learning Objectives:

- To introduce the concept of Home Science, its broad fields, and applications.
- To study the importance of color and flower arrangement and their use in home decoration.
- To understand the basics of nutrition and a balanced diet.
- To gain knowledge about different methods of cooking.

Learning Outcomes

- Identify major organ systems of the human body circulatory, digestive.
- Describe the structure and function of each body system and how they maintain homeostasis.
- Understand homeostasis and feedback mechanisms in regulating body functions.

Experiments:

- Floor decoration- making of alpana and Rangoli for different occasion.
- Making the family budget for different income groups
- One decorative /utility article from waste material
- Table setting, table manners and napkin folding
- Measuring and recording body temperature and blood pressure

Recommended Books:

- Premvathy S., Batra S., Meher P.: An Introduction to Family Resource Management
- Gupta S., Garg N., Aggarwal A., Kaur J.: Textbook of Family Resource Management, Hygiene and Physiology, Kalyani Publishers
- Randhawa R.K.: Pradeep's Family Resource Management and Health Science, Pradeep Publishers, Jalandhar
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Josvir

Subhankar

Randhawa

Jaspreet

Deepa Singh

Manjula

Jyoti Singh

BAMNHOM1231T: Family Resource Management and Hygiene & Human physiology (Theory)
Semester II
Time allowed: 3 hrs.
Credit per week: 3

Time allowed: 3 hrs.
Credit per week: 3
Pass marks: 35%

Max. Marks: 100
External Assessment: 70
Internal Assessment: 30

Learning Objectives:

- To introduce the concept of Home Science, its broad fields, and applications.
 - To study the importance of color and flower arrangement and their use in home decoration.
 - To understand the basics of nutrition and a balanced diet.
 - To gain knowledge about different methods of cooking.
- Learning Outcomes**

Learning Outcomes

- Identify major organ systems of the human body circulatory, digestive.
- Describe the structure and function of each body system and how they maintain homeostasis.
- Understand homeostasis and feedback mechanisms in regulating body functions.

Instructions for the Paper Setters:

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Instructions for the Candidates:

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Candidates are required to attempt two questions each from sections A & B of the question paper and the entire Section C

SECTION A

Home Management

- Introduction
- Management process

Resources

- Meaning definition
- Classification of resources human and non-human resources
- Factors affecting the of resources

Money Management

- Types of money
- Budgeting its advantages and limitation

Time management

- Steps in making time
- Tools in time management peak load
- Work curves
- Rest periods

Energy Management:

- Introduction
- Fatigue –types of, causes and effects of fatigue
- Principles of work simplification

Parferyon

Lilboukan
Jasvika
Sukhwakan

Jesper
Green
Ravi
Mangal
Jesper
8/12/11

Session 2025-26 & 2026-27

SECTION B

Hygiene

- Definition: Hygiene
- Definition of infection, sources, carrier and control
- Definition and types of immunity

Circulatory System

- Definition of circulatory system
- Blood and its composition
- Structure and functions of heart

Digestive system

- Introduction
- Structure and function of the alimentary canal

Definition: Hygiene

Definition of infection, sources, carrier and control
Definition and types of immunity

Definition and types of immunity

Circulatory System

Definition of circulatory system

Blood and its composition

Structure and functions of heart system

Digestive system

Introduction

Structure and function of the alimentary canal

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~~Nandwani~~ Jasvir
Kanchan
Subbu Kan
Jaspreet
Soni
Manjula
Tajinder Singh

- To introduce the concept of Home Science, its broad fields, and applications.
- To study the importance of color and flower arrangement and their use in home decoration.
- To understand the basics of nutrition and a balanced diet.
- To gain knowledge about different methods of cooking.

Learning Outcomes

- Identification:

- Identify major organ systems of the human body circulatory, digestive.
- Describe the structure and function of each body system and how they maintain homeostasis.
- Understand homeostasis and feedback mechanisms in regulating body functions.

