

Dr. N.G.P.ARTS AND SCIENCE COLLEGE (Autonomous)

REGULATIONS 2019-20 for Post Graduate Programme (Outcome Based Education model with Choice Based Credit System)

M.Sc. Degree

(For the students admitted during the academic year 2020-21 and onwards)

Programme: M.Sc. FOOD AND NUTRITION

Eligibility

A pass in any one of the following Degree Courses of B.Sc Nutrition and Dietetics, Nutrition, Food Service Management and Dietetics, Food Science and Quality Control, B.VOC- Food Processing Technology, Food Science and Nutrition, Botany, Zoology, Biochemistry, Biotechnology, Chemistry, Microbiology, Home science or Family and Community Science or an Examination accepted as equivalent thereto by the Academic Council, subject to such conditions as may be prescribed thereto are permitted to appear and qualify for the M.Sc Food and Nutrition Examination of this College after a course study of two academic years.

Programme Educational Objectives

The Curriculum is designed to attain the following learning goals which students shall accomplish by the time of their graduation:

1. To provide advanced knowledge on food science and nutrition to enhance the quality of life through the improvement of human health and nutritional status
2. To enable the students to implement the basic food science in operation
3. To develop skills and techniques in food preparation with conservation of nutrients and palatability using cooking methods generally employed
4. To help the students to contribute proper utilization of foods and prevent wastes
5. To understand the prevalence of malnutrition in our Country and gain knowledge on effective methods to combat malnutrition.



PROGRAMME OUTCOMES:

On the successful completion of the program, the following are the expected outcomes.

| PO Number | PO Statement |
|-----------|--|
| PO1 | To develop the knowledge of the students in the area of human nutrition, food science, food product development, food safety and quality management. |
| PO2 | Apply recently advanced novel foods in medical nutrition therapy and recommend the physical activity to manage the common diseases and metabolic disorder to achieve the fitness and well being. |
| PO3 | Familiarize with the problems and plan, implement, monitor and evaluate interventional programs related to food and nutrition and security to the community. |
| PO4 | To build entrepreneurial values, attitudes, quality and desire in developing innovative food products by fulfilling quality parameters, used to meet the consumer needs nutritionally and commercially viable. |
| PO5 | To develop skills and techniques for the students to become professionals in service industries. |



Total Credit Distribution

| Course | Credits | Total | | Credits | Cumulative Total |
|----------------------|---------|---------|------|---------|---------------------|
| Core | 4 | 14x 100 | 1400 | 56 | 90 |
| Core Practical | 3 | 2 x 100 | 200 | 06 | |
| | 2 | 2 x 100 | 200 | 04 | |
| EDC | 4 | 1 x 100 | 100 | 04 | |
| Core Project Work | 8 | 1 x 200 | 200 | 08 | |
| Electives | 3 | 3 x 100 | 300 | 09 | |
| Elective Practical | 3 | 1 x 100 | 100 | 03 | 90 |
| | | | 2600 | 90 | |




**SCHEME OF EXAMINATION
MASTER OF SCIENCE (FOOD AND NUTRITION)**

| Course Code | Course Category | Course Name | L | T | P | Exam (hours) | Max Marks | | | Credits |
|----------------|-------------------|-------------------------------------|----|---|---|--------------|-----------|-----|-------|---------|
| | | | | | | | CIA | ESE | Total | |
| First Semester | | | | | | | | | | |
| 193FN2A1CA | CORE-I | Advanced Food Science | 4 | 1 | - | 3 | 25 | 75 | 100 | 4 |
| 193FN2A1CB | CORE-II | Nutrition Through Life Cycle | 4 | 1 | 1 | 3 | 25 | 75 | 100 | 4 |
| 193FN2A1CC | CORE-III | Physiological Aspects of Nutrition | 4 | 2 | - | 3 | 25 | 75 | 100 | 4 |
| 193FN2A1CD | CORE-IV | Food Chemistry | 4 | 1 | - | 3 | 25 | 75 | 100 | 4 |
| 193FN2A1CP | CORE PRACTICAL -I | Food Science and Food Chemistry | - | - | 4 | 3 | 40 | 60 | 100 | 2 |
| 193FN2A1DA | DSE- I | Functional Foods and Nutraceuticals | 4 | - | - | 3 | 25 | 75 | 100 | 3 |
| 193FN2A1DB | | Food Product Development | | | | | | | | |
| 193FN2A1DC | | Post Harvest Technology | | | | | | | | |
| Total | | | 20 | 5 | 5 | | | | 600 | 21 |

13/5/2021

BoS Chairman/HoD
Department of Food Science & Nutrition
Dr. N. G. P. Arts and Science College
Coimbatore - 641 048

| | | |
|--|-----------|------------|
|  Dr. N. G. P. Arts and Science College | | |
| APPROVED | | |
| 11th | AC - 11th | GE - 15th |
| 13.05.2021 | 9.8.2021 | 17.08.2021 |



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| Course Code | Course Category | Course Name | L | T | P | Exam (h) | Max Marks | | | Credits |
|-----------------|--------------------|------------------------------------|----|---|---|----------|-----------|-----|-------|---------|
| | | | | | | | CIA | ESE | Total | |
| Second Semester | | | | | | | | | | |
| 203FN2A2CA | CORE-V | Food Processing | 4 | 1 | - | 3 | 25 | 75 | 100 | 4 |
| 203FN2A2CB | CORE-VI | Nutritional Biochemistry | 4 | - | - | 3 | 25 | 75 | 100 | 4 |
| 193FN2A2CC | CORE-VII | Therapeutic Nutrition – I | 4 | - | - | 3 | 25 | 75 | 100 | 4 |
| 193FN2A2CD | CORE-VIII | Macronutrients | 4 | 1 | - | 3 | 25 | 75 | 100 | 4 |
| 193FN2A2CE | EDC | Computer Applications in Nutrition | 3 | - | - | 3 | 25 | 75 | 100 | 4 |
| 203FN2A2CP | CORE PRACTICAL -II | Food Analysis | - | - | 6 | 3 | 40 | 60 | 100 | 3 |
| 203FN2A2DA | DSE-II | Food Biotechnology | 3 | - | - | 3 | 25 | 75 | 100 | 3 |
| 203FN2A2DB | | Food Packaging | | | | | | | | |
| 203FN2A2DC | | Food Toxicology | | | | | | | | |
| Total | | | 22 | 2 | 6 | | | | 700 | 26 |



| Course Code | Course Category | Course Name | L | T | P | Exam (h) | Max Marks | | | Credits |
|----------------|---------------------|-------------------------------------|-----------|---|----|----------|-----------|-----|-------|---------|
| | | | | | | | CIA | ESE | Total | |
| Third Semester | | | | | | | | | | |
| 193FN2A3CA | CORE-IX | Micronutrients | 4 | - | - | 3 | 25 | 75 | 100 | 4 |
| 193FN2A3CB | CORE-X | Therapeutic Nutrition – II | 4 | - | - | 3 | 25 | 75 | 100 | 4 |
| 193FN2A3CC | CORE-IX | Research Methodology and Statistics | 4 | 1 | - | 3 | 25 | 75 | 100 | 4 |
| 193FN 2A3CD | CORE-X | Food Additives and Contaminants | 4 | - | - | 3 | 25 | 75 | 100 | 4 |
| 193FN2A3CP | CORE PRACTICAL-III | Clinical Nutrition Techniques | - | - | 6 | 3 | 40 | 60 | 100 | 3 |
| 193FN2A3CQ | CORE PRACTICAL-IV | Therapeutic Nutrition | - | - | 4 | 3 | 40 | 60 | 100 | 2 |
| 193FN2A3CT | Internship Training | Internship | Grade A-C | | | | | | | |
| 193FN2A3DA | DSE-III | Instrumentation in Food Industry | 3 | - | - | 3 | 25 | 75 | 100 | 3 |
| 193FN2A3DB | | Convenience Foods | | | | | | | | |
| 193FN2A3DC | | Food Microbiology | | | | | | | | |
| Total | | | 19 | 1 | 10 | | | | 700 | 24 |



| Course Code | Course Category | Course Name | L | T | P | Exam (h) | Max Marks | | | Credits |
|-----------------|-----------------|----------------------------------|---|---|----|----------|-----------|-----|-------|---------|
| | | | | | | | CIA | ESE | Total | |
| Fourth Semester | | | | | | | | | | |
| 193FN2A4CA | CORE-XI | Community Nutrition | 4 | - | - | 3 | 25 | 75 | 100 | 4 |
| 193FN2A4CB | CORE-XII | Food Safety Quality Management | 4 | - | - | 3 | 25 | 75 | 100 | 4 |
| 193FN2A4CV | CORE-XIII | Project Work and Viva Voce | - | - | 16 | 3 | 80 | 120 | 200 | 8 |
| 193FN2A4DP | DSE- IV | Food Quality Control | - | - | 6 | 3 | 25 | 75 | 100 | 3 |
| 193FN2A4DQ | | Nutrition in Health and Wellness | | | | | | | | |
| 193FN2A4DR | | Shelf life Analysis of food | | | | | | | | |
| Total | | | 8 | - | 22 | | | | 500 | 19 |
| TOTAL | | | | | | | | | 2500 | 90 |



DISCIPLINE SPECIFIC ELECTIVE

Semester I (Elective I)

(Student shall select any one of the following course as Elective in first semester)

List of Elective Courses

| S. No. | Course Code | Name of the Course |
|--------|-------------|-------------------------------------|
| 1. | 193FN2A1DA | Functional Foods and Nutraceuticals |
| 2. | 193FN2A1DB | Food Product Development |
| 3. | 193FN2A1DC | Post Harvest Technology |

Semester II (Elective II)

(Student shall select any one of the following course as Elective in second semester)

List of Elective Courses

| S. No. | Course Code | Name of the Course |
|--------|-------------|--------------------|
| 1. | 203FN2A2DA | Food Biotechnology |
| 2. | 203FN2A2DB | Food Packaging |
| 3. | 203FN2A2DC | Food Toxicology |

Semester III (Elective III)

(Student shall select any one of the following course as Elective in Third semester)

List of Elective Courses

| S. No. | Course Code | Name of the Course |
|--------|-------------|----------------------------------|
| 1. | 193FN2A3DA | Instrumentation in Food Industry |
| 2. | 193FN2A3DB | Convenience Foods |
| 3. | 193FN2A3DC | Food Microbiology |



Semester IV (Elective IV)

(Student shall select any one of the following course as Elective in fourth semester)

List of Elective Courses

| S. No. | Course Code | Name of the Course |
|--------|-------------|----------------------------------|
| 1. | 193FN2A4DP | Food Quality Control |
| 2. | 193FN2A4DQ | Nutrition in Health and Wellness |
| 3. | 193FN2A4DR | Shelf life Analysis of food |

Self study paper offered by the Department of Food Science and Nutrition

| S. No. | Semester | Course Code | Course Name |
|--------|----------|-------------|------------------------|
| 1 | III | 193FN2ASSA | Composite Home science |
| 2 | III | 193FN2ASSB | Diet Counseling |



Regulation (2019-2020)

PG Programme

Effective from the academic year 2019-20 and applicable to the students admitted to the Degree of Master of Arts/Commerce/Management/Science.

1. NOMENCLATURE

1.1 Faculty: Refers to a group of programmes concerned with a major division of knowledge. Eg. Faculty of Computer Science consists of Programmes like Computer Science, Information Technology, Computer Technology, Computer Applications etc.

1.2 Programme: Refers to the Master of Arts/Management/Commerce/Science Stream that a student has chosen for study.

1.3 Batch: Refers to the starting and completion year of a programme of study. Eg. Batch of 2015-2017 refers to students belonging to a 2-year Degree programme admitted in 2015 and completing in 2017.

1.4 Course: Refers to a component (a paper) of a programme. A course may be designed to involve lectures / tutorials / laboratory work / seminar / project work/ practical training / report writing / Viva voce, etc or a combination of these, to effectively meet the teaching and learning needs and the credits may be assigned suitably.

a) Core Courses

A course, which should compulsorily be studied by a candidate as a core requirement is termed as a Core course.

b) Extra Departmental Course (EDC)

A course chosen generally from a related discipline/subject, with an intention to seek exposure in the discipline relating to the core domain of the student.

c) Discipline Specific Elective Course (DSE): DSE courses are the courses offered by the respective disciplinary/ interdisciplinary programme.



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d) Project Work:

It is considered as a special course involving application of knowledge in problem solving/analyzing/exploring a real-life situation. The Project work will be given in lieu of a Core paper.

e) Extra credits

Extra credits will be awarded to a student for achievements in co-curricular activities carried out outside the regular class hours. The guidelines for the award of extra credits are given in section two, these credits are not mandatory for completing the programme.

e) Advanced Learner Course (ALC):

ALC is doing work of a higher standard than usual for students at that stage in their education. Research work carried out in University/ Research Institutions/ Industries of repute in India or abroad for a period of 15 to 30 days.

2. EXTRA CREDITS

- Earning extra credit is mandatory. However, it is not essential for programme completion.
- Extra Credits will be awarded to a student for achievement in co-curricular/ extracurricular activities carried other than the regular class-hours.
- A student is permitted to earn a maximum of 10 extra Credits during the programme duration of PG from I to IV Semester.
- Candidate can claim a maximum of 1 credit under each category listed.

The following are the guidelines for the award of Extra credits:

2.1 Proficiency in Foreign Language

| Qualification | Credit |
|---|--------|
| A pass in any foreign language in the examination conducted by an authorized agency | 1 |



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2.2 Proficiency in Hindi

| Qualification | Credit |
|---|--------|
| A pass in the Hindi examination conducted by Dakshin Bharat Hindi Prachar Sabha | 1 |

Examination passed during the programme period only will be considered for extra credit

2.3 Self-study Course

| Qualification | Credit |
|--|--------|
| A pass in the self-study courses offered by the department | 1 |

The candidate should register in the self-study course offered by the department only in the III semester

2.4 Typewriting/Short hand

A Pass in shorthand /typewriting examination conducted by Tamil Nadu Department of Technical Education (TNDTE) and the credit will be awarded.

| Qualification | Credit |
|---|--------|
| A pass in the type writing /short hand examination offered by TNDTE | 1 |

2.5 Diploma / Certificate

Courses offered by any recognized University / NCVRT

| Qualification | Credit |
|--|--------|
| A pass in any Certificate /Diploma/PG Diploma Course | 1 |



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2.6 CA /ICSI/ CMA

| Qualification | Credit |
|---|--------|
| Qualifying foundation/Inter level/Final in CA/ICSI/CMA etc. | 1 |

2.7 Sports and Games

The Student can earn extra credit based on their achievement in sports as given below:

| Qualification | Credits |
|--|---------|
| Achievement in University/State /National/ International | 1 |

2.8 Online Courses

Pass in any one of the online courses

| Qualification | Credit |
|------------------------------------|--------|
| SWAYAM/NPTEL/Spoken Tutorial etc., | 1 |

2.9 Publications / Conference Presentations (Oral/ Poster) /Awards

| Qualification | Credit |
|--|--------|
| Research Publications in Journals/oral/poster presentation in Conference | 1 |

2.10 Innovation / Incubation / Patent / Sponsored Projects / Consultancy

| Qualification | Credit |
|---|--------|
| Development of model/ Products/ Prototype/ Process/App/Registration of Patents/ Copyrights/ Trademarks/Sponsored Projects/Consultancy | 1 |



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2.11 Representation

| Qualification | Credit |
|---|--------|
| Participation in State / National level celebrations such as Independence day, Republic day Parade, National Integration camp etc., | 1 |

3. EXAMINATIONS

The following are the distribution of marks for External and Internal i.e., Comprehensive examination and Continuous Internal Assessment and passing minimum marks for theory papers of PG programmes.

| TOTAL MARKS | EXTERNAL | | Internal Max. marks | Overall Passing Minimum for total marks (Internal + External) |
|-------------|------------|------------------------------------|---------------------|---|
| | Max. marks | Passing Minimum for External alone | | |
| 100 | 75 | 38 | 25 | 50 |
| 50 | 50 | 25 | ---- | 25 |

The following are the Distribution of marks for the Continuous Internal Assessment in the theory papers of PG programmes.

| S. No. | For Theory- PG courses | Distribution of Marks |
|-------------|--|-----------------------|
| 1 | TESTS I (2 hours) | 5 |
| 2 | TESTS II / End semester Model test (3 hours) | 10 |
| 3 | OBE- Rubrics | 10 |
| TOTAL MARKS | | 25 |



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The following are the distribution of marks for the External Assessment in PG Theory courses

| S. No. | For Theory- PG courses | Distribution of Marks | |
|--------------------|-------------------------------------|-----------------------|-----------|
| 1 | Comprehensive (Written) Examination | 65 | 50 |
| 2 | Online MCQ Examination | 10 | -- |
| TOTAL MARKS | | 75 | 50 |

