

# DIPLOMA COURSE IN NANNY CARE & NUTRITION (Full Time)

(Semester-II)

SESSION (2023- 2024)

Paper V : Health & Nutrition

Time: 3 Hrs.

Credit hrs: 3-0-1

Max. Marks: 75

## Instructions for the Paper

There will be Eight questions of equal marks (Specified in the syllabus) two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

<u>MONTH WISE DIVISION</u>	<u>SYLLABUS UNITISATION</u>
JANUARY & FEBRUARY	<b>SECTION-A</b> 1. Diet of infant, pre-school children, School going children. 2. Women health & nutrition in adolescence, Pregnancy lactation, adulthood and old age. <b>SECTION-B</b> 1. Importance and functions of food: functions of food - protective, regulatory, body building.
MARCH	2. Classification of foods: Classification of food based on five or seven food groups. <b>SECTION-C</b> 1. Concept of Balance diet
APRIL	<b>SECTION-D</b> 1. Normal and Therapeutic nutrition for common problems of children like cold, fever, and digestive problems. 2. Personnel Hygiene of Diet Assistant, Personnel Hygiene of Diet Assistant, Healthy living Procedures of hand hygiene,

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**DIPLOMA COURSE IN NANNY CARE & NUTRITION (Full Time)**  
**(Semester-II)**  
**SESSION (2023- 2024)**  
**Paper V : Health & Nutrition**  
**(PRACTICAL)**

**Time: 2 Hrs.**

**Marks: 25**

**Note : Paper will be set on the spot by the examiner.**

**Distribution of marks for practical examination**

1. Practical File: 5 Marks
2. Marks Oral Examination: 5 Marks
3. Preparation of recipe : 15 Marks

<b><u>MONTH WISE DIVISION</u></b>	<b><u>SYLLABUS UNITISATION</u></b>
<b>JANUARY &amp; FEBRUARY</b>	1. Development of recipes for school children and preschool children.
<b>MARCH</b>	2. Preparation of high protein & low calorie diet.

APRIL

3. Preparation of Five recipes for enhancing nutritional value.

**DIPLOMA COURSE IN NANNY CARE & NUTRITION (Full Time)**  
**(Semester–II)**

**SESSION (2023- 2024)**

**Paper VI : ECCE Training and Trends**

**Time: 3 Hrs.**

**Credit hrs: 3-0-1**

**Max. Marks: 75**

**Note:** There will be Eight

questions of equal marks (Specified in the syllabus), two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

**MONTH WISE DIVISION**

**SYLLABUS UNITISATION**

JANUARY & FEBRUARY

**SECTION-A**

1. Roles and Responsibilities of Staff. Administration and supervision.
2. Qualities of a good teacher and supervisory staff.
3. Capacity building in staff.

**SECTION-B**

1. Pre-school personnel's and their training.

<b>MARCH</b>	<p>2. Substitute Child Care. Substitute child care. Needs of infant and children, Kinds of substitute child care.</p> <p><b>SECTION-C</b></p> <p>1. Community Outreach Programmes. Parent and community involvement Preschool teacher education in India.</p> <p>2. NCTE courses for teachers education in early childhood education, Pre-primary teacher education curriculum, Women nurtures and care takers, Parent participation in school</p>
<b>APRIL</b>	<p><b>SECTION-D</b></p> <p>1. Role of Nursery school/balwadi's</p> <p>2. Integrated Child Development Scheme. Packages of services. Objectives of ICDS.</p> <p>3. Children with special needs and their integration with normal children.</p>

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**(PRACTICAL)**

**Time: 2 Hrs.**

**Marks: 25**

**Note : Paper will be set on the spot by the examiner.**

**Distribution of marks for practical examination**

- |                                      |          |
|--------------------------------------|----------|
| 1. Written Practical:                | 10 Marks |
| 2. Practical File:                   | 5 Marks  |
| 3. Marks Oral Examination:           | 5 Marks  |
| 4. Preparation of Activity Material: | 5 Marks  |

<b><u>MONTH WISE DIVISION</u></b>	<b><u>SYLLABUS UNITISATION</u></b>
<b>JANUARY &amp; FEBRUARY</b>	<p>1. Collection of self composed age appropriate stories and rhymes for pre-school children</p> <p>2. Demonstration on making ECE centre childproof, maintenance and care of equipment</p> <p>3. Activities for generating moral values among pre-school children</p>

MARCH	<p>4. To create awareness regarding personal hygiene and environment among pre-school children</p> <p>5. Preparation of article/activity material for motor/social/creative skills development of pre-school Children</p>
APRIL	<p>6. Formation of PTA.</p> <p>7. Working out strategies for community involvement in ECE programmes.</p>

