

M. M College, Fatehabad Lesson Plan Session 2018-19 (Odd Semester)

Name of Teacher----- Jyoti Nagpal

Department ... Home Science

Class		Class :BA1	Class : BA1	Class : BA 111	Class : BA 111
		Paper : Home Mgt. (Theory)	Paper : Practical	Paper : Food & Nutrition (Theory)	Paper : Practical
Week	1				
July 13	Friday	Orientation Programme of new students			
July 14	Saturday	Orientation Programme of new students			
Week	2 Ch.	Concept of H.Sc & its Scope		Food	
July 16	Monday	Meaning, History & Definition of H Sc.	Introduction of Practical work	Intro. & Meaning of food	Meal Planning for 3year old child
July 17	Tuesday	Scope of H Sc., Aims & objectives	Introduction of flowers arrangement	Nutrients	-do-
July 18	Wednesday	Importance of food & nutrition, Sub. matter	Types of Flowers arrangement	Nutrition	-do-
July 19	Thursday	Aims & objective of HDFS	-Do-	Classification of food	File preparation
July 20	Friday	Subject Matter of HDFS	Preparation of artificial flowers arrangement	Imp. &function of food	-do-
July 21	Saturday	Aims, Objectives & Importance of CT	-Do-	-Do-	-do-
Week	3			Carbohydrates	
July 23	Monday	Aims, Objectives, Importance of FRM	-Do-	Impot.& meaning of Carbohydrates	Meal Planning for 8 year old child

July 24	Tuesday	Subject matter of FRM	Fresh Flowers Arrangement	Classification of Carbohydrates	-do-
July 25	Wednesday	Aims, Objectives, Importance of Extension Education	Selection of fresh flowers	-Do-	-do-
July 26	Thursday	Subject matter of extension Education	Arrangement of fresh flowers	Sources of Carbohydrates	-do-
July 27	Friday	General aims & Objectives of H.Sc Education	_Do	Effects of deficiency of Carbohydrates	File preparation
July 28	Saturday	Revision of Chapter	-Do-	Effects of excessive intake of Carbohydrates	-do-
Week	4	Job Opportunities in Diff. areas of H.Sc		Protein	
July 30	Monday	Introduction of Chapter	Introduction of drift wood	Intro. Of meaning of protein	Meal Planning for 15 year old child
July 31	Tuesday	Holiday Martyrdom Day of Shaheed Udham Singh			
August 1	Wednesday	College level education Related to H.Sc	Selection of designs	Amino acids	-do-
August 2	Thursday	-Do-	-Do-	Sources of protein	-do-
August 3	Friday	Traditional colleges of H.Sc	-Do-	Classification of Protein	-do-
August 4	Saturday	-Do-	Cutting of drift wood	-do-	Recipe of paushtik khichdi
Week	5				
August 6	Monday	Institutes providing	-Do-	Daily requirements	Meal Planning for

		trg.in cooking.		of protein	18 year old child
August 7	Tuesday	Job. Opportunities in food & nutrition	Paint on drift wood	Kwashiorkor	-do-
August 8	Wednesday	Job. Opportunities in FRM	-Do-	-do-	-do-
August 9	Thursday	Job. Opportunities in HSEE	Dry flowers Arrangement with drift wood	Marasmus	Recipe of paushtik Dalia
August 10	Friday	Job. Opportunities in CT	-Do-	Protein calorie malnutrition	File Preparation
August 11	Saturday	Employment Opp.in diff. area of H.Sc	-Do-	-do-	-do--
Week	6	Elements of Art		Fats & lipids	
August 13	Monday	Introduction of Elements of Art.	File preparation	Meaning & composition of fats	Meal planning for heavy worker man
August 14	Tuesday	Types of elements of Art.	-Do-	Hydrogenation & classification of lipids	-do-
August 15	Wednesday	Independence Day			
August 16	Thursday	Judgments of a good Shape.	-Do-	Sources & RDA of fats	-do-
August 17	Friday	Colors	Checking of fresh flowers Arrangement	Effects of deficiency of fat & excessive intake of fats	Recipe of Idli
August 18	Saturday	Revision of Ch.	-Do-	Properties of fats	File preparation
Week	7	Interior Decoration		Minerals	
August 20	Monday	Introduction of Interior Decoration	File preparation	Meaning & classification of	Meal planning for moderate worker

				minerals	man
August 21	Tuesday	Principles of art	-Do-	Major minerals- Calcium	-do-
August 22	Wednesday	Idul Juha			
August 23	Thursday	Harmony	File Checking	Phosphorus	-do-
August 24	Friday	Balance	Checking of drift wood	Potassium, sodium	File preparation
August 25	Saturday	Rhythm	-Do-	Trace minerals	-do-
Week	8			Vitamin	
August 27	Monday	Proportion	Practice of rangoli	Meaning & classification of Vitamins	Meal planning for less working woman
August 28	Tuesday	Emphasis	-Do-	Fats soluble Vit.	-do-
August 29	Wednesday	Goals of Interior Decoration	-Do-	-do-	-do-
August 30	Thursday	Points to be kept in Mine	-Do-	Water soluble Vit.	Recipe paushtik Poha
August 31	Friday	Revision of Ch.	-Do-	-do-	File preparation

