

## **Practical HSC 203 (HSC 201 and HSC 202)**

### **PRACTICAL:**

Practical 1: To detect common adulterant present in food stuffs

Practical 2: Do meal planning for various age groups.

Practical 3: Prepare balanced diet for various age groups.

Practical 4: Prepare few recipes using traditional cooking methods for children, adult and old age person.

Practical 5: Prepare few nutritious recipes using modern cooking methods for children, adult and old age person.

Practical 6: Give method demonstration of some nutritious recipe for infant and preschoolers.

Practical 7: Prepare one recipe using food enrichment techniques.

### **PRACTICAL**

Practical 1: Prepare at least five teaching aids, atleast one should be selected from each projected (poster, chart, flashcard, puppet, flannel graph, model, graph, map) and non-projected aids (transparencies, slide with power point presentation).

Practical 2: Prepare a radio talk in regard to women development programs.

Practical 3: Prepare one poster/chart on environmental/ personal hygiene and sanitation.

Practical 4: Development of proforma for conducting village and household survey.

Practical 5: Development of survey schedules for obtaining demographic information on village and profile of household.