**DIPLOMA COURSE IN NANNY CARE & NUTRITION (Full Time)**  
**(Semester-II)**

**SESSION (2023- 2024)**

**Paper VII : Basics of Computers**

**Time: 3 Hrs.**  
**Credit hrs: 3-0-1**

**Max. Marks: 75**

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**MONTH WISE DIVISION**

**SYLLABUS UNITISATION**

<p style="text-align: center;"><b>JANUARY &amp; FEBRUARY</b></p>	<p><b>SECTION-A</b> 1. Characteristics of computer, Basic applications of computers. <b>SECTION-B</b> 1. Components of Computer System, Classification of computers</p>
<p style="text-align: center;"><b>MARCH</b></p>	<p><b>SECTION-C</b> 1. Word Processing: Opening &amp; closing documents, moving around a document, using a document/Help wizard text, handling multiple documents.</p>
<p style="text-align: center;"><b>APRIL</b></p>	<p><b>SECTION-D</b> 1. Creation, Manipulation &amp; formatting the text. 2. The user interface, window setting.</p>

**DIPLOMA COURSE IN NANNY CARE & NUTRITION (Full Time)**  
**(Semester-II)**  
**SESSION (2023- 2024)**  
**Paper VII : Basics of Computers**  
**(PRACTICAL)**

**Time: 2 Hrs.**

**Marks: 25**

**Note : Paper will be set on the spot by the examiner.**

**Distribution of marks for practical examination**

- |                            |          |
|----------------------------|----------|
| 1. Written Practical:      | 10 Marks |
| 2. Practical File:         | 5 Marks  |
| 3. Marks Oral Examination: | 10 Marks |

**MONTH WISE DIVISION**

**SYLLABUS UNITISATION**

<p style="text-align: center;"><b>JANUARY &amp; FEBRUARY</b></p>	<p>1 Word Processing: Opening &amp; closing documents, moving around a document, using a document/Help wizard text, handling multiple documents.</p>
<p style="text-align: center;"><b>MARCH</b></p>	<p>2 Creation, Manipulation &amp; formatting the text.</p>
<p style="text-align: center;"><b>APRIL</b></p>	<p>3 The user interface, window setting.</p>

**DIPLOMA COURSE IN NANNY CARE & NUTRITION (Full Time)**  
**(Semester-II)**  
**SESSION (2023- 2024)**

**Paper VIII : Nutrition and meal management**

**Time: 3 Hrs.**  
**Credit hrs:3-0-1**

**Max. Marks: 75**

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**MONTH WISE DIVISION**

**SYLLABUS UNITISATION**

<p style="text-align: center;"><b>JANUARY &amp; FEBRUARY</b></p>	<p><b>SECTION-A</b>  1. Introduction to nutrition- Food as a sources of nutrients, definition of Nutrition, nutrients, adequate, optimum and good nutrition, malnutrition.  2. Food Preparation Basic terminology used in Cooking. Different methods of cooking - Dry heat, moist heat, frying and microwave cooking. Effect of coking on nutritive value of food.  <b>SECTION-B</b>  1. Carbohydrates - Composition, classification, functions, food sources, requirement, deficiencies.</p>
<p style="text-align: center;"><b>MARCH</b></p>	<p>2. Fats and Oils- Composition, Classification, Saturated, Unsaturated fatty acids, food sources, Functions, requirement and deficiencies.  <b>SECTION-C</b>  1. Protein - Composition, Classification, Essential and Non- essential amino acids, food Sources, functions, deficiencies.  2. Meal planning: Introduction and Principles of Meal planning.</p>
<p style="text-align: center;"><b>APRIL</b></p>	<p style="text-align: center;"><b>SECTION-D</b></p> <p>1. Nutritional requirement and planning diet for: (a) Infancy- Breast feeding- advantage and disadvantage, Importance of Weaning, Weaning foods. (b) Pre-scholars (c) School going child. (d) Adolescent girl and boy (e) Adult male female (sedentary moderate and heavy worker) (f) Pregnant and lactating Women (g) Old Age</p>

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**(PRACTICAL)**

**Time: 2 Hrs.**

**Marks: 25**

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<b><u>MONTH WISE DIVISION</u></b>	<b><u>SYLLABUS UNITISATION</u></b>
<p>JANUARY &amp; FEBRUARY</p>	<p><b>1.) Prepare 5 dishes using following methods</b>            (a) Boiling: Pulses, rice, soups, deserts, etc.            (b) Shallow Frying: Pancakes, snacks, etc.            (c) Deep Frying: Sweet and savory snacks, main dishes, etc.</p>
<p>MARCH</p> <p>APRIL</p>	<p>(d) fermenting and streaming: Idli,dosa, dhokla,,etc</p> <p>2. Cook a day's diet for the following age groups            a.) Infants -weaning food's            b). Pre – scholar            c)School going child</p> <p>d) adolescent girl and boy</p>

	(e) Adult male and female (sedentary worker) (f) Pregnant and lactating Women (g) old age.	
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