September 1	Saturday	Test of Ch.	-Do-	-do-	-do-
Week	9	Color		Water & fibers	
September 3	Monday	Janmashtami			
September 4	Tuesday	Introduction & types of color	Practice of Rangoli	Meaning & functions of water	Meal planning for pregnant woman

September 5	Wednesday	Emotional effects, color schemes & their uses of principles of art	-Do-	Water balance in body, effects of excessive intake of water	-do-
September 6	Thursday	Uses & importance of colors in Interior Decoration	-Do-	Fiber-meaning & functions	-do-
September 7	Friday	Factors affecting the uses of color	File Checking	Daily requirements of fiber	Recipe of tomato soup
September 8	Saturday	Planning colors schemes for different rooms	-Do-	Revision of Ch.	Practice of recipes
Week	10	Layout of diff. rooms for various activities		Principles & methods of cooking food	
September 10	Monday	Layout of drawing room, dining & bedroom	Selection of pot	Meaning, advantages & principles	Meal planning for lactating mother
September 11	Tuesday	Layout of children's & guest room	-Do-	Diff. methods of cooking-wet methods	-do-
September 12	Wednesday	Layout of kitchen, study room & bathroom	Selection of designs	Dry heat methods	-do-
September 13	Thursday	Layout of store, verandah & open space	-Do-	Cooking by frying	Recipe of Dal soup
September 14	Friday	Points to be kept in	Selection of	Cooking by	File Preparation

		mind	decorative material	radiation	
September 15	Saturday	Revision of ch.	-Do-	Effects of cooking on nutrients	-do-
Week	11	Furniture		Methods of enhancing nutritive value of food stuff & food preservation	
September 17	Monday	Introduction of furniture	Decorate pot with paint	Importance of enhancing nutritive value of food	Practice of recipes by students
September 18	Tuesday	Selection of furniture	-Do-	Household methods	-do-
September 19	Wednesday	Uses of principles of art in furniture arrangement	-Do-	Commercial methods	-do-
September 20	Thursday	Uses of elements of art in furniture arrangement	Decorate pot with material	Meaning of food pres.& causes of food spoilage	-do-
September 21	Friday	Revision of ch.	-Do-	External reasons	-do-
September 22	Saturday	Test of previous Ch.	-Do-	Internal reasons	-do-
Week	12	Flower arrangement			
September 24	Monday	Introduction & importance of flowers arrangement	-Do-	Imp. & principles of food preservation	File preparation
September 25	Tuesday	Uses of elements of art in flowers arrangement	File preparation	Methods of food preservation	-do-
September 26	Wednesday	Types of flowers	-Do-	Bactriostatic	-do-

		arrangements		methods	
September 27	Thursday	Point to be kept in mind	Checking of pot	-do-	File checking
September 28	Friday	Principles of art in flowers arrangement	-Do-	-do-	-do-
September 29	Saturday	Revision of Ch.	-Do-	-do-	-do-
Week	13	Consumer choice & Problems of Consumer			
October 1	Monday	Int. of Consumer choice & their factors affecting, point to be kept in mind	Table setting & table Manners	Bactericidal methods	Meal planning for typhoid patient
October 2	Tuesday	Mahatma Gandhi Birthday			
October 3	Wednesday	Food selection, selection of cloth & equipment	Introduction of table setting	-do-	-do-
October 4	Thursday	Measures for preventing problem of hoarding & black marketing, adulteration in food stuff	Types of table setting	-do-	-do-
October 5	Friday	Measures for prevention of adulteration in medicines, in clothes	-Do-	Revision of Ch.	-do-
October 6	Saturday	Measures for	-Do-	Test of Ch.	Test of meal

		prevention of problems of defective wt., & measures			planning
Week	14			Balance Diet, Meal planning	
October 8	Monday	Measures for prevention of problems of misleading & false advertisement	File preparation	Concept of balance diet	Recipe of mix vegetable soup
October 9	Tuesday	Measures for prevention of problems of sale of imitation	-Do-	Factors affecting balance diet	Recipe of Palak soup
October 10	Wednesday	Maharaja Agrasen Jayanati			
October 11	Thursday	Measures for prevention of problems of sale of standers products	Table setting	Food groups	File preparation
October 12	Friday	Revision of Ch.	-Do-	Meal planning- definition & meaning	-do-
October 13	Saturday	-Do-	-Do-	Principles of meal planning	-do-
Week	15	Consumer Education			
October 15	Monday	Meaning, importance of consumer Edu.,	-Do-	Factors affecting meal planning	Meal planning for acute diarrhoea