Experiments:

- Floor decoration- making of alpana and Rangoli for different occasion.
- Making the family budget for different income groups
- One decorative /utility article from waste material
- Table setting, table manners and napkin folding
- Measuring and recording body temperature and blood pressure

- Premvathy S., Batra S., Meher P.: An Introduction to Family Resource Management
- Gupta S., Garg N., Aggarwal A., Kaur J.: Textbook of Family Resource Management, Hygiene and Physiology, Kalyani Publishers
- Randhawa R.K.: Pradeep's Family Resource Management and Health Science, Pradeep Publishers, Jalandhar
- Srilakshmi B.: Nutrition Science, New Age International, New Delhi
- Mudambi S.R. & Rajgopal M.V.: Fundamentals of Food and Nutrition, New Age International
- Khanna K., Gupta S., Seth R., Mahna R.: The Art and Science of Cooking, Revised Edition
- Randhawa R.K.: Pradeep's Nutrition and Child Development, Pradeep Publishers

Mankuram

Kanchan
Subhakar

Jasvika
Kanchan
Sahar

Jaypreet
Suresh
Ravi Manjula
Jyoti Singh

B.A. 1st year

B.A (Home Science)
2025-2026
SKILL ENHANCEMENT COURSE
BAKERY

Session 2025-26 & 2026-27

Credit: 3

Duration of class: 4 hours per week

Duration of exam : 3 hours

Course code: BASEHOM1241P

maximum Marks: 100

paper: 70

Internal Assessment : 30

Learning Objective

- Understanding Ingredients
- Baking Techniques
- Food Safety & Hygiene

Learning Outcomes

- Identify and use key ingredients correctly for different types of bakery products.
- Apply proper baking techniques to prepare bread, cakes, cookies, and pastries.
- Follow recipes accurately using appropriate measurements and conversions.

Introduction to bakery

UNIT-I

- Introduction to equipment and utensils used in bakery
- Structure of wheat
- Types of flours, constituents of flour and their use in bakery
- Bakery terms, Weights and Measures
- Milet flours and its uses in bakery

UNIT-II

A. Cakes

- Plain cake
- Banana cake
- Carrot cake
- Marble cake
- Date and walnut cake

UNIT-III

B. Biscuit and cookies

- Salty biscuit
- Whole wheat biscuits
- Millet cookies
- Chocó chip cookies

UNIT-IV

C. Pudding and pie

- Trifle pudding
- Apple pie
- Pineapple upside down pudding

Kethika

Jasvika

Kanchan

Subhika

Parvika

Jaspreet

Shruti

Ravi

Mangla

Shruti

A. 1st year

books recommended:

- The Baking Bible by Rose Levy Beranbaum
- The Cake Bible by Rose Levy Beranbaum
- Advanced Bread and Pastry by Michel Suas
- How to Start a Home-Based Bakery Business by Detra Denay Davi
- Baking with Kids by Linda Collister
- Bread Baking for Beginners by Bonnie Ohara

Session 2025-26 & 2026-27

Balbir Singh

Pardeep Singh

Jasvirk

Jaspreet

Kanchan

Deep Nulay

Jaspreet Singh

Peri Mangela

Sukhpreet

Guru Nanak College Budhlada
TEST OUTLINES, SYLLABUS and READING COURSES
For

Inter-Disciplinary/Multi-Disciplinary Course*Under Subject Home Science
Academic Sessions 2025-26 and 2026-27

Course Title: Food Management-II

Course Credits: 3

B.A Part I (Semester-II)

Course Code:
BAIDHOM1249T

Theory
3Hours/week

Practical
1 Hour/week

Scheme of Examination

	Name of the paper	External Assessment Marks	Internal Assessment Marks	Total
Theory	Food Management-II	50	20	70
Practical	Food Management-II	20	10	30
Total Marks (Theory and Practical)				100

Note: Internal Assessment will be based on attendance (20%), Written Assignment/Project Work etc. (40%) and two mid- semester tests/internal examination (40%).

