

RAJASTHAN PUBLIC SERVICE COMMISSION, AJMER

SYLLABUS FOR SCREENING TEST FOR THE POST OF LECTURER IN HOME SCIENCE (SCHOOL EDUCATION)

HOME SCIENCE

I- Introduction to Home Science

Objectives and scope of Home Science Education. History and development of Home Science education in India. Changing concept of Home Science. Areas of Home Science-Objectives and Scope of each area. Pioneers and their contributions. Professional organizations and research institutes contributing to different areas of Home Science.

II- Foods

Definition, functions and classification of foods. Nutrients, their composition, sources, functions, recommended dietary allowances and deficiencies. Basic food groups and balanced diet. Nutritive value of important cereals, pulses, vegetables, fruits, milk and milk products, eggs, meat and fish. Food processing-methods of cooking, their effects on nutrients and methods of enhancing the nutritive value of foods. Selection, purchase and storage of foods. Food spoilage. Food Preservation-importance, principles and methods. Food adulteration-causes, identification, preventive and control measures (food laws & standards, labels etc.) Changing trends in food consumption-fast foods, junk foods, etc.

III. Nutrition

Inter relationship of agriculture, food, nutrition, health and population. Energy needs, basal metabolism and total energy requirement,

Digestion, absorption and utilization of major nutrients. Nutritional status-concept, methods of assessment of nutritional status. Nutritional problems in the country with special reference to Rajasthan Nutrition Intervention.

IV. Dietetics

Principles of meal planning. Diets of normal individual of different age, income sex, profession and physiological conditions (pregnancy and lactation). Dietary management during different diseases.

V. Family Resource management

Management-concepts: Values, goals and standards.

Management process- Concept and steps. Resources-classification in terms of human & non-human resource. Management of time, money and energy. Work simplification-methods, labour and time saving equipments. Demand of resources at stages of family life cycle. Decision making and its role in management.

Family economics- Needs, wants, law of marginal and law of diminishing utility. Family income, budget and account keeping. Methods of saving and investments. Consumer protection-Programmes for consumer guidance and protection.

Housing & Furnishing-Space organization for different activities (sleeping, cooking etc.) Use of colours & accessories to make the centres attractive. Maintenance of metal, glass, plastic and wooden articles.

VI. Human Development

Principles of growth and development. Role of heredity and environment in development. Stages and types of development. Developmental tasks of different stages of growth. Characteristics of different age groups and their physiological & behavioural problems.

Substitute care of infants, preschoolers and elderly. Need of guidance and counselling at each stage of development. Pre-school education-aims, objectives, equipments, activities, supervision and administration.

VII. Marriage & family organization

Philosophy and concepts of marriage, marital adjustment, Planned parenthood, legal aspects of marriage. Reproduction system and reproduction. Family-role of woman in the family, interaction at different stages, Population education and dynamics. Concepts, need and necessity of small family, family planning measures. Family disorganization.

VIII. Clothing & textiles

Fibre-Types, properties and suitability of each fibre for construction of clothes. Yarn making, weaving & other methods of fabric construction, and their effect on appearance, durability and maintenance of garments.

Finishing-Importance & types. Selection, care and storage of different types of clothes including readymade garments.

IX. Application of Home Science education in daily life.

Note- Pattern of Question Paper

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| 1- Objective type paper | 3- Number of Question:100 |
| 2- Maximum Marks: 100 | 4- Duration of Paper: Two Hours |
| 5- All questions carry equal marks. | 6- There will be Negative marking. |