

Syllabus for recruitment of Masters/Mistress in the subject of Home Science

1. Functions of Food
2. Functions, Sources, effects of deficiency and excess of following nutrients:
 - a. Protein
 - b. Carbohydrates
 - c. Fats
 - d. Vitamins
 - e. Minerals
 - f. Water & Roughage
3. Methods of cooking:
 - a) Moist heat
 - b) Dry heat
 - c) Frying
4. Balanced diet and Meal Planning for the family: Principles, contributory factors and sample menus.
5. Therapeutics diets for common diseases
6. Food Preservation: Principles and Methods of food preservation in home.
7. Prenatal Development:- Importance, Physical psychological and dietary care during prenatal period.
8. Postnatal Development: Feeding, weaning clothing and case of common ailments during infancy.
9. Elements and Principles of design in interior decoration and clothing.
10. Classification of fibers, natural and manmade, dyeing, bleaching and finishing of fabrics.
11. Selection, care and storage of clothing.
12. Principals of planning in home
13. Resource management:
 - a) Time, Money, Energy
 - b) Work Simplifications
14. Furniture Arrangement
15. Flower arrangement
16. Hygiene and sanitation at home

15/20