



SYLLABUS OF Panjab & Punjabi Universities

B.A./B.Sc. (GENERAL) THIRD YEAR EXAMINATION

Theory		Scheme of Examination						Practical		
Sr. No.	Name of Paper	No. of Papers	Time in hrs.	Marks allotted	Int. Ass.	No. of Papers	Time in hrs.	Marks Allotted	Int. Ass.	Total Marks
1.	Foods and Nutrition	1	3	65	10	1	3	40	10	125
2.	Child Development	1	3	65	10	—	—	—	—	75
									Total	200

Note : Practical examination will be held before the Theory Examinations.

Paper A : FOODS AND NUTRITION (Theory)

Max. Marks	:	75
Theory	:	65
Int. Ass.	:	10
Periods	:	3 Hours/Week

INSTRUCTIONS FOR THE PAPER SETTER :

The question paper will consist of five Sections : A, B, C, D and E. Sections A, B, C and D will have two questions from the respective sections of the syllabus and will carry 13 marks each. Section E will consist of 13 objective type questions covering the entire syllabus uniformly and will carry 13 marks.

INSTRUCTION FOR THE CANDIDATES :

Candidates are required to attempt one question each from the Sections A, B, C and D of the question paper and the entire section E.

SECTION-A

- Importance and Functions of Food :
(a) Physiological ; (b) Psychological ; (c) Social
- Food Constituents : Carbohydrates, Proteins and Fats—functions, sources, requirements and deficiency and excess.
- Methods of Cooking : Boiling, steaming, frying, baking, roasting and microwave cooking.

SECTION-B

- Functions, recommended allowances, deficiency, excess and sources of the following food nutrients :
(a) Vitamins—A, B₁, B₂, Niacin, C, D
(b) Minerals—Calcium, Phosphorous, Iron, Sodium, Iodine.
- Food Preservation : Definition, Importance & Principles.
Causes of food spoilage.
Household methods of food preservation—sun drying, use of salt, oil, spices, sugar & chemical preservatives.

SECTION-C

- Food Adulteration :
(a) Definition, (b) Common Adulterants, (c) Food standards.
- Concept of balanced diet.
- Classification of food based on the five/seven food groups.
- Principles of meal panning
(i) Pre-school children (ii) School going (iii) Adolescents (iv) Adult—male and female (only moderate worker) (v) Old age
(vi) Pregnancy (vii) Lactation

SECTION-D

- Therapeutic Diets & Modification of Normal Diets :
(a) Principles of therapeutic diets ; (b) Concepts of soft, bland, liquid diets with examples.
- Therapeutic diets in the following conditions with principles involved :
(a) Fever ; (b) Constipation ; (c) Diarrhoea ; (d) Hypercholesterolemia and Hypertension ; (e) Diabetes Mellitus.

Paper B : CHILD DEVELOPMENT

Max. Marks	:	75
Theory	:	65
Int. Ass.	:	10

INSTRUCTIONS FOR THE PAPER SETTER :

The question paper will consist of five Sections : A, B, C, D and E. Sections A, B, C and D will have two questions from the respective sections of the syllabus and will carry 13 marks each. Section E will consist of 13 objective type questions covering the entire syllabus uniformly.

INSTRUCTIONS FOR THE CANDIDATES :

Candidates are required to attempt one question each from the Sections A, B, C and D of the question paper and the entire section E.

SECTION-A

1. Definition and importance of Child Development.
2. (a) Difference between growth and development ; (b) Principles of development.
3. Physical development of the child from infancy to late childhood and factors affecting the same.

SECTION-B

4. Motor Development from infancy to late childhood.
Pattern of motor development.
Factors affecting motor development.
5. Emotional Development.
Characteristics of children's emotions.
Common childhood emotions—Fear, anger, jealousy, love and affection, anxiety and curiosity.
6. Language Development.
Stages of language development, Factors affecting language development.

SECTION-C

7. Play
Significance of play, Types of play.
Play materials/equipment required for various age groups.
8. Common behaviour problems and their remedies—Bed wetting, thumb sucking, nail biting, temper tantrums.
9. Social development (only in GNDU syllabus).
Stages of Social development, Pattern of Social development
Role of family and school in the development of the child

SECTION-D

10. Pregnancy
Signs and symptoms of pregnancy, Discomforts, Complications, Care during pregnancy, Methods of family planning in brief.
11. Pre natal development
Stages of pre-natal development, Factors affecting pre-natal development.
12. Feeding of the infant
Importance and technique of breast feeding, Bottle feeding, Weaning, Different kinds of important weaning foods for infants, Importance of weaning.

PRACTICAL

Paper-A : FOODS AND NUTRITION

Max. Marks	:	40
Int. Ass.	:	10
Time	:	3 Hours
Teaching	:	3 Periods/Week

1. Preparation of minimum of three dishes by using various methods of cooking (e.g., boiling, steaming, baking), frying (deep & shallow); and roasting with different food groups (e.g. cereals, pulses & vegetable groups and their combinations).
2. Planning & Preparation of diets for the following :
(a) Pre-School Child ; (b) School going/packed lunch ; (c) Adolescence ; (d) Adult (Man & Woman) moderate worker, pregnancy and lactation diets.
3. Cooking and serving of the following :
Invalid cookery : Soft, liquid and bland diets
4. Hot and cold beverages (atleast two each).
5. Food preservation—pickle, chutneys, jams, squashes sherbets, sauce (at least two each).
6. Low Calories recipes (five).
7. Low cost recipes (five).
8. Enhancing Nutritive Value (five).

Note : Practical exams. will be held before the theory exams.