*Average of both mid semester tests/internal examination

SEMESTER-II

FOOD MANAGEMENT-II

Maximum Marks: Theory: 70

paper code: BAIDHOM1249T

Paper 50

Time Allowed: 3hrs

Assessment: 20

Lectures per week: 3 Hours

Internal
Pass Marks:

35% in the subject of Theory and Practical separately

Instructions for the Paper Setters:

The question paper will consist of three sections A, B, and C-section A and B will have 4 questions each from the respective syllabus and will carry 7 mark each. Section C will consist of 11 short answer type questions of 2 marks each covering the entire syllabus.

Instructions for the Candidates:

Candidates are required to attempt two questions each from sections A & B of the question paper and the entire Section C

Delhi
Jaspreet
Sharma
Jasvir
Kandam
Rei
Sharma
Jagmeet
Singh
Sharma

Learning Objective

- Learn why foods are cooked (improve taste, digestibility, safety).
- Explain moist-heat, dry-heat, frying, baking, steaming, grilling, etc.
- Demonstrate correct use of various cooking methods in practice.
- Recognize how cooking affects texture, flavor, color, and aroma.
- Explain why preservation is needed (prevent spoilage, extend shelf-life). Understand how preservation affects nutrition, taste, and appearance.

Learning Outcomes

- Plain why food is cooked – taste, digestibility, safety, and variety.
- Demonstrate practical cooking skills using various techniques.
- Assess nutrient changes during cooking and choose methods that retain nutrients.
- Analyze effects of preservation on nutrition, flavor, texture, and appearance.
- Promote hygiene and safety in storage and handling of preserved food.
- Relate preservation to food security – reduced wastage and better availability.

SECTION-A

- Cooking Method: Dry heat, steaming, grilling, baking, frying etc.
- Food Preservation: definition importance and principles.
- Food Spoilage: definition causes and factors affecting food spoilage.

SECTION-B

- Food Adulteration: meaning, common adulteration, malpractices prevailing in market
- Food Standards and food labels
- Consumer Rights and responsibilities.

Practical

Maximum Marks: 30

Internal

Assessments: 10

External Assessment: 20

Lecture per week – 1 hour

Pass Marks: 35% in the subject theory and Practical separately.

1. Preparation of recipes with different cooking method.
2. Making of jam squashes and pickle.
3. Study of food labels.

Books recommended:

1. Randhawa, R. K., Nutrition and Child Development, Pradeep Pub, Jalandhar
2. FAO, 1974: " Handbook of Human Nutritional Requirements" FAO series.
3. Gopalan, C, Balasubramaniam, S.C. 1980 " Nutritive Value of Indian Foods", NIN, Indian Council of Medical Research, Hyderabad.
4. Wilson, Eva. D, 1979 Principles of Nutrition
5. Suzanne von Drachenfels, The Art of the Table : A Complete guide to " table setting" Table Manners and Tableware(2000)
6. Patvardhan V.N., "Nutrition in India".
7. Wilson, Eva. D, 1979 Principles of Nutrition 8. Gupta, S. , Garg, A., Aggarwal, A, Kaur, J. 2016 "Textbook of Foods & Nutrition & Child Development". Kalyani Publishers

Handwritten signatures:
Jaspreet
Sukhman
Jasvir

Handwritten signatures:
Kandhan
Jaspreet

Handwritten signatures:
Jaspreet
Sukhman
Raj
Manjula

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- Plain why food is cooked – taste, digestibility, safety, and variety.
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- **Cooking Method:** Dry heat, steaming, grilling, baking, frying etc.
- **Food Preservation:** definition importance and principles.
- **Food Spoilage:** definition causes and factors affecting food spoilage.

- Food Adulteration: meaning, common adulteration, malpractices prevailing in market
- Food Standards and food labels
- Consumer Rights and responsibilities.

Internal

Lecture per week – 1hour

1. Preparation of recipes with different cooking method.
2. Making of jam squashes and pickle.
3. Study of food labels.

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"Textbook of Foods & Nutrition & Child Development". Kalyani Publishers

~~Madhuryam~~ ~~hish~~ Joshi
 Subhakar
 Kancham
 Jagrat
 Sizi
 Beer
 Manjula