

MCM DAV College for Women, Sector – 36A, Chandigarh
Monthly Teaching Plans (Odd Semester)
Session – (2020-2021)

Name of the Teacher/s Dr. Harjot kaur Mann
Department Home Science
Class B.A. III
Subject Food and Nutrition and Child Development
Section (s) Theory

S.No.	Date (Monthly)		Topics to be covered	Academic activity Undertaken
	From	To		
1	August	September	<ul style="list-style-type: none"> • Importance and Functions of food. • Food constituents: Carbohydrates, Proteins and Fats. 	<ul style="list-style-type: none"> • Lecture Method • PPT • Google Classroom
2	September	October	<ul style="list-style-type: none"> • Assignments given to students • Methods of cooking. 	<ul style="list-style-type: none"> • Lecture Method • PPT • Group Discussion • Google classroom
3	October	November	<ul style="list-style-type: none"> • Balanced Diet - Concept and Classification • Pregnancy <ul style="list-style-type: none"> ✓ Signs and Symptoms ✓ Discomforts and Complications ✓ Care during pregnancy ✓ Preparation for Delivery 	<ul style="list-style-type: none"> • Lecture Method • PPT • Group Discussion • Google Classroom
4	November	December	<ul style="list-style-type: none"> • Post Natal Care • Methods of Family Planning • Definition and Importance of Child Development 	<ul style="list-style-type: none"> • Lecture Method • PPT • Group Discussion • Watsapp • Google Classroom

			✓ Difference between growth and development	
5	December	January	<ul style="list-style-type: none"> • Functions, RDA, deficiency, excess and food sources of the following nutrients: • Vitamins 	<ul style="list-style-type: none"> • Lecture Method • PPT • Group Discussion Google classroom
6	January	February	<ul style="list-style-type: none"> • Functions, RDA, deficiency, excess and food sources of the following nutrients: • Minerals 	<ul style="list-style-type: none"> • Lecture Method • PPT • Group Discussion • Google classroom
7	February	Till the end of session	<ul style="list-style-type: none"> ✓ Principles of development • Development tasks at various stages of development • Submission of Assignments 	<ul style="list-style-type: none"> • Lecture Method • PPT • Group Discussion

Departmental Meetings

S.no	Date
1.	24.07.20
2.	05.10.20
3.	23.11.20
4.	15.12.20
5.	05.01.21

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Subject Food and Nutrition and Child Development
Section (s) Practical

S.No.	Date (Monthly)		Topics to be covered	Academic activity Undertaken
	From	To		
1	August	September	<ul style="list-style-type: none"> • Preparation of the following dishes using various methods of cooking ✓ Soups- stimulating and nourishing (any two) ✓ Snacks- savory and sweet (two each) 	<ul style="list-style-type: none"> • Lecture Method • Hand on practice • Demonstration • Google Classroom
2	September	October	<ul style="list-style-type: none"> • Preparation of the following dishes using various methods of cooking ✓ Salads- decorative and nutritious(two each) • Bakery items (any two) 	<ul style="list-style-type: none"> • Lecture Method • Hand on practice • Demonstration • Watsapp • Google Classroom
3	October	November	<ul style="list-style-type: none"> • Preparation of the following dishes using various methods of cooking ✓ Preparation with cereal pulse combination (any two) ✓ Desserts (any two) ✓ Hot and cold beverages (at least two each) 	<ul style="list-style-type: none"> • Lecture Method • Hand on practice • Demonstration • Google Classroom
4	November	December	<ul style="list-style-type: none"> • Preparation of low cost nutritious recipes (at least two) • File Work 	<ul style="list-style-type: none"> • Lecture Method • Hand on practice • Demonstration • Google Classroom

5	December	January	<ul style="list-style-type: none"> • Recipes enhancing nutritive value of food (at least two) • File Work 	<ul style="list-style-type: none"> • Lecture Method • Hand on practice • Demonstration • Watsapp • Google Classroom
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Name of the Teacher/s Dr. Harjot Kaur Mann

Department Home Science

Class B.A. I

Subject Family Resource management and Health and Hygiene

Section (s) Practical

S. No	Date (Monthly) From To		Topics to be covered	Academic activity Undertaken
1	August	September	<ul style="list-style-type: none"> • Introduction to Floor decoration • Understanding of floor decorations of different states 	<ul style="list-style-type: none"> • Lecture Method • PPT • Google Classroom
2	September	October	<ul style="list-style-type: none"> • Practice of rangoli using different techniques and material • File Work 	<ul style="list-style-type: none"> • Demonstration • Hand on practice • Google Classroom
3	October	November	<ul style="list-style-type: none"> • Basic Concept of Table Setting • Layout of Table Cover for Formal Breakfast • Layout of Table Cover for Formal Lunch/Dinner • Layout of Table Cover for Formal Evening Tea • Layout of Buffet table • File Work 	<ul style="list-style-type: none"> • Lecture method • Group Discussion • Demonstration • PPT • Google Classroom
4	November	December	<ul style="list-style-type: none"> • Understanding and Making of Colour Wheel • Colour Schemes • Practical application of colour schemes • File Work 	<ul style="list-style-type: none"> • Lecture method • Group Discussion • Demonstration • PPT • Google Classroom