		consumer Protection			patient
October 16	Tuesday	Consumer protection act.	File checking	Steps in meal planning	-do-
October 17	Wednesday	Rights of consumer	-Do-	Daily meal planning & its imp.	-do-
October 18	Thursday	Dussehra			
October 19	Friday	Steps taken by voluntary Org.	Table manners	Point to be kept in mind	-do-
October 20	Saturday	Steps to be taken by the consumer	-Do-	Revision of Ch.	File checking
Week	16	Consumer Information & Consumer aids		Meal planning for children & adolescence	
October 22	Monday	Introduction of Consumer Information	Introductions of menu card	Meal planning for pre school child	Meal planning for chronic diarrhoea patient
October 23	Tuesday	Consumer aids	Uses of menu card	Meal planning for school going child	-do-
October 24	Wednesday	Maharishi Valmiki Birthday			
October 25	Thursday	Guidelines for becoming a Wise Buyer	Selection of designs	Intro. & principles of meal planning for adolescence	-do-
October 26	Friday	Revision of Ch.	Mehndi competition	Nutritional requirements in adolescence	Mehndi competition
October 27	Saturday	Test of Ch. Consumes Choice	Selection of menu card designs	Reasons for malnutrition in adolescence	Meal planning for chronic diarrhoea patient

Week	17	Resource management		Meal planning for adults, pregnant woman	
October 29	Monday	Introduction & meaning of Resource management	Preparation of menu card	Meaning & stages of adults	Meal planning for patient of constipation
October 30	Tuesday	Meaning & steps of Home Mgt.	-Do-	Categories of adults & principles	-do-
October 31	Wednesday	Importance of Home Mgt.	-Do-	Principles of meal planning for pregnant woman	-do-

November 1	Thursday	Haryana Day			
November 2	Friday	Meaning & need for process of mgt.	-Do-	Imp. Of balance diet for pregnant woman	Recipe of suji ki kheer
November 3	Saturday	Steps in the process of mgt.	-Do-	Increase in BMR	Test of meal planning
Week	18	Family resources		Meal planning for Lactating mother, therapeutic adaptation of normal diet	
November 5	Monday	Intro. & need for the knowledge of resources	Introduction of Layout of diff. rooms	Factors & Principles of meal planning	Meal planning for diabetic patient
November 6	Tuesday	Types of resources	Layout of drawing rooms	Point to be kept in mind	-do-
November 7	Wednesday	Deewali			

November 8	Thursday	Similarities of diff. resources	-Do-	Need, principles & aims of diet therapy	-do-
November 9	Friday	Vishvakarma Day			
November 10	Saturday	Factors affecting the use of resources	-Do-	Therapeutic adaptation of normal diet	File checking
Week	19	Money Management		Meal planning in typhoid fever	
November 12	Monday	Intro. & Meaning of Money Mgt.	Layout of bedroom	Stages & Types of fever	Meal planning for high BP Patient
November 13	Tuesday	Family income & there types	-Do-	Diet during fever, symptoms of fever	-do-
November 14	Wednesday	Family budget	-Do-	Nutritional needs of patient	Recipe of custard
November 15	Thursday	Planning adv. Of making a budget	-Do-	-do-	Recipe of Poha
November 16	Friday	Ways of supplementing family income	Layout of guest room	Revision of Ch.	Practice of cooking by students
November 17	Saturday	Revision of Ch.	-Do-	Test	-do-
Week	20	Time Management		Meal planning in digestive disorder	
November 19	Monday	Intro.& Importance of Time Mgt.	-Do-	Intro. Of disorder	Recipe of bread pudding
November 20	Tuesday	Process of Time Mgt.	Layout of kitchen	Diarrhea	Recipe of caramel custard
November 21	Wednesday	Tools in time Mgt.	-Do-	-do-	Recipe of different types of shake

November 22	Thursday	Factors affecting rest periods	-Do-	Constipation	Practice of cooking by students
November 23	Friday	Guru Nanak Birthday			
November 24	Saturday	Revision of Ch.	-Do-	-do-	-do-
Week	21	Energy Mgt. & Work Simplification		Meal planning for diabetic & high BP	
November 26	Monday	Aims of energy Mgt., energy requirements in diff. stages of life cycle	File checking	Symptoms, causes & clinical types of diabetes	File checking
November 27	Tuesday	Energy cost & energy expenditure in diff. activities	-Do-	Nutritional requirements & treatment	-do-
November 28	Wednesday	Fatigue	Checking of articles	Causes, types & stages of high BP	Practice of meal planning for exam
November 29	Thursday	Process of energy Mgt.	-Do-	Nutritional requirements	-do-
November 30	Friday	Work simplification	-Do-	Revision of Ch.	-do-

Signature