

**BA III
SEMESTER V**

**MCM DAV College for Women, Sector – 36A, Chandigarh
Monthly Teaching Plans (Odd Semester)
Session – (2022-2023)**

Class B.A. III

Name of the Teacher/s Dr. Harjot kaur Mann

Department Home Science

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. • Methods of Cooking 	<ul style="list-style-type: none"> • Lecture Method • Group Discussion • PPT
2	September	October	<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 • Group Discussion • PPT
3	October	November	<ul style="list-style-type: none"> • Post Natal Care • Methods of Family Planning • Definition and Importance of Child Development Difference between growth and development	<ul style="list-style-type: none"> • Lecture Method • Group Discussion • PPT
4	November	December	Functions, RDA, deficiency, excess and food sources of the following nutrients: Vitamins <hr/> Functions, RDA, deficiency, excess and food sources of the following nutrients: Minerals <hr/> Principles of development Development tasks at various stages of development Submission of Assignments	<ul style="list-style-type: none"> • Lecture Method • Group Discussion • PPT

Departmental meetings

S.no	Date
1.	22 nd August 2022
2.	9 th September 2022

MCM DAV College for Women, Sector – 36A, Chandigarh
Monthly Teaching Plans (Odd Semester)
Session – (2022-2023)

Class B.A. III

Name of the Teacher/s Ms. Jyotsna, Dr. Harjot Kaur Mann

Department Home Science

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
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• Whatsapp
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

4	November	December	<ul style="list-style-type: none"> • Preparation of low-cost nutritious recipes (at least two) Recipes enhancing nutritive value of food (at least two) • File Work 	<ul style="list-style-type: none"> • Lecture Method • Hand on practice • Demonstration
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S.no	Date
1.	22 nd August 2022
2.	9 th September 2022

**EVEN SEMESTER
SEMESTER VI**

**MCM DAV College for Women, Sector – 36A, Chandigarh
Monthly Teaching Plans (Even Semester)
Session – (2021-2022)**

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

S.No.	Date (Monthly)		Topics to be covered	Academic activity Undertaken
	From	To		
1	January	February	<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	February	March	<ul style="list-style-type: none"> • Meal planning: Principles • Therapeutic Diets & Modification of Normal Diet: • Cooking and Serving of the following diets (two 	<ul style="list-style-type: none"> • Lecture Method • Role Play • PPT • Group Discussion

			each) ✓ Concept of Soft, bland, liquid diets with examples. • Therapeutic diets in the following conditions: ✓ Fever, ✓ Diarrhoea, ✓ High Blood Pressure/Hypertension ✓ Diabetes Mellitus	
3	March	April	• Emotional Development of the child from infancy up to 6 years: Characteristics and common childhood emotions. • Language Development: Stages and factors affecting.	• Lecture method • Group Discussion • PPT
4	April	May	• Play: Significance, types and play material/equipments. • Common behavioural problems and their remedies.	• Group Discussion • Lecture Method • PPT

MCM DAV College for Women, Sector – 36A, Chandigarh
Monthly Teaching Plans (Even Semester)
Session – (2022-2023)

Class B.A. III

Name of the Teacher/s Ms. Jyotsna & Dr. Harjot Kaur Mann

Department Home Science

Subject Food and Nutrition and Child Development

Section (s) Practical

S.No.	Date (Monthly)		Topics to be covered	Academic activity Undertaken
	From	To		
1	January	February	• Planning and preparation of diets for the following: ✓ Pre Schooler ✓ School going/packed lunch	• Lecture Method • Demonstration • Hand on practice

			<ul style="list-style-type: none"> • File Work 	
2	February	March	<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	March	April	<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	April	May	<ul style="list-style-type: none"> • Project and Reports to be submitted • File Work 	<ul style="list-style-type: none"> • Group Discussion • Lecture Method