The following are the distribution of marks for External examinations (CE) and Continuous Internal Assessment (CIA) and passing minimum marks for the practical courses of PG programmes.

| TOTAL MARKS | EXTERNAL | | Internal Max. marks | Overall Passing Minimum for total marks (Internal + External) |
|-------------|------------|------------------------------------|---------------------|---|
| | Max. marks | Passing Minimum for External alone | | |
| 100 | 60 | 30 | 40 | 50 |
| 200 | 120 | 60 | 80 | 100 |

The following are the distribution of marks for the Continuous Internal Assessment (CIA) in PG practical courses

| S. No. | For Theory - PG Practical courses | Distribution of Marks | |
|--------------------|---|-----------------------|-----------|
| 1 | Tests: Two tests out of which one shall be during the mid semester and the other to be conducted as model test at the end of the semester.) | 24 | 48 |
| 2 | OBE- Rubrics | 16 | 32 |
| TOTAL MARKS | | 40 | 80 |

The following are the distribution of marks for the External Assessment in PG practical courses

| S. No. | For Theory - PG Practical courses | Distribution of Marks | |
|--------------------|-----------------------------------|-----------------------|------------|
| 1 | Experiment-I | 25 | 50 |
| 2 | Experiment-II | 25 | 50 |
| 3 | Record & Viva-Voce | 10 | 20 |
| TOTAL MARKS | | 60 | 120 |



The following are the distribution of marks for Project and Viva voce examinations/Industrial Training and Continuous Internal Assessments and passing minimum marks for the project courses/Industrial Training of PG programmes

| TOTAL MARKS | EXTERNAL | | Internal Max. marks | Overall Passing Minimum for total marks (Internal + External) |
|-------------|------------|------------------------------------|---------------------|---|
| | Max. marks | Passing Minimum for External alone | | |
| 100 | 60 | 30 | 40 | 50 |
| 200 | 120 | 60 | 80 | 100 |

The following are the distribution of marks for the Continuous Internal Assessment in PG Project/ Industrial Training courses.

| S. No. | For- PG Project courses/ Industrial Training | Distribution of Marks | |
|-------------|--|-----------------------|----|
| 1 | Review-I | 8 | 16 |
| 2 | Review-II | 8 | 16 |
| 3 | Review-III | 8 | 16 |
| 4 | OBE- Rubrics | 16 | 32 |
| TOTAL MARKS | | 40 | 80 |

The following are the distribution of marks for the External Examination (CE) in PG Project / /Industrial Training courses

| S. No. | For- PG Project courses/ Industrial Training Courses | Distribution of Marks | |
|-------------|--|-----------------------|-----|
| 1 | Record Work and Presentation | 40 | 80 |
| 2 | Viva-Voce | 20 | 40 |
| TOTAL MARKS | | 60 | 120 |

- The end semester examinations shall normally be conducted after completing 90 working days for each semester.



- The maximum marks for each theory and practical course (including the project work and Viva-Voce examination in the final Semester) shall be 100 with the following breakup.

(i) Theory Courses

Continuous Internal Assessment (CIA) : 25 Marks

End Semester Exams (ESE) : 75 Marks

(Online Exam: 10 Marks & Written Exam: 65 Marks)

(ii) For Practical Courses

Continuous Internal Assessment (CIA) : 40 Marks

End Semester Exams (ESE) : 60 Marks

Continuous Assessment OBE Rubrics Score Sheet

Degree: _____ Branch: _____ Semester: _____

Course Code: _____ Course: _____

Max. Marks: _____ Internal: _____ External: _____ Total: _____

| S. No. | REG. NO. | THEORY / PRACTICAL & LIBRARY CLASS PARTICIPATION (15) (Compulsory) | | | | RUBRICS ASSESSMENT (SELECT ANY ONE) | | | | | | | | | Total Marks out of : 30 | Total Marks out of : 16 / 10 / 08 / 04 |
|--------|----------|---|--------------------------|--------------------------------|-------------------------------|-------------------------------------|-------------------|-------------------------|-------------------------------|-------------------|-----------|---------------------------------|-----------------------------------|--------------------------|-------------------------|--|
| | | | | | | PAPERS / REPORTS (15) | | | ASSIGNMENTS (15) | | | CLASS PRESENTATION (15) | | | | |
| | | Library | Integration of Knowledge | Interaction & Participation | Demonstration of Knowledge | Organization & Knowledge | Format & Spelling | Reference / Experiments | Demonstration of Knowledge | Format & Spelling | Reference | Content & Coherence | Creativity and Speaking Skills | Duration of Presentation | | |
| 1 | | 6 | 3 | 3 | 3 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | | |



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a) Utilization of Library

Marks will be awarded to the student based on the hours spent in the library after the working hours and submission of report by the student.

| Hours spent in Library | Marks | Type of Document submitted |
|------------------------|-------|---|
| 2 | 1 | Report/ Assignment/ Class presentation |
| 4 | 2 | |
| 6 | 3 | |
| 8 | 4 | |
| 10 | 5 | |
| 12 | 6 | |

- During the Library hour, the student must spend time in reading the articles, books, journals of their subject of interest
- Each student should borrow minimum three books during the semester

b) Class Participation

Active participation in classroom discussion by the student will be evaluated based on Integration of knowledge, Interaction and Participation and demonstration of knowledge.

c) Papers / Reports/ Assignments/ Class Presentation

The student will be evaluated based on his ability to do analysis of application of theory to real world problems or creative extension of class room learning and his/her ability to communicate the given topic effectively and clearly. The following are the distribution of marks for the continuous internal assessment in PG practical courses

4. FOR PROGRAMME COMPLETION

Programme Completion (for students admitted during the A.Y.2019-20 and Onwards)

Student has to complete the following:



- i) Core, EDC, DSE, Project as mentioned in the scheme
- ii) Internship / Industrial/ Institutional training as mentioned in the scheme

Students must undertake industrial / institutional training for a minimum of 15 days and not exceeding 30 days during the II semester summer vacation. The students will submit the report for evaluation during III semester.

Based on the performance Grade will be awarded as follows:

| Marks Scored | Grade to be awarded |
|--------------|---------------------|
| 75 and above | A |
| 60-74 | B |
| 50-59 | C |
| < 50 | Re-Appearence |



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| Course Code | Course Name | Category | L | T | P | Credit |
|-------------|-----------------------|----------|---|---|---|--------|
| 193FN2A1CA | ADVANCED FOOD SCIENCE | CORE | 4 | 1 | - | 4 |

PREAMBLE

This course has been designed for students to learn and understand

- The structure, classification and nutrient composition of foods
- Identify what foods are good sources for what nutrients
- Appropriate sensory evaluation tests to answer specific questions regarding food attributes or consumer preferences.

COURSE OUTCOMES

On the successful completion of the course, students will be able to

| CO Number | CO Statement | Knowledge Level |
|-----------|--|-----------------|
| CO1 | Analyze the structure of foods and Compare the nutrient composition of foods. | K4 |
| CO2 | Classify foods based on food processing and Explain the methods of processing different foods. | K4,K5 |
| CO3 | Interpret the factors which affects the nutritive value of foods, Classify the methods of cooking different foods. | K4,K5 |
| CO4 | Examine the postmortem changes in meat, Criticize the food quality, Analyze the medicinal value of foods | K4,K5 |
| CO5 | Choose foods based on quality, Decide storage conditions and subjective and objective evaluation of foods. | K5,K6 |

MAPPING WITH PROGRAMME OUTCOMES

| COs/POs | PO1 | PO2 | PO3 | PO4 | PO5 |
|---------|-----|-----|-----|-----|-----|
| CO1 | S | M | S | S | S |
| CO2 | S | M | S | S | S |
| CO3 | S | M | S | S | S |
| CO4 | S | M | S | S | S |
| CO5 | S | M | S | S | S |

S Strong

M Medium

L Low



| | | |
|------------|-----------------------|------------|
| 193FN2A1CA | ADVANCED FOOD SCIENCE | SEMESTER I |
|------------|-----------------------|------------|

Total Credits: 4

Total Instruction Hours: 60 h

Syllabus

Unit I Cereals 12 h

Rice - Structure, Composition and nutritive value, Cereal cookery

Wheat - Structure, composition and nutritive value. Wheat flour – types, functionality of components, baking qualities, manufacture of bread and cakes.

Millet - Jowar, Bajra, Maize and Ragi, Composition and nutritive value and Products

Unit II Pulses & Fats and Oil 11 h

Pulses - Composition and nutritive value, methods of processing – dry and wet processing, vegetable protein mixes, Anti nutritional factors and eliminations

Nuts and Oilseeds- Composition and nutritive value, nutritious food mixes from oil seeds

Fats and Oil - Nutritional importance of oil and fats, Functions of oil and fats in foods, Sources, nutritional composition, rancidity – types and prevention, role of fat / oil in food preparations.

Unit III Vegetables and Fruits 14 h

Classification, Composition and nutritive value, selection, storage, pigments, browning reactions (Enzymatic and Non-Enzymatic), pectic substances, ripening of fruits, changes on cooking

Beverages – Classification: Milk and fruit based beverages, carbonated nonalcoholic beverages

Spices and condiments – Types, uses and abuses, role in cookery and medicinal uses

Evaluation of foods - Subjective and objective evaluation of foods. Study of proximate constituents.

Unit IV Milk and milk products & EGG 10 h

Milk and milk products- Composition, physical and chemical properties - effects of heat, acid and enzymes, processing of milk – pasteurization, homogenization, types



of milk products – Butter, cheese, milk powder, khoa, ice cream

Egg - Structure, composition, grading and selection, effects of heat on egg protein, egg foam (factors affecting foam formation) and role in cookery.

Unit V Meat, Poultry and Fish

13 h

Meat - Structure, composition, postmortem changes, Rigor mortis, Aging and Tenderization of meat, colour of meat, changes of meat in cookery and methods of cooking

Poultry - Classification, composition, market forms, selection factors and methods of cooking

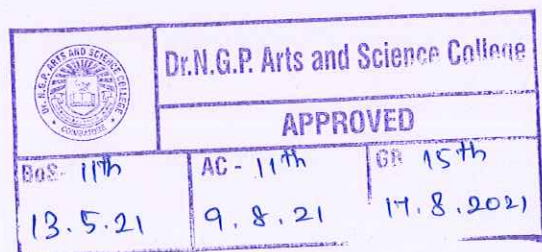
Fish - Classification, composition, kinds of fish, characteristics of fresh fish, fish products and methods of cooking

Text Books

- 1 Srilakshmi, B 2015, "Food Science," 8th Edn., New Age International Private Ltd. New Delhi.
- 2 Manay & Shadaksharaswamy, S.N. & M, 2008, "Food facts and Principles", New Age International Private Ltd New Delhi..

References

- 1 Potter, N.N and Hotchkiss, 1996, "Food Science", CBS Publication
- 2 Sunetra Roday, J.N. 2015, "Food Science and Nutrition" Oxford Publishers. New Delhi



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| Course Code | Course Name | Category | L | T | P | Credit |
|-------------|------------------------------|----------|---|---|---|--------|
| 193FN2A1CB | NUTRITION THROUGH LIFE CYCLE | CORE | 4 | 1 | 1 | 4 |

PREAMBLE

This course has been designed for students to learn and understand

- The role of adequate nutrition in stages of life cycle
- The nutrition and food components and the deleterious effects of foods on the human body at various life-stages
- The importance of proper fueling for physical activity, pre- and post-workout

COURSE OUTCOMES

On the successful completion of the course, students will be able to

| CO Number | CO Statement | Knowledge Level |
|-----------|---|-----------------|
| CO1 | Plan diet for the different stages of the life span. Make use of nutritional requirements needed for health promotion and disease prevention for each stage of the life cycle | K4 |
| CO2 | Analyze specific dietary practices during lactation supplementary and weaning foods for infants. | K4,K5 |
| CO3 | Recommend the nutrition for toddlers-physiological and cognitive development, feeding skill and behavior, common nutrition problems. | K4,K5 |
| CO4 | Evaluate physical growth, eating disorders, physiological psychological and socio economic factors effect nutritional status. | K4,K5 |
| CO5 | Choose the fitness assessments and plan nutritional needs during exercise and sports. | K5 |

MAPPING WITH PROGRAMME OUTCOMES

| COs/POs | PO1 | PO2 | PO3 | PO4 | PO5 |
|---------|-----|-----|-----|-----|-----|
| CO1 | S | S | S | S | S |
| CO2 | S | S | S | S | S |
| CO3 | S | S | S | S | S |
| CO4 | S | S | S | S | S |
| CO5 | S | S | S | S | S |



Dr.NGPASC

S Strong

COIMBATORE | INDIA

M

Medium

L

Low

M.Sc. Food and Nutrition (Students admitted during the AY 2021-22)

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|------------|------------------------------|------------|
| 193FN2A1CB | NUTRITION THROUGH LIFE CYCLE | SEMESTER I |
|------------|------------------------------|------------|

Total Credits: 4

Total Instruction Hours: 72 h

Syllabus

Unit I Nutrition in Preconception and pregnancy 13 h

Nutrition in Preconception-Introduction, factors contributing infertility in female, premenstrual syndrome, obesity and fertility, eating disorder and fertility, polycystic ovary syndrome, nutrient intake for pre-conceptual women.

Nutrition in pregnancy - Stages of gestation, maternal physiological adjustments, weight gain during pregnancy and nutritional requirements for pregnancy, miscarriage, preterm delivery, multi fetal pregnancies, eating disorders and complications of pregnancy

Unit II Nutrition in Lactation and infants 16 h

Nutrition in Lactation - Physiological adjustments during lactation, Physiology of milk Production - hormonal controls and reflex action, lactation in relation to growth and health of infants, problems of breast feeding, nutritional components of colostrums and mature milk, special foods during lactation, nutritional requirements during lactation. Expressing and storing breast milk, Breast promotion network of India.

Nutrition in infants - Rate of growth, weight as the indicator, premature infant, feeding premature infants, low birth weight, breast vs. bottle feeding, nutritional allowances, supplementary feeding, and weaning foods.

Unit III Nutrition in Toddlers 12 h

Nutrition in Toddlers-Physiological and cognitive development, feeding skill and behavior, common nutrition problems Nutrition in Preschool Children - Growth and development of preschool children, food habits, nutritional requirements, supplementary foods.

Nutrition in School Age - Early and middle childhood, physiological development, food habits, nutritional needs and feeding, RDA, Foods habits.

Unit IV Nutrition During Adolescence, Adulthood and Old age 16 h

Nutrition During Adolescence - Physical growth, physiological and psychological problems associated with pubertal changes, nutritional needs, eating disorders – anorexia nervosa, bulimia nervosa, nutrition and medical problems in adolescent



pregnancy and its requirements and complications.

Nutrition during Adulthood – Physiological changes of adulthood Nutrition and work efficiency for maintenance of health, RDA

Nutrition for Old Age – theories of ageing, physiological changes, Socio economic and psychological factors – nutritional requirements, factors affecting food intake, institutionalized changes in old age. Advances in geriatric nutrition.

Unit V Nutrition for sports and Special Condition

15 h

Sports and Exercise Fitness - Physical fitness assessment – cardio respiratory fitness, assessment of body composition, muscular fitness assessment, flexibility assessment, Role of carbohydrate, fat and protein as a fuel for exercise, fluid and electrolyte balance during prolonged exercise, nutritional requirements in sports, dietary intake before, during and after exercise. Concept of aerobic exercises, Nutrition during higher altitudes, Nutrition during Space voyage soldiers, Nutrition for special children

Text Books

- 1 Mahan and Escott ,K & S., 2000, "Food Nutrition and Diet Therapy", 11th Edn. , W.S. Saunder's Company, USA.
- 2 Srilakshmi, B, 2010 "Dietetics", 6thEdn., New Age International Pvt. Ltd, New Delhi.

References

- 1 Shills, Olson, Shike, and Ross, E.M & M., 1999, "Modem Nutrition in Health and Disease", 6th Edn., Lippincott Williams and Wilkins Publications Philadelphia.
- 2 Brown, J.E, 2002, "Nutrition Through The Lifecycle", Wadsworth Thomson Learning, USA.