5	December	January	<ul style="list-style-type: none"> • Food Adulteration (Basic Concept) • Sample testing of commonly used household ingredients • Immunization (Importance and report writing) • File Work 	<ul style="list-style-type: none"> • Lecture method • Group Discussion • Demonstration • Google Classroom
6	January	February	<ul style="list-style-type: none"> • Immunization (Importance and report writing) • Discussion of charts/ models/poster's topic 	<ul style="list-style-type: none"> • Group discussion • Charts • Google Classroom
7	February	Till the end of Session	<ul style="list-style-type: none"> • Submission of charts/ models/poster • Presentations of students on assigned topics 	<ul style="list-style-type: none"> • Google Classroom • Group discussion

MCM DAV College for Women, Sector – 36A, Chandigarh
Monthly Teaching Plans (Even Semester)
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Name of the Teacher/s Dr. Harjot kaur Mann
Department Home Science
Class B.A. III
Subject Food and Nutrition and Child Development
Section (s) Theory

S.No.	Date (Monthly)		Topics to be covered	Academic activity Undertaken
	From	To		
1	March	April	<ul style="list-style-type: none"> • Food Preservation: <ul style="list-style-type: none"> ✓ Definition, Importance & Principles. ✓ Causes of Food spoilage ✓ Household methods of Food preservation. • Meal planning: Definition and importance. 	<ul style="list-style-type: none"> • Lecture Method • Demonstration • PPT • Group Discussion
2	April	May	<ul style="list-style-type: none"> • Meal planning: Principles • Therapeutic Diets & Modification of Normal 	<ul style="list-style-type: none"> • Lecture Method • Role Play • PPT

			<p>Diet:</p> <ul style="list-style-type: none"> • Cooking and Serving of the following diets (two each) ✓ Concept of Soft, bland, liquid diets with examples. • Therapeutic diets in the following conditions: ✓ Fever, ✓ Diarrhea, ✓ High Blood Pressure/Hypertension ✓ Diabetes Mellitus 	<ul style="list-style-type: none"> • Group Discussion
3	May	June	<ul style="list-style-type: none"> • Emotional Development of the child from infancy up to 6 years: Characteristics and common childhood emotions. • Language Development: Stages and factors affecting. 	<ul style="list-style-type: none"> • Lecture method • Group Discussion • PPT
4	June	Till end of the session	<ul style="list-style-type: none"> • Play: Significance, types and play material/equipments. • Common behavioral problems and their remedies. 	<ul style="list-style-type: none"> • Group Discussion • Lecture Method • PPT

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Subject Food and Nutrition and Child Development
Section (s) Practical

S.No.	Date	Topics to be covered	Academic activity
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	(Monthly) From To			Undertaken
1	March	April	<ul style="list-style-type: none"> • Planning and preparation of diets for the following: <ul style="list-style-type: none"> ✓ Pre Schooler ✓ School going/packed lunch • File Work 	<ul style="list-style-type: none"> • Lecture Method • Demonstration • Hand on practice
2	April	May	<ul style="list-style-type: none"> • Planning and preparation of diets for <ul style="list-style-type: none"> ✓ Adolescent ✓ Pregnant and Lactating mother • Cooking and Serving of the following diets (two each) <ul style="list-style-type: none"> ✓ Soft ✓ Liquid ✓ Fluid 	<ul style="list-style-type: none"> • Lecture Method • Demonstration • Hand on practice
3	May	June	<ul style="list-style-type: none"> • Preservation and preparation of Pickle, Jam, Chutney and Squash 	<ul style="list-style-type: none"> • Lecture method • Demonstration • Hand on practice
4	June	Till end of the session	<ul style="list-style-type: none"> • Project and Reports to be submitted • File Work 	<ul style="list-style-type: none"> • Group Discussion • Lecture Method

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Name of the Teachers- Dr. Harjot kaur Mann

Department- Home Science

Class- BA- I

Subject- Home Science

Sections/Groups- Practical

S.N o.	Date (Monthly) From To	Topics to be covered	Academic activity Undertaken
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1	March	April	<ul style="list-style-type: none"> • Cleaning and polishing of Brass and Copper • Cleaning of Silver and Aluminium • File Work 	<ul style="list-style-type: none"> • Lecture Method • Demonstration • Hand on practice
2	April	May	<ul style="list-style-type: none"> • Cleaning of Iron, Non-stick Articles and Plastic • Cleaning and polishing of Wooden furniture • Cleaning and polishing of Glass Window Pane • File Work 	<ul style="list-style-type: none"> • Lecture Method • Demonstration • Hand on practice
3	May	June	<ul style="list-style-type: none"> • Basic Concept of Flower arrangement • Making of Line arrangement • Making of Mass arrangement • Making of Ikebana arrangement • Making of combination arrangement • Arrangement for Central Table • File Work • Competition Participation 	<ul style="list-style-type: none"> • Lecture method • Group Discussion • Demonstration • Hand on practice
4	June	Till the end of the session	<ul style="list-style-type: none"> • First Aid Concept • File Work 	<ul style="list-style-type: none"> • Lecture method • Group Discussion • Workshop