

Course Code EDEC 132
SEMESTER-I
HOME SCIENCE CONTENT & METHOD

Objectives :

1. Students get knowledge of Food and Nutrition
2. Students acquire the skill of Home-Science
3. Students develop a scientific attitude towards child-care
4. Students understand the process of production and utilization of milk and vegetables
5. Students understand the information about maintaining Health and First Aid

Unit-I

- A. Food & Nutrition
 1. Necessities ,works and sources of food
 2. Methods of cooking
 3. Diseases occurring due to lack of food & nutrients during various stages
 4. Importance of preserving food and its remedies
- B. Importance of Home-Science and its use in Daily life
- C. Various responsibilities of teacher of Home-Science

Unit-II

- A. Home –Management
 - Choosing a house and types of kitchens
 - Various responsibilities of a home-maker / house-wife
 - Importance of cloth-choice and purchase
 - Washing of various clothes
- B. Various types of lesson planning, Micro lesson, combined lesson
- C. Inter-relationship of Home-Science and other subjects

Unit-III

- A. Dairy Gopalan (Dairy Technology)
 - Milk and its importance
 - Various methods of milk preservation and milk-product
 - Animal care – First-Aid and various diseases
 - Dairy industry in Gujarat
- B.
 - Various methods useful in Home Science
 - Demonstration / Group discussion (Methods)
 - Role play / Project Method
 - Audio Visual Method

Unit IV Practicum

- Various cooking methods , stages , demonstration of dishes with nutritional value
- Cards , flower , decoration ,color filling
- Visit to a dairy
- Dye clothes ,making baby frock, making soft –toys and different types of stitches
- Cultivating live vegetables in pots and drying vegetables