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| Course Code | Course Name | Category | L | T | P | Credit |
|-------------|------------------------------------|----------|---|---|---|--------|
| 193FN2A1CC | PHYSIOLOGICAL ASPECTS OF NUTRITION | CORE | 4 | 2 | - | 4 |

PREAMBLE

This course has been designed for students to learn and understand

- The enzymes and its activities, immunological aspects, function tests
- the mechanisms of fluid movement between fluid compartments
- The physiological aspects of hormones, drugs and nutrient interactions

COURSE OUTCOMES

On the successful completion of the course, students will be able to

| CO Number | CO Statement | Knowledge Level |
|-----------|--|-----------------|
| CO1 | Classify the different types of enzymes. Utilize the enzymes in medical diagnosis. Explain the functions of enzymes | K2,K3 |
| CO2 | Identify the factors influencing enzyme action. Discover the biological effect of hormones. | K2,K3 |
| CO3 | Identify the factors influencing enzyme action. Discover the biological effect of hormones. Examine the synthesis and secretion of hormones. | K4 |
| CO4 | Inspect the composition of body fluids. Examine the gastric, renal, liver and endocrine function test | K4 |
| CO5 | Determine absorption, biotransformation, and drug metabolism. Elaborate drug and nutrient interaction. | K5 |

MAPPING WITH PROGRAMME OUTCOMES

| COs/POs | PO1 | PO2 | PO3 | PO4 | PO5 |
|---------|-----|-----|-----|-----|-----|
| CO1 | S | S | M | M | S |
| CO2 | M | S | M | M | S |
| CO3 | S | S | M | M | S |
| CO4 | S | S | M | M | S |
| CO5 | S | S | M | M | S |

S Strong

M Medium

L Low

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COIMBATORE | INDIA

M.Sc. Food and Nutrition (Students admitted during the AY 2021-22)



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|------------|------------------------------------|------------|
| 193FN2A1CC | PHYSIOLOGICAL ASPECTS OF NUTRITION | SEMESTER I |
|------------|------------------------------------|------------|

Total Credits: 4

Total Instruction Hours: 72 h

Syllabus

Unit I Enzymes 15 h

Enzymes- Introduction, functions, major classification of enzymes in human body- Metabolic enzymes (Ligase, Lyase, Hydrolase, Transferase, Isomerase, Oxidoreductase and Kinase), Digestive enzymes (Amylase, protease and lipase), Food enzymes (Lipase, Lactase, Protease, Amylase, Cellulase) and its action. Clinical significance of enzymes -(Pancreatic- α -amylase Lipase, liver- Aspartate transaminase, Alanine transaminase, Alkaline phosphatases, Gamma-glutamyltransferase (GGT), Glutamate dehydrogenase and muscles- creatine kinase and lactate dehydrogenase.)

Unit II Hormones 14 h

Hormones - Principles of hormone action and endocrine control, synthesis, secretion and biological effect of pituitary, thyroid, parathyroid, adrenal, pancreas, male and female reproductive hormones.

Unit III Immunity 15 h

Immunity - Types of immunity, cells of the immune system, immune response - humoral immunity, cell mediated immunity, immune changes in malnutrition, vitamin deficiency, iron deficiency and zinc modulation, neuro-endocrine control of stress and immunity, immune mechanisms in infections, auto-immunity and hypersensitivity.

Unit IV Water and Electrolyte Balance 14 h

Water and Electrolyte Balance - Total body water, intake versus output of water, body fluid compartments, composition of body fluid, measurement of body fluid volumes, forces controlling the water and electrolyte balance between cells and extra cellular fluid, metabolism of water and electrolytes, regulation of acid balance, effect of diet on water, electrolyte and acid base balance.

Function tests - Gastric function test, liver function test, renal function test and endocrine function test.

Unit V Drugs 14 h

Drugs - Introduction, absorption, biotransformation and excretion of drugs, drug metabolism, routes of drug administration, and mechanisms of drug action factors modifying drug effects, receptor theories, drug and nutrient interactions and drug induced malnutrition.

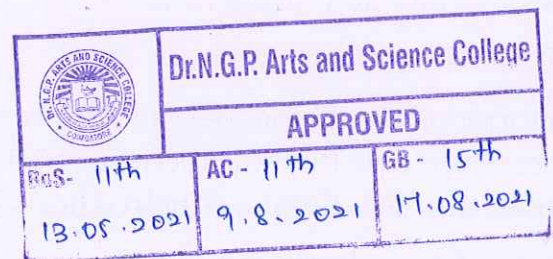


Text Books

- 1 Sembulingam and Sembulingam, K&P 2013, "Essentials of Medical Physiology", 6th Edn., JAYPEE Brothers, Medical Publishers, New Delhi.
- 2 Stites, D.P., Terr, A.I. and Parsiow, T.G., 1994, "Basic and Clinical Immunology", 10th Edition., Prentice Hall International Inc.,

References

- 1 Guyton, Hall, A.G. and J.B., 1996, "Text Book of Medical Physiology" 9th Edn., W.B. Sanders Company, Prism Books (Pvt.) Ltd. Bangalore.
- 2 Subrahmanyam, S., 2007, "Text Book of Human Physiology", S.Chand Publications, New Delhi, India.



| Course Code | Course Name | Category | L | T | P | Credit |
|-------------|----------------|----------|---|---|---|--------|
| 193FN2A1CD | FOOD CHEMISTRY | CORE | 4 | 1 | - | 4 |

PREAMBLE

This course has been designed for students to learn and understand

- The gain insight into the chemistry of foods
- The chemistry underlying the properties of various food components
- Biochemical and enzymatic reactions that influence food quality with emphasis on food industry applications.

COURSE OUTCOMES

On the successful completion of the course, students will be able to

| CO Number | CO Statement | Knowledge Level |
|-----------|---|-----------------|
| CO1 | Elaborate the structure and properties of water and ice, Elucidate the structure, formation, strength, types and permanence and Emulsions | K2,K3 |
| CO2 | Explicate the chemistry of Reactions of mono and oligosaccharides, Use of Polysaccharides in gelatinization, retrogradation. | K3,K4 |
| CO3 | Illustrate the structure, physicochemical properties, functional properties of amino acids. | K3,K4 |
| CO4 | Explicate the classification, sources, composition, and properties, role of lipids in food flavor. | K3,K4 |
| CO5 | Illuminate the chemistry of Individual aroma compounds- vegetable, fruit and spice and condiment. | K4,K5 |

MAPPING WITH PROGRAMME OUTCOMES

| COs/POs | PO1 | PO2 | PO3 | PO4 | PO5 |
|---------|-----|-----|-----|-----|-----|
| CO1 | S | S | M | M | M |
| CO2 | S | S | M | M | M |
| CO3 | S | S | S | S | M |
| CO4 | S | S | S | S | S |
| CO5 | S | S | S | S | S |



| | | |
|------------|----------------|------------|
| 193FN2A1CD | FOOD CHEMISTRY | SEMESTER I |
|------------|----------------|------------|

Total Credits: 4

Total Instruction Hours: 60 h

Syllabus

Unit I Physico-chemical properties of water and foods 10 h

Structure and properties of water and ice, types of water, solutions and colligative properties, Water activity and Food spoilage, Sorption phenomena, Gels: Structure, formation, strength, types and permanence Emulsions: formation, stability, surfactants and emulsifiers, Foams: Structure, formation and stabilization.

Unit II Chemistry of Starch and Sugars 14 h

reactions of mono and oligosaccharides, use of polysaccharides in foods: non-starch polysaccharides: cellulose, hemicelluloses, pectins, gums (gum arabic, guar gum, xanthan gum), agar, alginates, carrageenan starch: structure, properties of amylose and amylopectin, effect of processing gelatinization, methods for following gelatinization. Characteristics of some food starches. Effects of ingredients and conditions on gelatinization- retro gradation, polysaccharide hydrolysis, sugars and sweeteners: sugars, syrups, sugar alcohols, sugar products, caramelization.

Unit III Chemistry of Proteins 13 h

Amino acids, peptides and proteins - structure, physicochemical properties, functional properties, chemical and enzymatic modifications - denaturation, nonenzymatic browning, and other chemical changes, processing induced physical, chemical and nutritional changes, texturized proteins, protein isolates, concentrates, protein hydrolysate

Unit IV Chemistry of Fats and Oils 12 h

classification, sources, composition, and properties, role of lipids in food flavor. Effect of processing on chemical structure and physical properties; functional properties of fat and uses in food preparations, inter-esterification of fats. Lipids exposed to frying conditions, hydrogenated fat and irradiated foods Lipid-protein complexes, emulsions. Fat deterioration and antioxidants and fat substitutes.

Unit V Chemistry of Pectic Substances, Plant Pigments, Spices and Condiments 11 h

Pectins, phenolic components, enzymatic browning in fruits and vegetables, volatile compounds from vegetables during cooking, different types of plant pigments - water and fat soluble pigments, properties and active principles of spices and condiments.




Text Books

- 1 ShakuntalaManay, Shadaksharaswamy, M., 2000, "Foods, Facts and Principles', 2th Edn., New Age International Pvt Ltd Publishers, Delhi
- 2 Chandrasekhar, U., 2002, "Food Science and applications in Indian Cookery ", 10Edn., Phoenix Publishing House, New Delhi.

References

- 1 Swaminathan , M.. 2005, "Food Science, Chemistry and Experimental Foods", Bappco Publishers, Bangalore..
- 2 Meyer, L.H., 2004, "Food Chemistry and Distributors", 4th Edn., CBS Publishers.
- 3 Paul, and Palmer, P.C., 2000, "Food Theory and Applications", JohnWiley and Sons, New York.
- 4 Chopra and Panesar , H.K, 2010, "Food Chemistry", New Narosa Publishing House, Delhi.

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| 193FN2A1CP | FOOD SCIENCE AND FOOD CHEMISTRY | SEMESTER I |
|------------|---------------------------------|------------|

Total Credits: 2


Total Instructions Hours: 48 h

S.No

List of Experiments

- 1 Gelatinization of Starch, Retrogradation and Syneresis
- 2 Microscopic examination of uncooked and gelatinized
- 3 Gluten Formation
- 4 Stages of Sugar Cookery, Preparation of Fondant, Fudge, Caramel and Toffee
- 5 Scum formation, Boiling over and scorching of milk
- 6 Effect of Soaking, germination and fermentation of Pulses
- 7 Coagulation of egg white and egg yolk, Boiled Egg, Poached Egg, Omlettes, Custards, Cake and Mayonnaise
- 8 Coagulation and precipitation of milk proteins
- 9 Changes observed in cooking meat, fish and poultry, testing the tenderness of meat
- 10 Smoking Temperature of different fats, Factors affecting absorption of fats
- 11 Effect of acids, alkali and heat on water soluble and fat soluble pigments
- 12 Enzymatic Browning and Methods of prevention

Note: Out of 12 – 10 Mandatory

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M.Sc. Food and Nutrition (Students admitted during the AY 2021-22)

| Course Code | Course Name | Category | L | T | P | Credit |
|-------------|-------------------------------------|----------|---|---|---|--------|
| 193FN2A1DA | FUNCTIONAL FOODS AND NUTRACEUTICALS | DSE | 4 | - | - | 3 |

PREAMBLE

This course has been designed for students to learn and understand

- Medicinal benefits of natural nutraceuticals belong to different phytochemical categories.
- The functional foods and their role in the human health and well-being.
- The role of diet and dietary components in chronic diseases

COURSE OUTCOMES

On the successful completion of the course, students will be able to

| CO Number | CO Statement | Knowledge Level |
|-----------|--|-----------------|
| CO1 | Analyze and Examine the basics and importance of nutraceuticals. and functional foods | K4,K5 |
| CO2 | Determine the properties and structure of various nutraceuticals | K4,K5 |
| CO3 | Inspect nutraceuticals of plant origin and animal origin Importance of nutraceuticals in the field of medicine and therapy. | K4,K5 |
| CO4 | Distinguish between functional foods and nutraceuticals.. Explain the role of fibers and syn-biotic with respect to health | K4,K5 |
| CO5 | Design the role of nutraceuticals as food remedies in the field of functional food industry. | K4,K5 |

MAPPING WITH PROGRAMME OUTCOMES

| COs/POs | PO1 | PO2 | PO3 | PO4 | PO5 |
|---------|-----|-----|-----|-----|-----|
| CO1 | S | S | M | S | S |
| CO2 | S | S | M | S | S |
| CO3 | S | S | M | S | S |
| CO4 | S | S | M | S | S |
| CO5 | S | S | M | S | S |



S Dr.NGPASE **Strong**

COIMBATORE | INDIA

M **Medium**

L **Low**

M.Sc. Food and Nutrition (Students admitted during the AY 2021-22)

| | | |
|------------|-------------------------------------|------------|
| 193FN2A1DA | FUNCTIONAL FOODS AND NUTRACEUTICALS | SEMESTER I |
|------------|-------------------------------------|------------|

Total Credits: 3

Total Instruction Hours: 48 h

Syllabus

Unit I Introduction to Nutraceuticals as Science 9 h

Nutraceutical- Definition, Classification - Dietary supplements, Functional foods, Historical perspective, scope and future prospects, applied aspects of the Nutraceutical Science, Sources of Nutraceuticals

Unit II Properties, structure and functions of various Nutraceuticals 9 h

Glycosides, Isoprenoidderivaties, Glucosamine, Octacosanol, flavonoids, carotenoids, polyunsaturated fatty acids, lecithin, choline and spingolipids, Lycopene, Carnitine, Melatonin and Ornithine alpha ketoglutarate, Phytoestrogens, curcumin, organosulphur compounds as neutraceuticals. Use of proanthocyanidins, grape products, flaxseed oil as Nutraceuticals.

Unit III Nutraceuticals of plant and animal origin 10 h

Plant secondary metabolites, classification and sub-classification - Alkaloids, phenols, Terpenoids, extraction and purification, applications, Concept of cosmoceuticals and aquaceuticals Animal metabolites - Sources and extraction of nutraceuticals of animal origin, Examples: chitin, chitosan, glucosamine, chondroitin sulphate and other polysaccharides of animal origin, uses and applications in preventive medicine and treatment.

Unit IV Functional Foods 11 h

Definition, Relation of functional foods and Nutraceutical (FFN) to foods and drugs, applications of herbs to functional foods, Concept of free radicals and antioxidants; Nutritive and Non-nutritive food components with potential health effects, Soy proteins and soy isoflavones in human health; Role of nuts in cardiovascular disease prevention .Functional foods from wheat and rice and their health effects.

Role of Dietary fibers in disease prevention, Vegetables, Cereals, milk and dairy products as Functional foods, Health effects of prebiotics, probiotic and synbiotic foods and effects

Unit V Food as remedies 9 h

Nutraceuticals in treatment for cognitive decline, Arthritis, Bronchitis, circulatory problems, hypoglycemia, Nephrological disorders, Liver disorders, Osteoporosis, Psoriasis and Ulcers etc, Nutraceutical rich supplements e.g. Bee pollen, Caffeine, Green tea, Lecithin, Mushroom extract, Chlorophyll, Kelp and Spirulinaetc.

Nutrigenomics-concept of personalized medicine.Use of Nanotechnology in functional food industry.

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Text Books

- 1 Wildman, R.E.C., 2000, "Handbook of Nutraceuticals and Functional Foods", CRC Press, Boca Raton.
- 2 Jeffery, H. W. 2002, "Methods of Analysis for Functional Foods and Nutraceuticals", 1st Edn, CRC Press, New York.

References

- 1 Mahan, K. and Escott, S., 2000, "Food Nutrition and Diet Therapy" 11th Edn., W.S. Saunders's Company, USA.
- 2 Murray Robert, 1990, "Harper's Biochemistry", 24th Edn, Prentice Hall International UK Ltd, UK.
- 3 Degbasis Bagchi, 2010, "Biotechnology in functional foods and nutraceuticals". 10 Edn, CRC press Taylor & Francis group, London.

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| Course Code | Course Name | Category | L | T | P | Credit |
|-------------|--------------------------|----------|---|---|---|--------|
| 193FN2A1DB | FOOD PRODUCT DEVELOPMENT | DSE | 4 | - | - | 3 |

PREAMBLE

This course has been designed for students to learn and understand

- The various aspects of food product develop food science and technology, packaging, nutrition values and marketing
- Modern aspects of nutritional science and novel food usage
- Recognize the potential for entrepreneurship through marketing

COURSE OUTCOMES

On the successful completion of the course, students will be able to

| CO Number | CO Statement | Knowledge Level |
|-----------|---|-----------------|
| CO1 | Choose raw materials, portion control, standardizations for products. Make use of the technology and marketing on health concerns | K3 |
| CO2 | Categorize the products for development to the community. | K4 |
| CO3 | Examine sensory and objective evaluation test, score card designing and Instruments used for texture evaluation. | K4 |
| CO4 | Select the types of food packing materials Explain the patent laws and code for IPR | K5 |
| CO5 | Build the marketing structure and integration Improve the marketing efficiency | K6 |

MAPPING WITH PROGRAMME OUTCOMES

| COs/POs | PO1 | PO2 | PO3 | PO4 | PO5 |
|---------|-----|-----|-----|-----|-----|
| CO1 | S | S | S | S | S |
| CO2 | S | S | S | S | S |
| CO3 | S | S | S | S | S |
| CO4 | S | S | S | S | S |
| CO5 | S | S | S | S | S |

S Strong

M Medium

L Low



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| 193FN2A1DB | FOOD PRODUCT DEVELOPMENT | SEMESTER I |
|------------|--------------------------|------------|

Total Credits: 3

Total Instruction Hours: 48 h

Syllabus

Unit I New product development 9 h

Definition and classification, characterization and factors shaping new product development. Health concerns impact of technology and market place influence.

