



**Children's University
School of Nutrition and Health
Department of Home Science
Gandhinagar**

**ACADEMIC
YEAR
2020-21**

M.Phil Home Science

Year	I	Course Type: Foundation Course Course No: MHF-104 Course Title: Practical	Credits	4(4+0)
Semester	I		Hours/wk	4
1.		EARLY CHILDHOOD EDUCATION AND CARE 1. Visit to an ideal crèche and nursery school. 2. Planning Programs- daily and weekly. 3. Preparation of aids to 3'rs development. 4. Preparation of a weekly, Monthly and Yearly budget.		
2.		Family Studies and Education 1. Study of various family crisis by interview method. 2. Study of family structures. 3. Study of function of family. 4. Study of Marital adjustment		
		OR		
3.		Prenatal care and Development Plan and prepare diet for pregnant women and calculate the nutrients. 1. Low cost diet plan. 2. Middle cost diet plan. 3. High cost diet plan.		