

M.A. -I HOME SCIENCE**M.A./M.Sc. EXAMINATION-HOME SCIENCE****HOME SCIENCE**

The M.A./M.Sc. Home Science course in Home Science shall spread over two academic sessions (Previous & Final Exam.)

1. ELIGIBILITY REQUIREMENTS : B.A. with Home Science as one of the subjects or B.Sc. Home Science.

2. The detail of syllabus is as follows :—

M.A. & M.Sc. Previous Examination (1994) :

The examination shall consist of four of theory papers and a practical consisting of 100 marks each.

PAPER-I : FOOD AND NUTRITION (MEAL MANAGEMENT IN HEALTH & DISEASE)

- I. Recommended Disatary Allowance.
Meaning & basis for the ICMR allowance.
- II. Meal planning.
Principles involved in planning menu, Menu modification to suit different age groups and special conditions.
- III. **Selection of Foods :**
Handling and storage of foods.
- IV. Adaptation of Normal diet for Therapeutic Purpose Light, Soft, full fluid and clear liquid diet, balance diet, application.
- V. Planning following therapeutic diets.
 - (a) Diet in fever, acute and prolonged, Typhoid.
 - (b) Diet in kidney diseases, acute and chronic nephritis.
 - (c) Diet in relation to endocrine diseases and diabetes mellitus.
 - (d) Diet in relation to Hypertension and cardiac diseases.
- V. (a) Diet in relation to diseases of the Gastrointestinal tract, diarrhoea constipation deodinal ulcer etc.
(b) Convalescent and post-operation diets.

Books Recommended—

1. Davidson Human Nutrition & Dietics.
2. Bhol & Crodhart Modern Nutrition in Health and disease.
3. Anita Clinical dietetica and Nutrition.
4. Proudft Nutrition & Diet Therapy.
5. Jollife Clinical Nutrition.
6. Brber Cooper Mitchall Nutrition & Health Dissase.

PERIODICALS :

1. The Indian Journal of Nutrition and Dietics, Sri. Avinashilingam Home Science College, Coimbatore.
2. Journal of American Dietetic Association.

PAPER -II- CHILD DEVELOPMENT :

1. Introduction to Child Development :-
The purpose of studying children, Fundamental needs of children, Points of view in child study.
2. Heredity and environment, meaning and interaction.
The role of nature and nurture determining intelligence personality & behaviour.
3. Prenatal Development : Stages, factors influencing, Birth process and complication.
4. Infancy
Physical and motor, social & emotional, cognitive and language development.
5. Middle and Late Childhood development trends-physical, emotional, social and intellectual.
6. Early Childhood Years: Physical and motor, social and emotional, cognitive and language development.
7. Adolescence: Health needs and physical changes, changes in social behaviour, development of emotional maturity, interests, family relationships and outside influences on the adolescent.

REFERENCES

1. Illingworth, R.S. the development of the infant and Young child Churchill and Livingstone, 1975.
2. Boron, R.A. Byrne, D. and kantowitz, B. H. understanding Behaviour Holt & Rinehart, 1980.
3. Newman and Newman, Infancy and childhood, Development and its contexts, Hohn wiley, 1980.
4. Medinnus, G.B. and Johnson, R.C. Child and Adolescence, Prentice Hall, 1972.

OR

PAPER-II- B- EARLY CHILDHOOD EDUCATION

1. Development of Early childhood Education-Historical review of early childhood education, contribution of pestellozzi, froebel, Dewey, Rousseau, Montessori, Gandhi, Tagore, Tarabai, Modak and Ancient Authors of Indian culture.