Unit II Formulation of new product development 9 h

Formulation of new product development for infants, preschool, sports person, elderly- Selection of raw materials, portion size, standardization methods, calculation of nutritive values, cost production, shelf life.

Unit III Sensory evaluation 10 h

Establishing sensory panels - Designing testing facilities - Analytical Test - Conduct a sensory Evaluation Test - Designing score card, objective evaluation, Instruments used for texture evaluation.

Unit IV Packaging 9 h

Packaging - Introduction, Types of packing materials. New product development - patent, patent laws, international code for Intellectual property rights (IPR).

Unit V Marketing 11 h

Concept of market and marketing - Approaches to study marketing and marketing functions, market structure, market efficiency and market integration. Role of government in promoting agricultural marketing. GST for newly developed product




Text Books

- 1 Baker, R.C 1988, " Fundamentals of New Food Product Development", 8th Edn. New Age International Private Ltd. New Delhi.
- 2 Fuller,. G.W 2008, "New Food Product Development from Concept to Market place", New Age International Private Ltd, NewDelhi.

References

- 1 Sivarama Prasad ,A., 1985., "Agricultural marketing in India", Mittal Publication, New Delhi.
- 2 Aaron, Brody, Joha Lord.,L & B., 2005, "New Food Product for a changing Market place", 2nd Edn.

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| Course Code | Course Name | Category | L | T | P | Credit |
|-------------|-------------------------|----------|---|---|---|--------|
| 193FN2A1DC | POST HARVEST TECHNOLOGY | DSE | 4 | - | - | 3 |

PREAMBLE

This course has been designed for students to learn and understand

- The safety control measures in handling foods from harvest to consumption agencies of control.
- Good agricultural and horticultural practices for food safety management
- Importance of pre-harvest physiology for the long term storage of horticultural crops.

COURSE OUTCOMES

On the successful completion of the course, students will be able to

| CO Number | CO Statement | Knowledge Level |
|-----------|--|-----------------|
| CO1 | Identify the role of Post Harvest Technology in combating malnutrition in India | K3 |
| CO2 | Categorize the agents causes food spoilage | K4 |
| CO3 | Examine the physical and chemical methods to control insects and rodents. | K4 |
| CO4 | Prioritize the Importance of storage structures for food grains. Explain the agencies that control food losses | K5 |
| CO5 | Improve the product-process efficiency of food grains. Discuss the role of new food products for the growing population. | K6 |

MAPPING WITH PROGRAMME OUTCOMES

| COs/POs | PO1 | PO2 | PO3 | PO4 | PO5 |
|---------|-----|-----|-----|-----|-----|
| CO1 | S | S | S | S | S |
| CO2 | S | S | S | S | S |
| CO3 | S | S | S | S | S |
| CO4 | S | S | S | S | S |
| CO5 | S | S | S | S | S |

S Strong

M Medium

L Low



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M.Sc. Food and Nutrition (Students admitted during the AY 2021-22)

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| 193FN2A1DC | POST HARVEST TECHNOLOGY | SEMESTER I |
|------------|-------------------------|------------|

Total Credits: 3

Total Instruction Hours: 48 h

Syllabus

Unit I Pot harvest Technology 9 h

Introduction to Post Harvest Technology - Definition, importance and problem encountered.

Governmental measures to augment food production- need for food conservation.

Food loss in the post harvest period, extent of losses, loss in the field, threshing yard, storage, marketing loss

Role of Post Harvest Technology in combating malnutrition in India

Unit II Agent causing food loss 10 h

Agents Causing Food Losses - Physical agents (moisture, temperature), Chemical losses, biological losses- insects- insects attacking food grains - types and life cycle, damage caused to food grains and detection of insect infestation, rats and rodents, birds, animals- Nature of damage, identification

Unit III Spoiling Agents 10 h

Control of Spoilage Agents - Importance and methods of sanitary handling, physical, chemical, biological and other means of control of insects, rats and rodents and birds

Insect control methods- Physical methods and chemical methods including fumigation techniques

Handling and Transport of Food Commodities - Traditional and improved methods, Nutrient losses in spoiled grains and National program to save grains

Unit IV Storage and grains 11 h

Storage of Grains - Importance of storage structures- requirements, traditional and modern and underground and above ground storage and their improvements, FCI godowns, PDS

Unit V Food Processing 8 h

Food Processing of Selected Food Items - wheat, rice, breakfast cereals, pulses, oilseeds. Agencies Controlling Food Losses - Role of SGC, FCI, CWC, SWC, IGSI in controlling food losses

ACTIVITY

1. Visit to FCI
2. Visit to Processing Mill (Cereal and Pulse)



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Text Books

- 1 Potter ,N.W 1973. "Food Science". 8th Edn. The A VI Publishing Co. the Westport.
- 2 Chakravarthy ,A 1981 "Post Harvest Technology of Cereals, Pulses and Oilseeds"., 1st Edn., Oxford and IBH. NewDelhi.

References

- 1 Boumans,G 2012. " Grain Handling and Storage ". 4th Edn. Elsevier Science Publishing

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| APPROVED | | |
| BOS- 11 th | AC- 11 th | GB- 15 th |
| 13.5.2021 | 9.8.2021 | 17.8.2021 |



| Course Code | Course Name | Category | L | T | P | Credit |
|-------------|-----------------|----------|---|---|---|--------|
| 203FN2A2CA | FOOD PROCESSING | CORE | 4 | 1 | - | 4 |

PREAMBLE

This course has been designed for students to learn and understand

- to gain knowledge about food processing sectors and strategies
- the latest techniques involved in processing of food groups
- the method of preservation and packaging

COURSE OUTCOMES

On the successful completion of the course, students will be able to

| CO Number | CO Statement | Knowledge Level |
|-----------|---|-----------------|
| CO1 | Analyze the food processing sectors Illustrate the different types of food commodities used for processing. | K3 |
| CO2 | Choose the processing method of cereals and millets to reduce the Nutrients lost. | K2,K3 |
| CO3 | Compare the different processing techniques and fortification of Legumes and oil seeds. | K4, K5 |
| CO4 | Classify and integrate the processing methods of animal based products and its by products | K4 |
| CO5 | Distinguish the thermal and non thermal processing. Summarize the Recent trends in packaging technology. | K5 |

MAPPING WITH PROGRAMME OUTCOMES

| COs/POs | PO1 | PO2 | PO3 | PO4 | PO5 |
|---------|-----|-----|-----|-----|-----|
| CO1 | S | S | S | S | S |
| CO2 | S | S | S | S | S |
| CO3 | S | S | S | S | S |
| CO4 | S | S | S | S | S |
| CO5 | S | S | S | S | S |

S Strong

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| 203FN2A2CA | FOOD PROCESSING | SEMESTER II |
|------------|-----------------|-------------|

Total Credits: 4

Total Instruction Hours: 60 h

Syllabus

Unit I Food processing sector 11 h

Food processing sector -vision and mission, opportunities, strategies in the Indian food processing sector. Strengths, Weakness, Opportunities and Challenges of food processing operations. Role of Governmental organizations in up gradation of food industries.

Food Processing: Types of processed foods, and its effect on nutritional properties of foods.

Unit II Cereals and millets processing 12 h

Rice - Parboiling, Milling, by products of milling and processed products-Rice flakes, puffed rice, popped rice, instant rice and rice flour.

Wheat - Milling, by products of milling and processed products -whole wheat flour, refined flour, semolina, vermicelli and pasta.

Millets - Milling of Millet and it's by product, Manufacture of breakfast cereals from rice, wheat and millets

Unit III Legumes and oil seeds 12 h

Pulses and Legumes - Modern methods of milling and it by product, process to eliminate the anti-nutritional factors. Processing of pulse based products

Nuts and Oil Seeds - Milling and it's by products ,extraction of oil, preparation of vanaspathi, industrial fats, and low-fat spreads and virgin oil, Fortification of fats and oils .Processing of fat substitute and fat replacer. Concentration and isolation - peanut, soybean and coconut.

Unit IV Milk, Meat, Fish and Egg 12 h

Milk and Milk products- Processing, Types of milk, by product of Cream, Butter and ghee. Fermented (Cheese, yoghurt, temph and kefir) and non-fermented(channa, rabri ,panner and ice cream)

Meat & poultry- Slaughtering, Processing and Preservation -chilled, frozen, cured and smoked meat. Processing of meat based products-sausage & Nuggets

Fish- processing and by products of fish- fish liver oil, fish meal, fish protein concentrate.

Egg- preparation of egg white and egg yolk.



Unit V Fruits and vegetable processing

13 h

Fruits and vegetable processing- Drying and dehydration- Drum drying, tunnel, spray drying, freeze drying, solar drying and fluidized bed drying. Thermal processing (canning, blanching, and sterilization) and Non-thermal processing (High Pressure Processing, Ozone and Pulse Electric Field Technology)

Mushroom - Production & Processing

Processing of beverages - Coffee, coco and tea processing, processing of spices - Corriander, cardamom, chilly, ginger and masala powder. Extraction of volatile oil in spices-oleoresin


Recent trends in packaging technology: Modified Atmospheric Packaging and Controlled Atmospheric Packaging, Intelligent packing & Nano Active Packaging

Text Books

- 1 Subulakshmi.G and Shoba A Udipi V.K, 2017, "Food Processing and preservation"(volume -I Edn.) New Delhi:New age International publishers .
- 2 Sivasankar, B., 2002, "Food Processing and Preservation". (1Edn.) New Delhi: PHI Learning (P) Ltd., Publishers

References

- 1 VijayaKhader. 2001. " Food Science and Technology". New Delhi: ICMR .
- 2 Potter, N. and Hotch Kiss, J.H.,1996. "Food Science". New Delhi: CBS Publishers and Distributors .
- 3 Fellows. P.J., 2017, "Food Processing Technology- principle and practice". Woodhead Publishing Ltd. Cambridge
- 4 srivastava.R.P and Sanjeev kumar, 2002, "Fruit and Vegetable preservation- principle and practices" (volume -III Edn.) New Delhi: CBS publishers and Distributors

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| Course Code | Course Name | Category | L | T | P | Credit |
|-------------|--------------------------|----------|---|---|---|--------|
| 203FN2A2CB | NUTRITIONAL BIOCHEMISTRY | CORE | 4 | - | - | 4 |

PREAMBLE

This course has been designed for students to learn and understand

- the application of biochemistry in the field of Food and Nutrition
- the on assay techniques and instrumentation
- the role of nutrients in the body

COURSE OUTCOMES

On the successful completion of the course, students will be able to

| CO Number | CO Statement | Knowledge Level |
|-----------|--|-----------------|
| CO1 | Infer on carbohydrate metabolism. | K3,K4 |
| CO2 | Illustrate the cholesterol metabolism and the inborn errors of fat metabolism | K3,K4 |
| CO3 | Explain the biosynthesis and importance of protein metabolism in biochemical analysis. | K3,K4 |
| CO4 | Interpret the significance of nucleic acids in the field of biochemistry. | K4,K5 |
| CO5 | Editorialize the principle and techniques involved in the field of biochemistry. | K4,K5 |

MAPPING WITH PROGRAMME OUTCOMES

| COs/POs | PO1 | PO2 | PO3 | PO4 | PO5 |
|---------|-----|-----|-----|-----|-----|
| CO1 | M | S | S | S | S |
| CO2 | S | S | S | S | S |
| CO3 | S | S | S | S | S |
| CO4 | S | S | S | S | S |
| CO5 | S | S | S | S | S |

S Strong

M Medium

L Low



| | | |
|------------|--------------------------|-------------|
| 203FN2A2CB | NUTRITIONAL BIOCHEMISTRY | SEMESTER II |
|------------|--------------------------|-------------|

Total Credits: 4

Total Instruction Hours: 48 h

Syllabus

Unit I Carbohydrates 10 h

Carbohydrates - classification, functions. Glycolysis, TCA Cycle, HMP Shunt and Energy Production, Glycogenesis, Gluconeogenesis. Renal threshold for Glucose. Inborn Error of Carbohydrate Metabolism - Lactose Intolerance, Galactosemia.

Unit II Fatty acids 10 h

Fatty Acids - Classification, Functions and Oxidation of Saturated and Unsaturated Fatty Acids, Biosynthesis of Cholesterol, Structure and Functions of Lecithin, Cephalin. Inborn errors of Fat Metabolism - Niemann-Pick Disease, Gouchers Disease

Unit III Protein 10 h

Protein- Classification, Function & Metabolism of Protein, Denaturation, Transamination, Deamination, Decarboxylation, Urea Formation and Protein Synthesis.

Amino acids - Classification, Function & Metabolism of Amino acids, phenylalanine, methionine and tryptophane.

Inborn errors of Amino acids - maple syrup urine disease, phenyl ketonuria.

Unit IV Nucleic acids 8 h

Nucleic acids - structure, function and properties of DNA and RNA. Biosynthesis and breakdown of purine and pyrimidine nucleotides. Assay Techniques: Bioassay techniques, microbiological assay of vitamins. ELISA.

Unit V Techniques in nutritional biochemistry 10 h

Techniques in nutritional biochemistry - Separation of sugars and amino acids by chromatography. Electrophoresis separation of proteins. Colorimetry and spectrophotometer - principle and procedures. pH meter - working and application. Principle and procedure of operation of GC, HPLC and HPTLC. Elemental analysis by atomic absorption spectroscopy and flame photometry



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Text Books

- 1 Lehninger A.L, 2000. "Biochemistry". (1Edn.): Worth Publishers Inc., New York.
- 2 Deb A.C, 2004. "Fundamentals of Biochemistry",. (8 Edn.) NewCentral Book Agency Pvt Ltd., Kolkata -India:.

References

- 1 Shanmugam. A, 2004. "Fundamentals of Biochemistry for Medical Students". (7 Edn.) Karthik Printers. India.
- 2 Sathyanarayana. U and Chakrapani. U, 2004. "Biochemistry". (3 Edn.) Books and Allied Pub.,Kolkata,India..
- 3 Tom brody, 2007. "Nutritional Biochemistry". (2nd Edn.) Academicpress,U.K.
- 4 Sharma.D and DevanshiSharma.C ,2015, "Nutritional Biochemistry". (2nd Edn.) : CBS publishing pvtltd,New Delhi.

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| Course Code | Course Name | Category | L | T | P | Credit |
|-------------|--------------------------|----------|---|---|---|--------|
| 193FN2A2CC | THERAPEUTIC NUTRITION- I | CORE | 4 | | | 4 |

PREAMBLE

This course has been designed for students to learn and understand

- the principles of medical nutrition therapy
- the importance of nutrition care process for various disease condition
- the functions of Indian Dietetic Association

COURSE OUTCOMES

On the successful completion of the course, students will be able to

| CO Number | CO Statement | Knowledge Level |
|-----------|--|-----------------|
| CO1 | Explain the principles of diet therapy and Nutrition Care Process (NCP). | K4,K5 |
| CO2 | Explain the Physiological changes and dietary modification for Gastro Intestinal, Inflammatory Diseases. | K4,K5 |
| CO3 | Explain the Physiological changes Kidney and dietary modification for Kidney | K4,K5 |
| CO4 | Explain the Physiological Changes and Nutritional modifications for Diabetes Mellitus. | K4,K5 |
| CO5 | Explain the Physiological Changes and Nutritional modifications for heart disease. | K5,K6 |

MAPPING WITH PROGRAMME OUTCOMES

| COs/POs | PO1 | PO2 | PO3 | PO4 | PO5 |
|---------|-----|-----|-----|-----|-----|
| CO1 | M | S | S | M | S |
| CO2 | M | S | S | M | S |
| CO3 | M | S | S | M | S |
| CO4 | M | S | S | M | S |
| CO5 | M | S | S | M | S |

S Strong

M Medium

L Low



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|------------|--------------------------|-------------|
| 193FN2A2CC | THERAPEUTIC NUTRITION- I | SEMESTER II |
|------------|--------------------------|-------------|

Total Credits: 4

Total Instruction Hours: 48 h

Syllabus

Unit I Therapeutic Diets 10 h

Therapeutic Diets – Principles, objectives and diet therapy, review of hospital diets, type of dietitians, role of dietitian in the hospital and community, Nutrition Care Process (NCP), diet planning and use of exchange list in nutrient calculation, diet counseling. Enteral and Parenteral nutrition – Routes, methods, complications and nutrient composition of feeds. Functions of Indian Dietetic Association

Unit II Gastro Intestinal Diseases 10 h

Diseases of Oesophagus: Esophagitis and Hiatus hernia. Disease of Stomach: Indigestion, hypochlorhydria, acute and chronic gastritis and peptic ulcer, Gastroesophageal reflux disease. Disease of Intestine: Flatulence, constipation - atonic, spastic and obstructive, diarrhoea - acute and chronic and steatorrhea. Inflammatory Diseases - Diverticulosis, diverticulitis, regional enteritis, ulcerative colitis, malabsorption syndrome - sprue.

