



Course Name: Bachelor of Science

Discipline: Botany

(For those who join in 2015 and after)

Self Learning Course:

Subject	Credit	Ext =Tot	Subject Code
Food science and Nutrition	5	100 = 100	U1BYSL1

Food science and Nutrition (Self Learning)

TOTAL MARKS : 100

Credit: 5

Subject Code: U1BYSL1

Objectives

1. To have a broad outline of the methodology of food science
2. To enable students to apply scientific methods independently
3. To understand the nature of unit operations in the food industry.

Unit I

Food pyramid, functions, classification, conservation of nutrients, cooking methods, meal planning for different age & income groups, food adulteration of food safety and Weaning foods – meaning, importance and preparation.

Unit II

Nutrition – Definition of nutrients, components, requirements, metabolism – carbohydrate, protein and fat, Normal and therapeutic nutrition, nutritional deficiency.

Unit III

Art in food service - Design, selection, structural and decorative, design and their application in food service institutions. a) Colour - Colour schemes. b) Flower arrangements - Types and styles c) Table service - Styles - Indian, Western and oriental.

Unit IV

Preservation of Food – Milk Based; Millet Based preparation of canned food; Fermented Food; Colouring and preservative agents and its disadvantage.

Unit V

Concept of Extension – Principles and scope; Science and technology, health promotion, environmental sanitation; programme planning for women and children and transaction, ICDS programme and role of different functionaries.

REFERENCES:

1. Potter, N.N. Food Science 5th edition. CBS publishers and distributors, New Delhi. 1996.
2. Kroger, M and Shapiro, R. Changing food technology. (Vol. 1-3) Technomic publishing Co. Inc, USA. 1987.
3. Raj, G.D. Encyclopaedia of Food Science. (Vol 1-3). Anmol publications Pvt. Ltd, New Delhi. 1997.
4. Kumar, A and Meenakshi, N. Marketing management. Vikas publishing house Pvt. Ltd. 2006.
5. Srilakshmi, B. Nutrition Science, New age International (P) Ltd publishers, New Delhi. 2006.