**PG.GOVT COLLEGE FOR GIRLS, SECTOR-42, CHANDIGARH**

**Teaching Plan Session Odd Semester**

**(2017-18)**

**Class: BA III Name of the Teacher: Mrs. Pratibha Gupta**

**Subject: Home Science Period : 3rd**

**Paper : (Th) Room No : 24**

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| **S. No** | **Date From** | **Date Upto** | | **Topics to be covered** |
| Week 1 | July 22 & July 24 2017 | July 29, 2017 | | Introduction to nutrition, food, malnutrition etc. |
| Week 2 | July 31 2017 | Aug 5, 2017 | | Section A   1. Importance and functions of food   Introduction to food constituents |
| Week 3 | Aug 7, 2017 | Aug 12, 2017 | | 1. Food constituents- carbohydrates and proteins |
| Week 4 | Aug 14, 2017 | Aug 19, 2017 | | Food constituents: Fats |
| Week 5 | Aug 21, 2017 | Aug 26, 2017 | | 1. Methods of cooking |
| Week 6 | Aug 28, 2017 | Sept 2, 2017 | | Section C  VI. Pregnancy |
| Week 7 | Sept 4, 2017 | Sept 9, 2017 | | VI. contd.  VII. Methods of family planning |
| Week 8 | Sept 11, 2017 | Sept 16, 2017 | | Section B   1. Introduction to vitamins   Vitamin A and C |
| Week 9 | Sept 18, 2017 | Sept 23, 2017 | | Youth festival  Vitamin D |
| Week 10 | Sept 25, 2017 | Sept 29, 2017 | | Revision  Discussion to clarify doubts |
| **Autumn Break (30 Sept 2017- 09 Oct 2017)**  **Mid Semester Exam (10 Oct 2017 – 17 Oct 2017)** | | | | |
| Week 11 | Oct 18, 2017 | | Oct 21, 2017 | Section B contd.   1. Vitamin B |
| Week 12 | Oct 23, 2017 | | Oct 28, 2017 | 1. Introduction to minerals   Calcium and phosphorus |
| Week 13 | Oct 30, 2017 | | Nov 4, 2017 | 1. Iron, sodium and iodine |
| Week 14 | Nov 6, 2017 | | Nov 11, 2017 | 1. Balanced diet |
| Week 15 | Nov 13, 2017 | | Nov 18, 2017 | Section D  VIII. Definition and importance of Child Development |
| Week 16 | Nov 20, 2017 | | Nov 25, 2017 | IX. Developmental tasks |
| Week 17 | Nov 27, 2017 | | Dec 1, 2017 | Revision  Discussion to clarify doubts |

**PG.GOVT COLLEGE FOR GIRLS, SECTOR-42, CHANDIGARH**

**Teaching Plan Session Even Semester**

**(2017-18)**

**Class: BA III Name of the Teacher: Mrs. Pratibha Gupta**

**Subject: Home Science Period : 3rd**

**Paper : (Th) Room No : 24**

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| **S. No** | **Date From** | **Date Upto** | | **Topics to be covered** |
| Week 1 | Jan 08, 2018 | Jan 13, 2018 | | Section A   1. Food preservation |
| Week 2 | Jan 15, 2018 | Jan 20, 2018 | | 1. Contd. 2. Meal planning   Definition |
| Week 3 | Jan 22, 2018 | Jan 27, 2018 | | 1. Meal planning contd. |
| Week 4 | Jan 29, 2018 | Feb 3, 2018 | | Section C   1. Emotional development |
| Week 5 | Feb 5, 2018 | Feb 10, 2018 | | 1. Language development |
| Week 6 | Feb 12, 2018 | Feb 17, 2018 | | Section B  Introduction to therapeutic diets |
| Week 7 | Feb 19, 2018 | Feb 24, 2018 | | Assignments and discussions |
| Week 8 | Feb 26, 2018 | Mar 03 , 2018 | | Revision |
| **2nd week March (Mid Semester Exam)** | | | | |
| Week 9 | March 12, 2018 | | March 17, 2018 | Discussion of paper  Section B contd.   1. Therapeutic diets |
| Week 10 | March 19 , 2018 | | March 24, 2018 | Therapeutic diets contd. |
| Week 11 | March 26, 2018 | | March 31, 2018 | Therapeutic diets contd. |
| Week 12 | April 02, 2018 | | April 07, 2018 | Section D   1. Play |
| Week 13 | April 09, 2018 | | April 14 , 2018 | 1. Common behavioral problems |
| Week 14 | April 16, 2018 | | April 21, 2018 | Discussion on question banks |
| Week 15 | April 23, 2018 | | April 28, 2018 | Assignments, tests |
| Week 16 | April 30, 2018 | | May 05, 2018 | Revision  Discussion |