Unit III Kidney 8 h

Kidney – Etiology, dietary management for kidney disease- acute and chronic glomerulonephritis, nephrosis, acute kidney injury and chronic kidney disease, kidney transplant and dialysis, nephrolithiasis

Unit IV Diabetes Mellitus 10 h

Diabetes Mellitus - Epidemiology / Incidence - Classification - symptoms. Metabolic changes: Long term and short term complications, clinical findings - diagnostic tests - glycemic index of foods, types of insulin, dietary complications and dietary management. Herbal plant remedies for diabetes mellitus.

Unit V Diseases of the Heart and Circulatory System 10 h

Diseases of the Heart and Circulatory System - Acute and chronic cardiac disorders, risk factors of cardiac diseases, dietary management in hypertension, atherosclerosis, congestive heart failure, hyperlipoproteinemia, hypercholesterolemia, role of antioxidants in the prevention and treatment of CVD.




Text Books

- 1 Mahan. B and Escott.S, 2000. "Food Nutrition and Diet Therapy". (12th Edn.)Philadelphia, USA: W.S. Saunder's Company
- 2 SrilakshmiB. , "Dietetics, 2014", VII Edition. New Age International (P) Limited Publishers, New Delhi

References

- 1 Antia, F.P ,1989. "Clinical Dietetics and Nutrition" Oxford University. (Edn.)Mumbai:
- 2 Shills Olson E.M, Shike.M and Ross.A.C., 1999. "Modern Nutrition in Health and Disease". (9th Edn.) Philadelphia: Lippincott Williams and WilkinsPublications.
- 3 Garrow.J.S&James.W.P.T, J. 2006, Human Nutrition &dietetics. (Edn.) :Churchill Livingstone.

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| Course Code | Course Name | Category | L | T | P | Credit |
|-------------|----------------|----------|---|---|---|--------|
| 193FN2A2CD | MACRONUTRIENTS | CORE | 4 | 1 | | 4 |

PREAMBLE

This course has been designed for students to learn and understand

- the components of energy expenditure
- the importance of macronutrients in human nutrition
- the hormone and Nutrient Interactions

COURSE OUTCOMES

On the successful completion of the course, students will be able to

| CO Number | CO Statement | Knowledge Level |
|-----------|---|-----------------|
| CO1 | Examine the utilization of energy, basal metabolism and energy requirements. | K4,K5 |
| CO2 | Explain the metabolism of Carbohydrates and dietary fiber. | K4,K5 |
| CO3 | Explain the metabolism of proteins and its requirements | K4,K5 |
| CO4 | Explain the metabolism of lipid and its functions | K4,K5 |
| CO5 | Explain the interactions between hormones and macronutrients. Explain the effects of alcohol in humans | K4,K5 |

MAPPING WITH PROGRAMME OUTCOMES

| COs/POs | PO1 | PO2 | PO3 | PO4 | PO5 |
|---------|-----|-----|-----|-----|-----|
| CO1 | M | S | S | M | S |
| CO2 | M | S | S | M | S |
| CO3 | M | S | S | M | S |
| CO4 | M | S | S | M | S |
| CO5 | M | S | S | M | S |

S Strong

M Medium

L Low



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|------------|----------------|-------------|
| 193FN2A2CD | MACRONUTRIENTS | SEMESTER II |
|------------|----------------|-------------|

Total Credits: 4

Total Instruction Hours: 60 h

Syllabus

Unit I Energy 14 h

Energy - Historical background, energy content of food, energy measurements - direct and indirect calorimetry, energy utilization in cells, basal metabolism, physical activity, resting energy expenditure. Regulatory thermogenesis, energy requirements, variables influencing the energy requirements with reference to adults, infants, adolescents. WHO requirements, energy balance and control of body weight, the interaction between three main energy nutrients - carbohydrates, proteins and fats.

Unit II Carbohydrates 12 h

Carbohydrates - Classification, digestion, absorption, utilization and nutritional importance. Dietary fiber - types of fiber in plant foods, sources, composition, digestion, clinical aspects. Role of dietary fiber in therapeutic nutrition. Effect of fiber in the absorption of different nutrients.

Unit III Protein 12 h

Protein - Classification of proteins and amino acids, function, digestion, absorption and utilization. Factors affecting protein utilization. Amino acid requirements, amino acid pattern, essential amino acids, amino acid balance and imbalance. Computation of protein requirements through factorial method and balance study, WHO requirements, evaluation of quality of protein, conduct of animal studies, food sources, role of animal proteins and vegetable protein mixture in combating malnutrition, estimation of amino acids and protein needs

Unit IV Fats and lipids 12 h

Fats and lipids - Classification of fats and fatty acids, digestion and absorption of fats, transport of lipid in blood, lipid transformation in the liver, role of essential fatty acids, deposition of fats in the body. Effect of deficiency and toxicity, role of fats in the etiology of arteriosclerosis



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Unit V Hormone and Nutrient Interactions

10 h


Hormone and Nutrient Interactions - Interaction over carbohydrate, protein and fat metabolism. Nutrition in alcoholism – effect of alcohol in digestion and absorption of nutrients, Alterations of nutrient metabolism and organ damage.

Text Books

- 1 Groff.J.L and Gropper.S.S. ,2000, "Advanced Nutrition and HumanMetabolism". (3rd Edn.) USA: Thomson Wardsworth
- 2 Swaminathan, M. ,2002. "Advanced Textbook on Food and Nutrition". (Vol IEdn.) India: Bangalore Printing press and Publishing Co.Ltd.

References

- 1 Srilakshmi, B. ,2012. "Nutrition Science". (Edn.) New Delhi: New AgePublisher.
- 2 Mahan.K and Escott.S, ,2000. "Food Nutrition and Diet Therapy". (11 Edn.)Philadelphia, USA: W.S. Saunder's Company.
- 3 ShilsOlson.E.M, Shike.M and Ross.A.C, 1999. "Modem Nutrition in Health and Disease". (9th Edn.) Philadelphia: Lippincott Williams and WilkinsPublications.
- 4 Whitney.E.N, Cataldo.C.B&Rolfes.S.R ,. 1998. "Understanding Normal andClinical Nutrition". (2 Edn.) Delhi: Wadsworth Publishing Company, Inc.

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| Course Code | Course Name | Category | L | T | P | Credit |
|-------------|------------------------------------|----------|---|---|---|--------|
| 193FN2A2CE | COMPUTER APPLICATIONS IN NUTRITION | EDC | 3 | | | 4 |

PREAMBLE

This course has been designed for students to learn and understand

- to introduce the concept of Computer and Operating system
- to make students well versed with Word, Excel, Access and PowerPoint
- to enable students to learn computer networks and multimedia

COURSE OUTCOMES

On the successful completion of the course, students will be able to

| CO Number | CO Statement | Knowledge Level |
|-----------|---|-----------------|
| CO1 | Understand the concepts of computer, memory and operating system. | K1 |
| CO2 | Apply the knowledge for creating document and presentation. | K3 |
| CO3 | Build and analysis the table and database for nutrition using MS Excel and MS Access. | K3,K4 |
| CO4 | Apply the knowledge for creating nutrition webpage. Expose the concepts of computer networks. | K4,K5 |
| CO5 | Develop the online application in nutrition education using multimedia tools | K4,K5 |

MAPPING WITH PROGRAMME OUTCOMES

| COs/POs | PO1 | PO2 | PO3 | PO4 | PO5 |
|---------|-----|-----|-----|-----|-----|
| CO1 | M | M | M | M | S |
| CO2 | M | M | M | M | S |
| CO3 | M | M | M | M | S |
| CO4 | M | M | M | M | S |
| CO5 | M | M | M | M | S |

S Strong

M Medium

L Low



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|------------|---------------------------------------|-------------|
| 193FN2A2CE | COMPUTER APPLICATIONS IN NUTRITION | SEMESTER II |
|------------|---------------------------------------|-------------|

Total Credits: 4

Total Instruction Hours: 36 h

Syllabus

Unit I Computer 7 h

Computer definition, Types of Computer, Logical Organization of a Digital Computer-Memory: Main Memory, Secondary Memory, Input devices, Output devices, Operating system, Functions of an operating system, Types of Operating systems, Multi programming, Multitasking, Time sharing, Real time operating systems.

Unit II Word Basics 7 h

Word Basics: Starting word, Creating a new document, Opening preexisting document, Formatting Text and Documents, Working with Headers and Footers, Creating a simple table using the table menu, Creating presentations: Using auto content wizard, Using blank presentation option, Adding slides, Deleting a slide, Creating food and nutrition presentation.

Unit III MS Access 8 h

MS Access: Creating a Simple Database and Tables, Forms: The Form Wizard, Saving Forms, Modifying Forms, Finding, Sorting and Displaying Data. Excel Basics: Overview of Excel features, Creating a new worksheet, Selecting cells, moving cells, copying cells, sorting cell data, inserting rows, inserting columns, Deleting parts of a worksheet, entering and editing Formulas, Creating Nutrition database using MS Access

Unit IV LAN, MAN, WAN-TCP/IP 7 h

Introduction to LAN, MAN, WAN-TCP/IP-Common protocols in Intranet- WWW- Web browser-HTML, Creating Nutrition application using HTML tags

Unit V Multimedia 7 h

Introduction to Multimedia: Components of Multimedia, Multimedia software tools, Multimedia Applications, Multimedia and hypermedia, online applications in Nutrition education.




Text Books

- 1 Gurvinder Singh and Rachhpal Singh ,2014." P.C.Software and Programming in C". (4th Edn.)
- 2 Yadav, D.S. (2008). "Fundamentals of Information Technology". (3rd Edn.)

References

- 1 Ze Niam Li and Mark S.Drew ,2009." Fundamentals of Multimedia"
- 2 Chetan Srivastava,. 2014. "Fundamentals of Information Technology"

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|------------|---------------|-------------|
| 203FN2A2CP | FOOD ANALYSIS | SEMESTER II |
|------------|---------------|-------------|

Total Credits: 3

Total Instructions Hours: 72 h

| S.No | List of Experiments |
|------|--|
| 1 | Determination of Moisture content |
| 2 | Determination of Carbohydrate |
| 3 | Estimation of protein content of foods by Lowry's method |
| 4 | Estimation of fat content of foods by Soxhlet method |
| 5 | Estimation of crude fibre |
| 6 | Estimation of soluble and insoluble ash content |
| 7 | Estimation of Iron |
| 8 | Estimation of Phosphorus |
| 9 | Estimation of Calcium in milk and curd |
| 10 | Estimation of Ascorbic Acid from Citrus Fruits |
| 11 | Estimation of Iodine number and acid number |
| 12 | Determination of Saponification value of oil |
| 13 | Determination of Total Antioxidant capacity |
| 14 | Estimation of Thiamine and Riboflavin |
| 15 | Determination of β -Carotene and Lycopene |

Note: out of 15- 12 mandatory

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| Course Code | Course Name | Category | L | T | P | Credit |
|-------------|--------------------|----------|---|---|---|--------|
| 203FN2A2DA | FOOD BIOTECHNOLOGY | DSE | 3 | - | - | 3 |

PREAMBLE

This course has been designed for students to learn and understand

- the application of Biotechnology in the field of Foods and Nutrition
- the interest in related activities of tissue culture, fermentation technology
- and learn the concepts of nanotechnology and nutrigenomics.

COURSE OUTCOMES

On the successful completion of the course, students will be able to

| CO Number | CO Statement | Knowledge Level |
|-----------|--|-----------------|
| CO1 | Sketch out the importance of biotechnology | K3, |
| CO2 | Integrate the traditional applications of biotechnology in Fermented foods | K4, |
| CO3 | Generalize the regulations concerning fermented foods | K5, |
| CO4 | Editorialize the importance of food and beverage in the field of biotechnology | K4, |
| CO5 | Appraise the significance of nanotechnology and nano-biotechnology | K5, |

MAPPING WITH PROGRAMME OUTCOMES

| COs/POs | PO1 | PO2 | PO3 | PO4 | PO5 |
|---------|-----|-----|-----|-----|-----|
| CO1 | S | S | M | M | M |
| CO2 | S | S | M | M | M |
| CO3 | S | S | S | S | S |
| CO4 | S | S | S | S | S |
| CO5 | S | S | S | S | S |

S Strong

M Medium

L Low



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| | | |
|------------|--------------------|-------------|
| 203FN2A2DA | FOOD BIOTECHNOLOGY | SEMESTER II |
|------------|--------------------|-------------|

Total Credits: 3

Total Instruction Hours: 36 h

Syllabus

Unit I Biotechnology 7 h

Biotechnology – Introduction – biotechnological applications of animals, plants and microbes; concepts of genetic engineering and molecular cloning and their application in food production, transgenic plants, application of genetic engineering in food science and technology. Genomics, proteomics and bio informatics.

Unit II Food Biotechnology 7 h

Genetically modified foods: concept, types and applications; safety assessment of genetically modified foods: International and National guidelines of regulations and safety, issues related to production, consumption, export / import and labelling of GM foods. Ethical issues concerning GM foods, Testing for GMOs, IPR, GMO Act 2004.

Unit III Role of biotechnology in fermented food products 7 h

Application of biotechnology to food products: Yeast based processes and products – alcoholic beverages, industrial alcohols, bread and related products; Bacteria based processes and products – dairy products, fermented meat and fish products, fermented vegetable products, vinegar and other organic products.

Unit IV Enzymes in food and beverages industries 7 h

Enzyme immobilization and its application in food industry: Micro organism based products – sweeteners, flavours and amino acids, vitamin pigments, mushrooms, SCP. . Isolation & purification of starch, Starch in food industry, Modification of starch. Isolation of protein from soya bean, milk, egg; Protein hydrolysates; Modification of protein



Unit V Nanobiotechnology

8 h


Nanoparticles and nucleic acid and protein based recognition groups. Nan particles as carrier for genetic material. Nan sensors for microbial and chemical contaminants Recent trends in applications of nanotechnology in food industries -. Micro encapsulation in food biotechnology: concepts, agents and techniques; application of micro encapsulation - probiotics, flavours, lipids, antioxidants, vitamins and enzymes.

Text Books

- 1 Joshi, Ashok Pandaey.V.K, ,2009. "Biotechnology: Food Fermentation, Microbiology, Biochemistry and Technology". (Volume -I Edn.) New Delhi: Asia Tech Publishers..
- 2 Khanna. V.K, 2011. "Plant tissue culture". (1Edn.) New Delhi: Kalyani Publisher.

References

- 1 Green, P.J., 2002. "Introduction to Food Biotechnology". U.S.A: CRC press.
- 2 Shanmugham, S. ,2011. "Nanotechnology". New Delhi: MJP publishers.

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| BoS- 12th | AC - 12th | GB - 12th |
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| Course Code | Course Name | Category | L | T | P | Credit |
|-------------|----------------|----------|---|---|---|--------|
| 203FN2A2DB | FOOD PACKAGING | DSE | 3 | - | - | 3 |

PREAMBLE

This course has been designed for students to learn and understand

- the purpose and the need for food packaging technology
- to impart knowledge and skills related to designing packaging system in food products
- the developing skills in handling of packaging equipment

COURSE OUTCOMES

On the successful completion of the course, students will be able to

| CO Number | CO Statement | Knowledge Level |
|-----------|---|-----------------|
| CO1 | Identify the functions of packaging materials for different foods. | K3 |
| CO2 | Elucidate the characteristics, applications in food industry. | K4 |
| CO3 | Analyze the packaging techniques, implication and its application. | K4 |
| CO4 | Compare the eco-friendly alternatives to plastics and recommend the importance of biodegradable packaging material. | K4,K5 |
| CO5 | Choose the Standards for labeling concerned in food industries. | K5 |

MAPPING WITH PROGRAMME OUTCOMES

| COs/POs | PO1 | PO2 | PO3 | PO4 | PO5 |
|---------|-----|-----|-----|-----|-----|
| CO1 | S | S | S | S | S |
| CO2 | S | S | S | S | S |
| CO3 | S | S | S | S | S |
| CO4 | S | S | S | S | S |
| CO5 | S | S | S | S | S |

S Strong

M Medium

L Low



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|------------|----------------|-------------|
| 203FN2A2DB | FOOD PACKAGING | SEMESTER II |
|------------|----------------|-------------|

Total Credits: 3

Total Instruction Hours: 36 h

Syllabus

Unit I Food packages 7 h

Introduction of Food packaging, Need of food packaging, Role of packaging in extending shelf life of foods, Types of Packaging material-primary, secondary & tertiary, characteristics, applications in food industry, merits and demerits of food packaging, Designing of package materials. Packaging of finished goods - weighing, filling, scaling, wrapping, cartooning, capping, labeling, coding, marking including bar coding and strapping

Unit II Food Packaging System 7 h

Food packaging systems, product characteristics and package requirements.

