

**BA III
SEMESTER V**

**MCM DAV College for Women, Sector – 36A, Chandigarh
Monthly Teaching Plans (Odd Semester)
Session – (2023-2024)**

Class B.A. III

Name of the Teacher/sMs. Rati Arora

Department Home Science

Subject Food and Nutrition and Child Development

Section (s) Theory

S.No.	Date (Monthly) From To		Topics to be covered	Academic activity Undertaken
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 Functions, RDA, deficiency, excess and food sources of the following nutrients: Minerals Principles of development Development tasks at various stages of development Submission of Assignments	<ul style="list-style-type: none"> · Lecture Method · Group Discussion · PPT
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Departmental meetings

2.	27 th September 2022
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S.no	Date
1.	18th August 2022

MCM DAV College for Women, Sector – 36A, Chandigarh Monthly
 Teaching Plans (Odd Semester)
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Class B.A. III

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

Department Home Science

Subject Food and Nutrition and Child Development

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"> · 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.	18 th August 2023
2.	27 th September 2023

**EVEN SEMESTER
SEMESTER VI**

**MCM DAV College for Women, Sector – 36A, Chandigarh
Monthly Teaching Plans (Even Semester)
Session – (2023-2024)**

Class B.A. III

Name of the Teacher/sMs. Rati Arora

Department Home Science

Subject Food and Nutrition and Child Development

Section (s) Theory

S.No.	Date (Monthly) From To		Topics to be covered	Academic activity Undertaken
1	January	February	<ul style="list-style-type: none"> · Food Preservation: ✓ 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

			<p>each)</p> <ul style="list-style-type: none"> ✓ Concept of Soft, bland, liquid diets with examples. · Therapeutic diets in the following conditions: <ul style="list-style-type: none"> ✓ Fever, ✓ Diarrhoea, ✓ High Blood Pressure/Hypertension ✓ Diabetes Mellitus 	
3	March	April	<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	April	May	<ul style="list-style-type: none"> · Play: Significance, types and play material/equipments. · Common behavioural problems and their remedies. 	<ul style="list-style-type: none"> · Group Discussion · Lecture Method · PPT

MCM DAV College for Women, Sector – 36A, Chandigarh
Monthly Teaching Plans (Even Semester)
Session – (2023-2024)

Class B.A. III

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

Department Home Science

Subject Food and Nutrition and Child Development

Section (s) Practical

S.No.	Date (Monthly) From To		Topics to be covered	Academic activity Undertaken
1	January	February	<ul style="list-style-type: none"> · Planning and preparation of diets for the following: ✓ Pre Schooler ✓ School going/packed lunch 	<ul style="list-style-type: none"> · 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 ✓ Adolescent ✓ Pregnant and Lactating mother · Cooking and Serving of the following diets (two each) ✓ 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
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