

EXAM SYLLABUS

UGC NET Home Science Syllabus 2026 Paper 2 Food and Nutrition

1 subjects · 26 topics · 180 min · 300 marks

UGC NET Home Science Syllabus 2026 for Paper 2. Focus on Food and Nutrition unit, covering essential topics, weightage, and recommended books for effective preparation.

WHAT TO STUDY FIRST

Begin with the 'Food Science & Nutrition' unit as it forms the backbone of Home Science and carries significant weightage in the UGC NET exam. Thoroughly understand macronutrients, micronutrients, their functions, and deficiencies. Simultaneously, familiarize yourself with food composition, preservation techniques, and common adulterants. This foundational knowledge will be crucial for other related topics in Paper 2.

EXAM PATTERN

180 min · 150 questions · 300 marks · MCQ / Objective

Home Science Paper II

Marking: +2 for each correct answer, 0 for incorrect answers.

Negative: There is no negative marking in the UGC NET exam.

Paper 1

50 Q · 100 marks · 60 min

MCQ

Paper 2

100 Q · 200 marks · 120 min

MCQ

- Two papers conducted in a single session without a break.
- Computer-Based Test (CBT) mode.
- Questions are objective type (MCQs).
- Exam available in English and Hindi.
- Total marks: 300.
- Total duration: 3 hours (180 minutes).

SUBJECT-WISE SYLLABUS

01 Paper 2 – Home Science (Food and Nutrition)

26 topics · High

RECOMMENDED BOOKS

- UGC NET Home Science Previous Years' Papers
- Standard textbooks on Food Science and Nutrition

- 1 Introduction to Food Science & Nutrition
- 2 Properties of food – physical and chemical properties
- 3 Quality evaluation of foods- objectives and subjective
- 4 Effects of cooking and processing techniques on nutritional components and other physical parameters

- 5 Food preservation and application
- 6 Food pigments and additives
- 7 Food contamination & antinutritional factors
- 8 Microbial safety of food
- 9 Food packaging & NPD
- 10 Chemical & physical properties of food
- 11 Methods of cooking & its effect on nutritional components
- 12 Types of Nutrients
- 13 Introduction to Food Groups & Balanced Diet
- 14 Nutrients-role of nutrients in the body, nutrient deficiencies and requirements for Indians
- 15 Public health nutrition
- 16 Nutrition through life span-physiological changes, growth and development from conception to adolescence
- 17 Nutritional needs and dietary guidelines for adequate nutrition through the life cycle, nutrition concerns
- 18 Malnutrition
- 19 Balanced Diet
- 20 Nutritional Deficiency Diseases
- 21 Diet Therapy
- 22 Essential and Non-Essential Fatty Acids
- 23 Macronutrients and micronutrients: types, functions, deficiencies
- 24 Nutritional Biochemistry: Enzymes, metabolism of carbs, fats, proteins
- 25 Diet Planning: RDA, food exchange list, meal planning for different age groups
- 26 Food Processing & Preservation: Drying, freezing, irradiation, fermentation

1 subject(s), 26 topics listed above. Verify critical details with the official exam notification before applying.