Introduction of food packaging system, Different forms of packaging-Rigid, semi-rigid, flexible forms of packaging.

Different packaging system for-Dehydrated foods, Frozen foods, Dairy products, Fresh fruits, Vegetables, Meat, Poultry, Sea foods. beverage carbonated, malted milk products, tea, coffee, alcoholic beverages, confectionery- fat and oil, fatty biscuits, cakes, bread, food grains, storage and handling packaging materials

Unit III packaging Techniques 7 h

Microwave ovenable containers - characteristics, applications and advantages. Retortable packages -, retortable pouches plastic films- LDPE, and LLDPE, HDPE, PVC, PS, PP, BOPP, nylon lonomers, rubber hydrochloride, natural and PVD, EVA Polyester, cellulose acetate, PET, blister packaging, aseptic Packaging, logistic packaging, retortable aluminium containers, composite flexible retortable packages - application and advantages.,

Recent trends in packaging technology: Modified Atmospheric Packaging and Controlled Atmospheric Packaging, Intelligent packing Anti-corrosive Packaging, Pharma Packaging ,Shrink packaging & Nano Active Packaging

Unit IV Ecofriendly packaging &Testing 7 h

Ecofriendly alternatives to plastics - Edible packaging - advantages, material used - lipid coating, proteins, composite films, current applications, biodegradable packaging material - biopolymer based edible film.



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Testing of package materials, General test methods, Heavy duty packages, laminates, drop tests, stack test, load test, vibration test, Testing of flexible films, Testing of package performance, Principles in the development of safe and protective packing, Safety assessment of food packaging materials

Unit V Labelling & laws

8 h


Labelling- Standards for labelling, Purpose of labels, description of label for food packaging, critical elements of food label, types of labels, common terms for labels, materials used, surface treatment, labels for freight containers, labelling regulations, bar code, nutrition labelling, health claims, mandatory labelling provisions. Packaging –Laws and regulations.

Text Books

- 1 "Food Packaging technology" Hand book-,2004. NIIR, Delhi.
- 2 "Handbook on Modern Packaging Industry" ,V.K ,2008. NIIR, Delhi.

References

- 1 Griffirin, R.C, 2002." Principles of Food Packaging". (2nd Edn.) Avipub Co.Westport: Stainley Sacharous.
- 2 "Food Packaging technology",,. 2005. NIIR, Delhi: MJP publishers.
- 3 Gordon L. Robertson, 2013. "Food Packaging Principles and Practice". Third Edition, CRC Press, Baco Raton.
- 4 Jairus R.D, Ralpha H, and Thomas Szemplenski., 2013." Handbook of Aseptic Processing and Packaging", Second Edition, CRC Press, Baco Raton.

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| Course Code | Course Name | Category | L | T | P | Credit |
|-------------|-----------------|----------|---|---|---|--------|
| 203FN2A2DC | FOOD TOXICOLOGY | DSE | 3 | - | - | 3 |

PREAMBLE

This course has been designed for students to learn and understand

- the basic principles of toxicology
- the clinical, emergency, environmental, medico-legal and occupational aspects of toxicology
- to prevent/ minimize the hazardous/ toxic substances in food products

COURSE OUTCOMES

On the successful completion of the course, students will be able to

| CO Number | CO Statement | Knowledge Level |
|-----------|---|-----------------|
| CO1 | Editorialize the mechanism of toxicology and biotransformation. | K4,K5 |
| CO2 | Determination of toxicants in food and food poisoning | K4,K5 |
| CO3 | Facilitate the regulations for Genetically modified foods and allergenicity | K5, |
| CO4 | Infer food contaminants and heavy metal contamination and radioactive contamination | K4, |
| CO5 | Speculate food additives and its limitations and toxicological effects. | K5, |

MAPPING WITH PROGRAMME OUTCOMES

| COs/POs | PO1 | PO2 | PO3 | PO4 | PO5 |
|---------|-----|-----|-----|-----|-----|
| CO1 | S | M | M | S | S |
| CO2 | S | S | M | S | S |
| CO3 | S | S | S | S | S |
| CO4 | S | S | S | S | S |
| CO5 | S | S | S | S | S |

S Strong

M Medium

L Low



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| | | |
|------------|-----------------|-------------|
| 203FN2A2DC | FOOD TOXICOLOGY | SEMESTER II |
|------------|-----------------|-------------|

Total Credits: 3

Total Instruction Hours: 36 h

Syllabus

Unit I Introduction to Toxicology 7 h

Introduction to Toxicology – Definition, Classification of toxic agents, characteristics of toxic exposure, interaction and tolerance, biotransformation.

Mutagenesis, Mechanism of toxicity- Oncogenesis, Teratogenesis

Unit II Food Toxins 7 h

Food Toxins – Natural and Synthetic toxicants in foods, Importance of natural toxins in food, Toxicants of plant and animal origin; Microbial toxins (e.g. Algal toxins, bacterial toxins and fungal toxins). Food poisoning; Toxin determination in foods and their management.

Unit III Food allergies and allergens 7 h

Food allergies and allergens: Natural sources and chemistry of food allergens; true/untrue food allergies; handling of food allergies. Safety of Genetically Modified food: potential toxicity and allergenicity of GM foods.

Unit IV Contaminants in Food 7 h

Contaminants in Food: heavy metal contamination in food (mercury, arsenic lead, cadmium and aluminum) and their health impacts. Radioactive contamination of food.

Drug Residues in food: Fungicide and pesticide residues in foods, use of veterinary drugs.

Unit V Food Additives and Adulterants 8 h

Food Additives: Classification, functional role, limitations and toxicological effects of food additives; food processing generated toxicants: nitroso compounds, heterocyclic amines.

Food adulteration and potential toxicity of food adulterants.



Text Books

- 1 Helferich, and Winter, W & C.K (2001). Food Toxicology. New Delhi: CRC Press.
- 2 Shibamoto & Bjeldanes, T & L (2009). Introduction to Food Toxicology. (2Edn.) Burlington: Elsevier Inc.

References

- 1 Duffus.J.H and Worth.H.G.J., (2006). Fundamental Toxicology. New Delhi: The Royal Society of Chemistry.
- 2 Stine.K.E and Brown.T.M. (2006). Principles of Toxicology. (2nd Edn.) New Delhi: CRC Press.

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| Course Code | Course Name | Category | L | T | P | Credit |
|-------------|----------------|----------|---|---|---|--------|
| 193FN2A3CA | MICRONUTRIENTS | CORE | 4 | - | - | 4 |

PREAMBLE

This course has been designed for students to learn and understand

- The role of micronutrients in health and disease
- The role of pseudo vitamins in health and disease
- The recent advances in the study of micro-nutrients

COURSE OUTCOMES

On the successful completion of the course, students will be able to

| CO Number | CO Statement | Knowledge Level |
|-----------|---|-----------------|
| CO1 | Explain the absorption, utilization, deficiency, toxicity, sources and requirements of minerals. | K2 |
| CO2 | Identify the functions, intake, utilization, bio availability, storage, and output of trace elements | K3 |
| CO3 | Examine the chemistry, biosynthesis, transport, utilization, storage and assay methods of Fat soluble vitamins. | K4 |
| CO4 | Examine the chemistry, physiological action, storage, transport, and biosynthesis of water soluble vitamins.. | K4 |
| CO5 | Explain the chemistry, functions and metabolism of pseudo vitamins.Explain the deficiency, excess and dietary consideration of the pseudo vitamins. | K5 |

MAPPING WITH PROGRAMME OUTCOMES

| COs/POs | PO1 | PO2 | PO3 | PO4 | PO5 |
|---------|-----|-----|-----|-----|-----|
| CO1 | M | M | M | S | S |
| CO2 | S | S | S | S | S |
| CO3 | S | S | S | S | S |
| CO4 | S | S | S | S | S |
| CO5 | S | S | S | S | S |



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S Strong

M Medium

L Low

| | | |
|------------|----------------|--------------|
| 193FN2A3CA | MICRONUTRIENTS | SEMESTER III |
|------------|----------------|--------------|

Total Credits: 4

Total Instruction Hours: 48 h

Syllabus

Unit I Minerals 10 h

Calcium - Distribution of calcium in the body, functions. Calcium absorption and utilization, regulation of calcium, requirements, sources, deficiency, toxicity, requirements.

Phosphorus - Concentration in the body, calcium - phosphorus ratio, phosphorus absorption and utilization, deficiency, toxicity, sources requirements.

Sodium, Potassium, Magnesium and Sulphur - Distribution, absorption, utilization, functions, sources, deficiency, toxicity and requirements.

Unit II Trace Elements 10 h

Iron- Functions, intake, utilization, bio availability of iron, storage, output and iron balance, (Iron Turnover), deficiency, toxicity and sources, requirements.

Iodine - History, functions, metabolism, deficiency.

Fluorine- functions, sources, requirements of fluoride in the prevention of dental caries, toxic effects of fluoride.

Functions, sources, requirements, deficiency and toxicity of zinc, copper, cobalt, manganese, selenium, chromium and.

Unit III Fat soluble vitamins 10 h

Vitamin A, D, E and K; History, Chemistry, biosynthesis, Physiological action, transport, utilization and storage, methods of assay, dietary sources and requirements of human deficiency and toxicity.

Unit IV Water Soluble Vitamins 9 h

Thiamine, riboflavin, niacin, vitamin B12, folic acid, pyridoxine, pantothenic acid, biotin and ascorbic acid: History, Chemistry, Physiological action, storage, transport, biosynthesis -of vitamins dietary sources deficiency and toxicity. Poor synthesis of

Unit V Pseudo vitamins 9h

Choline, carnitine, inositol, taurine, flavanoid, pangamate, laetrile -chemistry, functions and metabolism, deficiency, excess and dietary consideration.




Text Books

- 1 Williams.S.R., 2013., "Nutrition and Diet Therapy", Times Mirror Masby College Publishing St. Laws, Toronto, Boston.
- 2 Mahan.K and Escott.S., 2016., "Food & the Nutrition Care Process 14th Edition", W.S. Saunder's Company, Philadelphia, USA.

References

- 1 Whitney P.N., and Roes S.R., 2019., "Understanding Nutrition", West Publication Co
- 2 Swaminathan, M., 2000., "Advanced Text Book foods Nutrition", Vol.1., Bappco Publication., Bangalore., India

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| Course Code | Course Name | Category | L | T | P | Credit |
|-------------|----------------------------|----------|---|---|---|--------|
| 193FN2A3CB | THERAPEUTIC NUTRITION - II | CORE | 4 | - | - | 4 |

PREAMBLE

This course has been designed for students to learn and understand

- The etiology, symptoms and complications of various diseases
- The significance of therapeutic diet for different diseased conditions
- The nutrition concepts to evaluate and improve the nutritional health of individuals with medical conditions

COURSE OUTCOMES

On the successful completion of the course, students will be able to

| CO Number | CO Statement | Knowledge Level |
|-----------|---|-----------------|
| CO1 | Examine the aetiological factors and dietary modifications of fever and nutritional imbalances. | K4 |
| CO2 | Assess the nutritional needs of patients with inborn errors of metabolism. Evaluate the compliance to the dietary intervention. | K5 |
| CO3 | Assess the nutritional needs of patients with respiratory and Musculo-skeletal disorders | K5 |
| CO4 | Evaluate the compliance to the dietary intervention in diseases of Liver, Gall Bladder and Pancreas | K6 |
| CO5 | Assess the nutritional needs of patients with AIDS and Cancer. Evaluate the compliance to the diet intervention | K5 |

MAPPING WITH PROGRAMME OUTCOMES

| COs/POs | PO1 | PO2 | PO3 | PO4 | PO5 |
|---------|-----|-----|-----|-----|-----|
| CO1 | S | S | S | M | S |
| CO2 | S | S | S | S | S |
| CO3 | S | S | M | S | S |
| CO4 | S | S | M | M | M |
| CO5 | S | S | M | M | S |

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S Strong M Medium L Low



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| 193FN2A3CB | THERAPEUTIC NUTRITION - II | SEMESTER III |
|------------|----------------------------|--------------|

Total Credits: 4

Total Instruction Hours: 48 h

Syllabus

Unit I Fever and Infections 10 h

Etiological factors and Dietary modifications in Fevers and infection, COVID -19, Burns, Diet in allergy, Dental diseases -Dental caries and periodontitis, anemia, PEM, and eating disorders.

Nutritional Imbalances- Obesity and underweight, types of obesity, etiological factors, assessment of obesity, grades of obesity, theories - set point and fat cell theory, thermogenesis in obesity. Dietary modifications.

Unit II Inborn errors of Metabolism 10 h

Inborn errors of Metabolism-Etiology, symptoms and dietary treatment -Disorders of Amino Acid Metabolism- Phenylketonuria, tyrosinemia, histidinemia, maple syrup urine diseases and gout.

Disorders of Carbohydrate Metabolism-Galactosemia, fructose and lactose intolerance.

Unit III Diseases of Adrenal Cortex and Thyroid Gland 10 h

Diseases of Adrenal Cortex and Thyroid Gland-Etiology, symptoms and dietary management of Addison disease, Cushings Syndrome, hypothyroidism, hyperthyroidism, hypocalcaemia.

Respiratory and Musculo-skeletal disorders Arthritis, rheumatoid and osteoarthritis, asthma and chronic obstructive pulmonary diseases.

Nervous Disorders - Alzheimer's disease, Parkinson's disease, Epilepsy and multiple sclerosis.

Unit IV Diseases of Liver 9 h

Diseases of Liver, Gall Bladder and Pancreas-Etiology, dietary management in liver, gall bladder and pancreas diseases - jaundice, viral hepatitis, cirrhosis, hepatic coma and fatty liver, cholecystitis, cholelithiasis, acute and chronic pancreatitis.

Unit V HIV Infection and AIDS 9 h

Epidemiology, transmission of HIV, pathophysiology, clinical manifestations, HIV infection and other diseases, Immunity and AIDS virus, dietary management, Prevention and Control.

Nutrition in Cancer -Epidemiological studies, classification of neoplasms, principles of cancer pathogenesis. Causes of cancer cell development, metabolic and nutritional alterations in malignancy, nutritional therapy for cancer, nutritional problems in cancer.




Text Books

- 1 Srilakhmi .B., 2017., "Dietetics ", 8th Edition., New age International publisher,
- 2 Kathleen Mahan.L, Sylvia Escott-Stump., Saunders.W.B., 2000., "Krause Food, Nutrition, & Diet Therapy", 10th Edition., W.B. Saunders publisher The University of Michigan.

References

- 1 Mahan.K and Escott.S., 2000., "Food Nutrition and Diet Therapy", 11th Edition.,W.S. Saunder's Company, Philadelphia, USA.
- 2 Williams.S.R., 1989, "Nutrition and Diet Therapy", Times Mirror Masby College Publishing St. Laws, Toronto, Boston.
- 3 Antia, F.P., 1989., "Clinical Dietetics and Nutrition" Oxford University., Mumbai, India.
- 4 Shils E.M., Olson, Shike.M and Ross. A.C. 1999, "Modem Nutrition in Health and Disease", 9th Edition, Lippincott Williams and Wilkins Publications, Philadelphia.

