

**Post Graduate Govt. College for Girls, Sec-11, Chandigarh**

**Department of Home Science**

**Weekly Planner of B.A. III (Semester V)**

**Session 2021-22**

**August-2021**

<b>Week</b>	<b>Theory</b>	<b>Practical</b>
<b>2<sup>nd</sup> week</b>	<ul style="list-style-type: none"><li>• Introduction of the subject</li><li>• Importance and functions of food</li></ul>	<ul style="list-style-type: none"><li>• Grouping of practical</li><li>• Basic information regarding practical.</li></ul>
<b>3<sup>rd</sup> week</b>	<ul style="list-style-type: none"><li>• Food Constituents:<ul style="list-style-type: none"><li>- Carbohydrates</li><li>-Proteins</li><li>-Fats</li></ul></li></ul>	<ul style="list-style-type: none"><li>• Preparation of dishes- Soups</li></ul>
<b>4<sup>th</sup> week</b>	<ul style="list-style-type: none"><li>• Methods of cooking</li><li>• Functions, RDA, Deficiency, Excess and Food Sources of Vitamin A, B, C and D</li></ul>	<ul style="list-style-type: none"><li>• Preparation of dishes- Snacks (Sweet and Savory)</li></ul>

**Monthly test during the third week of August 2021**

### September- 2021

<b>Week</b>	<b>Theory</b>	<b>Practical</b>
<b>1<sup>st</sup> week</b>	<ul style="list-style-type: none"> <li>• Functions, RDA, Deficiency, Excess and Food Sources of Minerals- Calcium, Phosphorus, Iron, Sodium and</li> <li>• Iodine</li> </ul>	<ul style="list-style-type: none"> <li>• Preparation of dishes- Salads</li> </ul>
<b>2<sup>nd</sup> week</b>	<ul style="list-style-type: none"> <li>• Balanced Diet Classification of food groups</li> </ul>	<ul style="list-style-type: none"> <li>• Preparation of dishes- Bakery items</li> </ul>
<b>3<sup>rd</sup> week</b>	<ul style="list-style-type: none"> <li>• Pregnancy-</li> <li>• Signs and symptoms</li> <li>• Discomforts and complications</li> </ul>	<ul style="list-style-type: none"> <li>• Preparation with cereal pulse combination</li> </ul>
<b>4<sup>th</sup> week</b>	<ul style="list-style-type: none"> <li>• Care during pregnancy</li> <li>• Preparation during delivery</li> <li>• Post natal care</li> </ul>	<ul style="list-style-type: none"> <li>• Revision and Checking of Practical files</li> </ul>

**Monthly test during the third week of September 2021**

## October-2021

<b>Week</b>	<b>Theory</b>	<b>Practical</b>
<b>1<sup>st</sup> week</b>	<ul style="list-style-type: none"><li>• Midterm Semester exams</li></ul>	-----
<b>2<sup>nd</sup> week</b>	<ul style="list-style-type: none"><li>• Methods of Family Planning</li></ul>	<ul style="list-style-type: none"><li>• Preparation of Desserts</li></ul>
<b>3<sup>rd</sup> week</b>	<ul style="list-style-type: none"><li>• Importance of Child Development</li></ul>	<ul style="list-style-type: none"><li>• Preparation of hot and cold beverages</li></ul>
<b>4<sup>th</sup> week</b>	<ul style="list-style-type: none"><li>• Principles of Development</li></ul>	<ul style="list-style-type: none"><li>• Preparation of low cost nutritious recipies</li></ul>

**Monthly test during the third week of October-2021**

## November- 2021

<b>Week</b>	<b>Theory</b>	<b>Practical</b>
<b>1<sup>st</sup> week</b>	<ul style="list-style-type: none"><li>• Difference between growth and development</li></ul>	<ul style="list-style-type: none"><li>• Recipes enhancing nutritive value</li></ul>
<b>2<sup>nd</sup> week</b>	<ul style="list-style-type: none"><li>• Developmental tasks at different stages of life</li></ul>	<ul style="list-style-type: none"><li>• Project on survey of food labels or eating habits of students</li></ul>
<b>3<sup>rd</sup> week</b>	<ul style="list-style-type: none"><li>• Revision</li></ul>	<ul style="list-style-type: none"><li>• Checking of Practical files</li></ul>
<b>4<sup>th</sup> week</b>	<ul style="list-style-type: none"><li>• Discussion of previous year question papers</li></ul>	<ul style="list-style-type: none"><li>• Revision</li></ul>

**Monthly test during the third week of November-2021**