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| Course Code | Course Name | Category | L | T | P | Credit |
|-------------|-------------------------------------|----------|---|---|---|--------|
| 193FN2A3CC | RESEARCH METHODOLOGY AND STATISTICS | CORE | 4 | 1 | - | 4 |

PREAMBLE

This course has been designed for students to learn and understand

- The details of sampling designs, measurement and scaling techniques and also different methods of data collection
- The art of interpretation and the art of writing research reports.
- Apply statistical procedure to analyze numerical data and draw inferences

COURSE OUTCOMES

On the successful completion of the course, students will be able to

| CO Number | CO Statement | Knowledge Level |
|-----------|---|-----------------|
| CO1 | Distinguish the types of research Choose a hypothesis and plan a research. Analyze the sampling techniques | K3,K4 |
| CO2 | Choose and simplify the data collection methods. Organize and analyze the data | K4, K5 |
| CO3 | Priorities and design the data representation suitable for the research Compare and contrast the results obtained from the data | K4, K5 |
| CO4 | Statistically analyze the research data and explain the results. Measure the reliability of the research data | K4, K5 |
| CO5 | Justify the results using the test of significance. Provide a theoretical conclusion from the obtained data. | K5,K6 |

MAPPING WITH PROGRAMME OUTCOMES

| COs/POs | PO1 | PO2 | PO3 | PO4 | PO5 |
|---------|-----|-----|-----|-----|-----|
| CO1 | S | S | S | M | S |
| CO2 | M | S | S | S | S |
| CO3 | S | S | M | S | S |
| CO4 | S | S | M | M | M |
| CO5 | S | S | M | M | S |



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S

Strong

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|------------|-------------------------------------|--------------|
| 193FN2A3CC | RESEARCH METHODOLOGY AND STATISTICS | SEMESTER III |
|------------|-------------------------------------|--------------|

Total Credits: 4

Total Instruction Hours: 60 h

Syllabus

Unit I Research 11 h

Meaning of research, objectives of research, types of research and their application, selection and formulation of research problems, hypothesis, research design, different types, census and sample method, sampling methods – random sampling methods and non-random sampling methods, size of sample, sampling and non-sampling errors.

Unit II Collection and organisation of data 13 h

Methods of Collecting Primary Data - Questionnaire, schedule method, interview method, case study method, experimentation method, sources of secondary data, precautions while using secondary data.

Editing and Coding the Data

Organization of Data - Classification - meaning and objectives, classification of data, formation of discrete and continuous frequency distribution, tabulation - role, general rules of tabulation, types of tables

Unit III Report writing 13 h

Representation of Data - Diagrammatic and graphical representation - significance of diagrams, graphs and charts- general rules for constructing diagrams - types of diagrams.

Interpretation and Report Writing - Meaning of interpretation and precautions
Format of research report- significance, steps and use of abbreviations, Format of thesis writing - front page, main text, bibliographical citations and appendices.

Publishing the research work - writing of abstract and article- content, style, grammar, reference citation.

Plagiarism - Definition, types, importance and examples of plagiarism.

Unit IV Measures of Central Tendency 11 h

Measures of Central Tendency - Mean, median, mode, their relative advantages and disadvantages. Measures of dispersion – mean, standard deviation, quartile deviation. Co-efficient of variation, percentile and percentile ranks. Association of attributes and contingency tables.

Unit V Tests of significance 12 h

Tests of significance – large and small sample-‘t’ and ‘F’ test, tests for independence using chi-square test. Analysis of variance- one-way and two-way classifications, Correlation, coefficient of correlation and its interpretation, rank correlation, regression equations and predictions



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Text Books

- 1 Pillai .R.S.N., Bagavathi .V., 2001., "Statistics", Sultana Chand and Sons, New Delhi, India.
- 2 Gupta, S.P., 2002., "Statistical Methods", Sultana Chand and Sons, New Delhi, India

References

- 1 Devadas .R.P., 1989., "A Handbook on Methodology of Research", Sri Ramakrishna Vidhyalaya, Coimbatore
- 2 Ramakrishnan, P., 2001., "Biostatistics", Sara Publication., India.

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| 193FN2A3CP | CLINICAL NUTRITION AND TECHNIQUES | SEMESTER III |
|------------|--------------------------------------|--------------|

Total Credits: 4
Total Instructions Hours: 72 h

S.No Contents


ANALYSIS OF BLOOD FOR-

- 1 Glucose
- 2 Haemoglobin and Iron
- 3 Cholesterol
- 4 Pyruvic Acid
- 5 Serum AG Ratio
- 6 Serum Phospholipid
- 7 Serum Protein
- 8 Serum Alkaline Phosphatase

ANALYSIS OF URINE FOR-

- 9 Creatinine
- 10 a Urea and Total Nitrogen
- 11 Calcium and Phosphorus
- 12 Vitamin-C

Note: Out of 12 – 10 Mandatory

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| 193FN2A3CQ | THERAPEUTIC NUTRITION | SEMESTER III |
|------------|-----------------------|--------------|

Total Credits: 2

Total Instructions Hours: 48 h

| S.No | CONTENTS |
|------|--|
| 1 | Normal diet, regular diet, light diet, soft diet, full liquid diet, clear liquid diet and bland diet |
| 2 | Pre operative diet and post operative diet |
| 3 | Diet for anemia, PEM, iron deficiency |
| 4 | Diet for diabetes and diabetes with CVD |
| 5 | Diet for obesity, under weight, chronic obstructive pulmonary Disorder |
| 6 | Diet for diseases of the GI tract – peptic ulcer, diarrhea, and constipation |
| 7 | Diet for Cardio-vascular diseases- atherosclerosis, hypertension |
| 8 | Diet for diseases of the kidney –kidney stones, renal failure, nephritic and nephrotic syndrome. Diet before and after dialysis. |
| 9 | Diet for febrile conditions - dengue, chickungunya, swineflu, typhoid, COVID-19. |
| 10 | Diet for liver diseases – Viral hepatitis, cirrhosis and hepatic coma |
| 11 | Diet for burns |
| 12 | Diet for trauma |

Note: Out of 12 - 10 Mandatory

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| Course Code | Course Name | Category | L | T | P | Credit |
|-------------|---------------------------------|----------|---|---|---|--------|
| 193FN2A3CD | FOOD ADDITIVES AND CONTAMINANTS | CORE | 4 | - | - | 4 |

PREAMBLE

This course has been designed for students to learn and understand

- Gain insight about the food additives
- The significance of food additives
- The seriousness of contaminants

COURSE OUTCOMES

On the successful completion of the course, students will be able to

| CO Number | CO Statement | Knowledge Level |
|-----------|--|-----------------|
| CO1 | Elaborate the role of Food additives | K3,K4 |
| CO2 | Explicate the regulatory aspects of food additives | K3,K4 |
| CO3 | Illustrate the principle and applications of food additives in food processing sectors | K3,K4 |
| CO4 | Summarize the importance of flavours in foods and its significance as food additives. | K5,K6 |
| CO5 | Illuminate the harmness of adulteration and contaminants and explicate the Consumer Protection Act | K5,K6 |

MAPPING WITH PROGRAMME OUTCOMES

| COs/POs | PO1 | PO2 | PO3 | PO4 | PO5 |
|---------|-----|-----|-----|-----|-----|
| CO1 | S | S | S | M | S |
| CO2 | M | S | S | S | S |
| CO3 | S | S | S | S | S |
| CO4 | S | S | S | S | S |
| CO5 | S | S | S | S | S |

S Strong

M Medium

L Low



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M.Sc. Food and Nutrition (Students admitted during the AY 2021-22)

| | | |
|------------|---------------------------------|--------------|
| 193FN2A3CD | FOOD ADDITIVES AND CONTAMINANTS | SEMESTER III |
|------------|---------------------------------|--------------|

Total Credits: 4

Total Instruction Hours: 48 h

Syllabus

Unit I Food additives 10 h

Definitions, classification and functions, preservatives, antioxidants, colours and flavours, emulsifiers, sequesterants, humectants, hydrocolloids, sweeteners, acidulents, buffering salts, anticaking agents, etc. – chemistry, food uses and functions in formulations, indirect food additives; toxicological evaluation of food additives. Proteins, starches and lipids as functional ingredient; isolation, modification, specifications, functional properties and applications in foods.

Unit II Functionality of food additives 10 h

Regulatory and legal aspects, sensory properties of foods objectives of additives, functional classification of additives, additives of natural origin, synthetic additives. Health and safety aspects of food additives. Present status of various food additives.. Controversial food additives Saccharin, history, function, controversy status, aspartame, nitrite and nitrate compounds, nitrosamines.

Unit III Additives to improve acceptability 10 h

Permitted food colors, natural and artificial, food flavours, natural and artificial, sweeteners natural and artificial. acidulents, antimicrobials, aerating agents, anti-staling agents, bodying agents, clouding agents, curing agents clarifiers, dietary supplements, dietary fiber , emulsifiers, enzymes, fat replacers, gelling agents, leavening agents, stabilizers, surfactants, tenderizers, texturizers, thickeners, vitamins, neutraceuticals, viscosity modifiers, whipping agents.

Unit IV Flavor technology 8 h

Types of flavours, flavours generated during processing – reaction flavours, flavor composites, stability of flavours during food processing , analysis of flavours, extraction techniques of flavours, flavours emulsions; essential oils and oleoresins; authentication of flavours etc.

Unit V Food adulteration 10 h

Food adulteration, definition, reasons for food adulteration, methods of adulteration, and methods of detection. Consumer's responsibilities, consumer organizations. The prevention of food adulteration Act, 1954. The consumer protection Act 1986. normal food adulterants in coffee, tea leaves, edible oil, milk, cereals, spice powders




Text Books

- 1 Branen, A.L., Davidson PM & Salminen S. 2001. Food Additives. 2nd Ed. Marcel Dekker.
- 2 Gerorge, A.B. 2006. Encyclopedia of Food and Color Additives. Vol. III. CRC Press

References

- 1 Madhavi, D.L., Deshpande, S.S & Salunkhe, D.K. 2006. Food Antioxidants: Technological, toxicological and Health Perspective. Marcel Dekker
- 2 Nakai S & Modler HW. 2000. Food Proteins. Processing Applications. Wiley VCH
- 3 Manual of Laboratory Techniques. Raghuramulu, N., Madhavan Nair, K., and Kalyanasundaram, S. Ed. 1983. National Institute of Nutrition, ICMR, Hyderabad.

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| Course Code | Course Name | Category | L | T | P | Credit |
|-------------|----------------------------------|----------|---|---|---|--------|
| 193FN2A3DA | INSTRUMENTATION IN FOOD INDUSTRY | DSE | 3 | - | - | 3 |

PREAMBLE

This course has been designed for students to learn and understand

- The instruments used for food analysis.
- The working principle and instrumentation of various instruments used in food analysis commonly used process measurement devices, control methods and strategies, and the proper selection, identification, design, installation and operation of instrumentation

COURSE OUTCOMES

On the successful completion of the course, students will be able to

| CO Number | CO Statement | Knowledge Level |
|-----------|---|-----------------|
| CO1 | Elaborate the working principle of basic instruments used for food analysis. | K3,K4 |
| CO2 | Explicate the instrumentation of Rheological analysis | K3,K4 |
| CO3 | Illustrate the working principle and applications of spectroscopic analysis of food components. | K3,K4 |
| CO4 | Evaluate the instrumentation and applications of chromatographic techniques in food | K5,K6 |
| CO5 | Illuminate the instrumentation and applications of isotopic and immune techniques in food.. | K5,K6 |

MAPPING WITH PROGRAMME OUTCOMES

| COs/POs | PO1 | PO2 | PO3 | PO4 | PO5 |
|---------|-----|-----|-----|-----|-----|
| CO1 | S | S | S | M | S |
| CO2 | M | S | S | S | S |
| CO3 | S | S | S | S | S |
| CO4 | S | S | S | S | S |
| CO5 | S | S | S | S | S |



| | | |
|------------|----------------------------------|--------------|
| 193FN2A3DA | INSTRUMENTATION IN FOOD INDUSTRY | SEMESTER III |
|------------|----------------------------------|--------------|

Total Credits: 3

Total Instruction Hours: 36 h

Syllabus

Unit I Nature and Concept of Food analysis, 7 h

Basic instrumentation: Principle for pH meter, Dialysis, ultra filtration, Reverse osmosis. Principle for Centrifugation, Ultracentrifugation, Calorimetry: Bomb calorimeter.

Unit II Principle of Rheological Analysis 7 h

Rheological parameters, rheological methods, instruments and application, Refractometry.

Unit III Spectroscopic analysis of food components 7 h

Principle, instrumentation & application of Colorimetric (colorimeter, UV-Vis spectrophotometer, NMR.

Unit IV Chromatographic analysis of food components 8 h

Theory & Principle, chromatographic parameter components of chromatography & types (paper, thin layer, partition) Advance chromatography: GC,HPLC,HPTLC(principle, instrumentation & application). Separation technique & analysis: Electrophoresis: Paper & gel electrophoresis

Unit V Isotopic & immune techniques 7 h

Principle & theory of isotopic method, types, measurement & detection of radioactivity, Different immuno techniques of antigen detection in food sample.




Text Books

- 1 Fennema, O.R. Ed. 1976 , "Pinciples of Food Science" Part-I Food Chemistry. Marcel Dekker, New York.
- 2 Joslyn, M.A. Ed. 1970., "Methods in Food Analysis" Academic Press, New York.

References

- 1 King, R.D., 1978, "Developments in Food Analysis Techniques-1. Applied Science", Ed Publishers Ltd., London.
- 2 C.J. and Morris, P. 1976, "Separation Methods in Biochemistry", 2nd Ed Morris, PitmanPub., London.
- 3 Raghuramulu, N., Madhavan Nair, K., and Kalyanasundaram, S. 1983, "Manual of Laboratory Techniques", National Institute of Nutrition, ICMR, Hyderabad.

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| Course Code | Course Name | Category | L | T | P | Credit |
|-------------|-------------------|----------|---|---|---|--------|
| 193FN2A3DB | CONVENIENCE FOODS | DSE | 3 | - | - | 3 |

PREAMBLE

This course has been designed for students to learn and understand

- An overview and importance of convenience foods
- Composition and nutritive value of convenience foods
- Acquire knowledge on food processing technique

COURSE OUTCOMES

On the successful completion of the course, students will be able to

| CO Number | CO Statement | Knowledge Level |
|-----------|---|-----------------|
| CO1 | Develop new products and plan a strategy for marketing the developed products | K3,K4 |
| CO2 | Categories the processing techniques and inspect the quality of the processed foods. Recommend innovative food products | K4, K5 |
| CO3 | Prioritize the convenience food in IMF and hurdle technology. Infer the types of DRDO designed foods | K4, K5 |
| CO4 | Criticize the RTE Products and rate the feasibility and reliability of RTE in India | K4, K5 |
| CO5 | Perceive the extrusion techniques in trend Appraise the applications of extruded products | K5 |

MAPPING WITH PROGRAMME OUTCOMES

| COs/POs | PO1 | PO2 | PO3 | PO4 | PO5 |
|---------|-----|-----|-----|-----|-----|
| CO1 | S | S | S | M | M |
| CO2 | S | S | S | M | M |
| CO3 | S | S | S | M | M |
| CO4 | S | S | S | M | M |
| CO5 | S | S | S | M | M |



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S

Strong

M

Medium

L

Low

M.Sc. Food and Nutrition (Students admitted during the AY 2021-22)

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|------------|-------------------|--------------|
| 193FN2A3DB | CONVENIENCE FOODS | SEMESTER III |
|------------|-------------------|--------------|

Total Credits: 3

Total Instruction Hours: 36 h

Syllabus

Unit I Food product development 08 h

Development of new product, need for developing new products, Developing marketing strategy for new product, Strategies in product development, success and failure factors for new products.

Unit II Snack foods Popped snacks 07 h

Popcorn -popping procedures, loss during popping, measurement of expansion, factors affecting quality of popcorn, storage. Puffed snacks - Puffable materials, extrusion methods, drying, addition of flavours and colours, Simulated popcorn. Baked snacks -Proportion and role of ingredients; Sweet based -plain cookies, wire-cut cookies; Salt based soda crackers and cheese crackers.

Unit III Convenience foods for defense services 07 h

IMF and Hurdle Technology-Principles, Processing of dehydrated vegetables, vegetable powder, IMF fruit slices, IMF fruit bars, fruit- milk, soup powders. Foods designed by DRDO for defense services -list and principle of processing applied.

Unit IV Ready-to-eat foods 06 h

Principle of retort processing, technique, production, merits and demerits. Commercial availability, marketing and future prospects in India.

Unit V Extruded foods 08 h

Principle of extruders, Production of pasta-noodle and macaroni products, Common extruders used in food industry, Merits and demerits of extruder technology, Uses of extruded foods, physico-chemical changes in extruded products



Text Books

- 1 Subbulakshmi and Udipi.S., 2001., "Food processing and Preservation Technology"., New Age Publications., New Delhi, India.
- 2 Khader.V, 2001., "A Textbook of Food Processing Technology", ICAR, New Delhi, India

References

- 1 Sivashankar. B., 2002., "Food Processing and Preservation", PHI, New Delhi, India.
- 2 NIIR Board, 2002, "Modern Technology of Food Processing and Agro Based Industry", 2nd Edition, Asia Pacific Business Press.



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| Course Code | Course Name | Category | L | T | P | Credit |
|-------------|-------------------|----------|---|---|---|--------|
| 193FN2A3DC | FOOD MICROBIOLOGY | DSE | 3 | - | - | 3 |

PREAMBLE

This course has been designed for students to learn and understand

- The interactions between microorganisms and the food environment, and factors influencing their growth and survival.
- Effects of fermentation in food production and the microbiological quality of the food product.
- The role of microorganisms in food safety

COURSE OUTCOMES

On the successful completion of the course, students will be able to

| CO Number | CO Statement | Knowledge Level |
|-----------|---|-----------------|
| CO1 | Intricate the Factors affecting the growth of microorganisms in food- pH, temperature, moisture, oxidation. | K1,K2 |
| CO2 | Illustrate the role of Microorganism in Food Safety. Outline the GMP and Explain HACCP | K2 |
| CO3 | Summarize and Identify the Fermented food - Bread, dairy products, beverage, fish and meat products | K2,K3 |
| CO4 | Explain the Spoilage of food - cereals, vegetables, fruits, egg and milk - canned foods. | K2, K3 |
| CO5 | Evaluate the Food borne diseases . Investigation of food poisoning outbreaks of Bacterial and Mycotoxins. | K3 |

MAPPING WITH PROGRAMME OUTCOMES

| COs/POs | PO1 | PO2 | PO3 | PO4 | PO5 |
|---------|-----|-----|-----|-----|-----|
| CO1 | S | S | S | M | M |
| CO2 | S | S | S | M | M |
| CO3 | S | S | S | M | M |
| CO4 | S | S | S | S | S |
| CO5 | S | S | S | S | S |



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M.Sc. Food and Nutrition (Students admitted during the 3rd SY 2021-22)

S Strong

M Medium

L Low

| | | |
|------------|-------------------|--------------|
| 193FN2A3DC | FOOD MICROBIOLOGY | SEMESTER III |
|------------|-------------------|--------------|

Total Credits: 3

Total Instruction Hours: 36 h

Syllabus

Unit I Food and Microorganisms 07 h

Important microorganisms in food (List of Bacteria, Mold and yeasts); Factors affecting the growth of microorganisms in food - pH, moisture, oxidation - Reduction potential, Nutrient content and Inhibitory substances and biological structure.

Unit II Elementary knowledge on Fermented & Semi fermented food 07 h

Bread, pickle, fermented fish and meat products - Fermented dairy products - Yoghurt and cheese. Fermented beverages: Wine and beer.

Unit III Spoilage and preservation of food 07 h

Vegetables, fruits, Meat, Fish, Poultry, egg and milk - canned foods.

Unit IV Bacterial Food borne diseases 08 h

Food poisoning and Food borne infections - Salmonella, E.coli, Staphylococcus, Clostridium, Listeria, Shigella, Campylobacter, Yersinia, Vibrio, Aeromonas, Mycobacterium and Bacillus.

Unit V Non Bacterial Food borne illness 07 h

Mycotoxins, Parasites, Viruses, Biohazards and other hazards - Investigation of food poisoning outbreaks.

Text Books

- 1 Frazier. W.C and D.C Westhoff. 1978, "Food Microbiology". 3rd ed. Tata Macgraw Hill publishing Co., New Delhi.
- 2 Adams M.R. and Moss M. O., 2000. "Food Microbiology", 2nd edition. Panima Publishers.

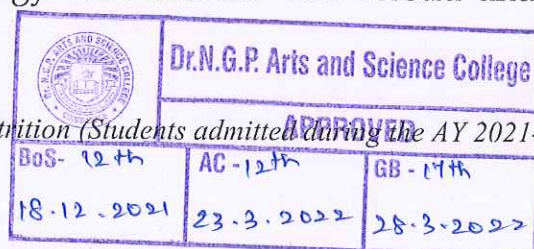
References

- 1 Roger.Y.Stainer. 2003. "Basic Food Microbiology", 2nd edition, CBS Publishers.
- 2 Jay,J.M . 1991," Modern Food Microbiology" 4th edition. Van Nostra and Rainhokdd Co.



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M.Sc. Food and Nutrition (Students admitted during the AY 2021-22)

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|------------|---------------------------------------|--------------|
| 193FN2ASSA | SELF STUDY: COMPOSITE HOME SCIENCE | SEMESTER III |
|------------|---------------------------------------|--------------|

Total Credits: 1

Syllabus

Unit I Food and Nutrition

Food Science and Quality Control, Macro and Micro – Nutrients, Human Nutritional Requirements, Assessment of Nutritional Status, Food Biotechnology

Unit II Institutional Management and Dietetics

Advanced Management and Organization, Management of Human Resources, Experimental Quantity Cookery, Financial and Profit Management, Quantity Food Preparation Techniques, Food Service and, Delivery Systems Marketing, Therapeutic Dietetics

Unit III Child and Human Development

Human Development – Rights perspective, Principles and Theories of Human Development. Early Childhood Care and Development – Strategies, Monitoring and Supervision. Children with special needs and Children at Risk (Child Labour, Street Children, Child Abuse, Chronically Sick); Intervention Programs. Socialization in various family contexts across different cultures. Advances in Assessment of Children.

Clothing and Textiles- Textile Chemistry – Fibers and dyes. Dyeing, printing and finishing of fibers yarns and fabrics. Textile and Apparel Industry – Fundamental of business, specifications, quality control agencies and marketing. Historic and Traditional Textiles of world with emphasis on India. Curriculum and Teaching in clothing and textiles, analysis and development of curriculum; teaching methods and aids. Consumer and Textiles and Clothing. Recent developments in Textile and Clothing.

Unit IV Home and Community Resource Management

Concept of Home management, System approach to family, Input, Output and feedback. Family Resources – Management of Resources like time energy and money; Basic characteristics of Resources; Efficient methods of utilization of Resources. Family Life Cycle – Demands upon resources like time, energy and money. Concept of Ergonomics – its importance and application in home. Concept of Communication process and its importance in family; Barriers in Communication process; Measures for Effective Communication. Concept of Work Simplification – its importance in home; Simple pen and pencil technique.



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Consumer Education – Laws protecting consumer; Role of consumer society in M.Sc. Food and Nutrition (Students admitted during the AY 2021-22)

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protecting consumer; Kinds of adulteration; Identification of adulteration.

Unit V Home Science Extension Education


Curriculum Development for Formal Education in Home Sciences. General and Special Methods of Teaching Home Science. Media and Materials for promoting Home Science in Formal / Non - formal / Adult / Extension Education. Non - formal and Adult Education in Home Science. Extension Education in Home Science. Women in Changing India and Plans for their development. Self - Employment and Entrepreneurship through Home Science. Programs of extension in Home Science. Measurement and Evaluation including monitoring and supervision for Formal / Non - formal / Adult Education / Extension Education.

Text Books

- 1 Premlata Mullick, 2012. "Textbook of Home science", Kalyani publications
- 2 Serena Shekar, 2013, "Text book of Home science", Extension education

References

- 1 Suchi rastogi, 2016, "UGC NET/SET, JRF& LS, Home science"

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|------------|--------------------------------|--------------|
| 193FN2ASSB | SELF STUDY: DIET COUNSELING | SEMESTER III |
|------------|--------------------------------|--------------|

Total Credits: 1

Syllabus

Unit I Practical consideration in giving dietary advice and counselling

- a) Factors affecting and individual food choice b) Communication of dietary advice
c) Consideration of behaviour modification d) Motivation.

Unit II Counselling and educating patient

- a) Introduction to nutrition counselling b) Determining the role of nutrition counsellor c) Responsibilities of the nutrition counsellor d) Practitioner v/s client managed care, e) Conceptualizing entrepreneur skills and behavior, f) Communication and negotiation skills.

Unit III Teaching aids used by dietitians

charts, leaflets, posters etc., preparation of teaching material for patients suffering from Digestive disorders, Hypertension, Diabetes, Atherosclerosis & Hepatitis and cirrhosis.

Unit IV Use of Computers in Counseling

- a) Use of computers by dietitian b) Dietary computations, c) Dietetic management d) Education/ training e) Information storage, f) Administrations g) Research

Unit V Computer applications for counseling

- a) Execution of software packages b) Straight line, frequency table, bar diagram, pie chart, Preparation of dietary charts for patients c) Statistical computation- mean, median, standard deviation, conclusion and regression test.

Text Books

1. Premlata Mullick Joshi .Y .K , 2003, "Basic Clinical Nutrition", JAYPEE Brothers, New Delhi.
2. Mahan.K and Escott.S., 2000., "Food Nutrition and Diet Therapy", 11th Edition., W.S. Saunder's Company, Philadelphia, USA.

References

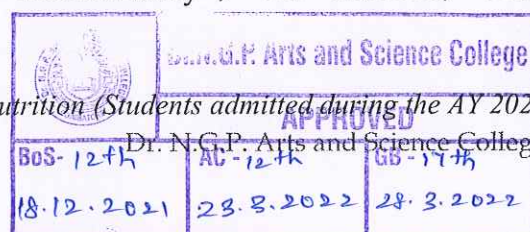
1. Gibney.M.J, 2004., "Public Health Nutrition" , 1st Edition, Black Well Scientific Publications, Oxford.
2. Wadhwa.A, 2003, "Nutrition in the Community", 1st Edition, Elite Publications, New Delhi.



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| Course Code | Course Name | Category | L | T | P | Credit |
|-------------|---------------------|----------|---|---|---|--------|
| 193FN2A4CA | COMMUNITY NUTRITION | CORE | 4 | - | - | 4 |

PREAMBLE

This course has been designed for students to learn and understand

- to enable students to learn the concepts of community nutrition
- to enable the students to assess the health status of the community
- to organize and conduct nutrition education in the community.

COURSE OUTCOMES

On the successful completion of the course, students will be able to

| CO Number | CO Statement | Knowledge Level |
|-----------|---|-----------------|
| CO1 | Develop the knowledge about malnutrition and Measures to overcome malnutrition in community | K4 |
| CO2 | Evaluate the communicable disease and relation to nutritional status importance of sanitation and hygiene in health | K4 |
| CO3 | Analyze the nutritional status of community | K4 ,K5 |
| CO4 | Infer the Nutrition education of community | K4 ,K5 |
| CO5 | Distinguish the various Nutrition programmers national and international organizations improving the health care of the community | K4 ,K5 |

MAPPING WITH PROGRAMME OUTCOMES

| COs/POs | PO1 | PO2 | PO3 | PO4 | PO5 |
|---------|-----|-----|-----|-----|-----|
| CO1 | S | S | S | S | S |
| CO2 | S | S | S | S | S |
| CO3 | S | S | S | S | S |
| CO4 | S | S | S | S | S |
| CO5 | S | S | S | S | S |

S Strong

M Medium

L Low



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| | | |
|------------|---------------------|-------------|
| 193FN2A4CA | COMMUNITY NUTRITION | SEMESTER IV |
|------------|---------------------|-------------|

Total Credits: 4

Total Instruction Hours: 48 h

Syllabus

Unit I Community Nutrition 10 h

Community Nutrition –meaning and concept of community nutrition, relationship between health and nutrition. Malnutrition-Definition, Strategies To Overcome Malnutrition Relation of nutrition to national development; Consequences of malnutrition; IMR, NMR,MMR and prevalence of common nutritional problems- PEM, Vitamin A Deficiency Diseases, Anaemia, Iodine Deficiency Disorders and Fluorosis. Determinants and indicator of health status.

Unit II Communicable Disease 10 h

Relation to nutritional status importance of sanitation and hygiene in health.

Definition of epidemiology - causes, signs and symptoms, treatment and prevention of communicable diseases, respiratory infections, intestinal infections, Other infections- dengue, filariasis. Types of immunity- active, passive and herd-group protection Immunization agents- vaccines, immunoglobulins Immunization schedules (SS) - Active- National and WHO Expanded Programme on Immunization- Universal Passive, Combined, Chemoprophylaxis, non-specific measures

Unit III Nutritional Status 9 h

Nutritional status- definition, Methods of assessments- anthropometry, clinical, biochemical and biophysical assessment. Diet surveys- food Weighment survey, 24 hour recall, food dairy and food frequency, Food surveillance and Security status.

Unit IV Nutrition Education 9 h

Nutrition Education- objectives and methods used, integration of nutrition education with extension work, when to teach, whom to teach and who is to teach.Principles of planning, executing and evaluating, nutrition education programmes, problems in conducting nutrition education programmes.



Unit V Nutrition programmes national and international organizations 10 h

National organization - ICAR, ICMR, NIN, CFTRI, DFRL, NIPCCID, NFI and FSSAI- Food Fortification Resource Center, Eat Right India Movement, E-Public Distribution System.

International Organizations - WHO, FAO, UNICEF, World Bank, FFHC, WFP; Voluntary organizations - Global Alliance for Improved Nutrition(GAIN), Micronutrient Initiatives, CARE, CRS, AFPRO, IDA; Concepts of Community Health Health care of the community

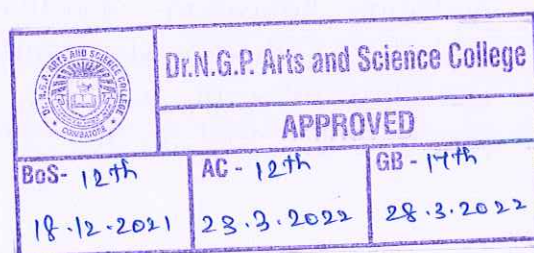
Nutrition Intervention programmes - Nutritious Noon Meal Programme. ICDS, Anemia Mukh Bharat, Poshan Abhiyan and National Nutrition Mission.

Text Books

- 1 Nnakwe , 2017, "Community Nutrition ", III Edition , Jones & Bartlett Learning,USA.
- 2 Surya tapa Das,2019, "Text book of Community" Nutrition,IV Edition,Academic Publishers , West Bengal, INDIA

References

- 1 Swaminathan. M, 2007, "Essentials of Food and Nutrition". An Advanced Textbook Vol.I, The Bangalore Printing and Publishing Co. Ltd, Bangalore
- 2 Park A, 2007, Park"s "Textbook of Preventive and Social Medicine" XIX Edition M/S Banarasidas, Bharat Publishers, 1167, Prem Nagar, Jabalpur, 428 001(India)
- 3 Bhatt D.P, 2008, "Health Education", Khel Sahitya Kendra, New Delhi
- 4 Bamji M.S, Prahlad Rao. N and Reddy .V 2004, " Textbook of Human Nutrition" II Edition, Oxford and PBH Publishing Co. Pvt. Ltd , New Delhi



| Course Code | Course Name | Category | L | T | P | Credit |
|-------------|------------------------------------|----------|---|---|---|--------|
| 193FN2A4CB | FOOD SAFETY AND QUALITY MANAGEMENT | CORE | 4 | - | - | 4 |

PREAMBLE

This course has been designed for students to learn and understand

- to gain knowledge on food safety
- to study about quality control and common food standards
- to gain knowledge on food laws

COURSE OUTCOMES

On the successful completion of the course, students will be able to

| CO Number | CO Statement | Knowledge Level |
|-----------|---|-----------------|
| CO1 | Develop the knowledge about the quality control and quality assurance program in food industry | K2K3 |
| CO2 | Explain various Government regulations and its applications in quality control | K3K4 |
| CO3 | Justify the importance of the role of Central and State Government in imparting quality control | K3K4 |
| CO4 | Infer the food standards and explain the importance of patents for food products | K4,K5 |
| CO5 | Evaluate the importance of food safety | K5 |

MAPPING WITH PROGRAMME OUTCOMES

| COs/POs | PO1 | PO2 | PO3 | PO4 | PO5 |
|---------|-----|-----|-----|-----|-----|
| CO1 | S | S | S | S | S |
| CO2 | S | S | S | S | S |
| CO3 | S | S | S | S | S |
| CO4 | S | S | S | S | S |
| CO5 | S | S | S | S | S |

S Strong

M Medium

L Low



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M.Sc. Food and Nutrition (Students admitted during the AY 2021-22)

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| 193FN2A4CB | FOOD SAFETY AND QUALITY MANAGEMENT | SEMESTER IV |
|------------|---------------------------------------|-------------|

Total Credits: 4

Total Instruction Hours: 48 h

Syllabus

Unit I Quality control and Food quality assurance 10 h

Quality control – Objectives, Importance, functions of quality control, Stages of quality control in food industry. Food quality assurance – HACCP –, structured approach, principles, benefits and limitation. Managing quality in supply chain and marketing of food products.

Unit II Government regulations in quality control 9 h

FAO/WHO codex Alimentarius commission, AGMARK, BIS, ISO Certification.

Consumer Protection Act (CPA), European Committee for Standardization, American Standards Commission The Pan American Standards Commission (COPANT), EFSA (European Food Safety Authority)

Unit III Food standards 10 h

Food standards – cereals and products – bread, biscuits, cakes, pasta products. Fruit products – jam, juices, squashes, ketchup, sauce, Oils and fats – coconut oil, groundnut oil, palm oil, sunflower oil, vanaspati. Milk and products – Skimmed milk powder, partly skimmed milk powder, condensed sweetened milk. Other products-coffee, tea, sugar, honey, toffees

Unit IV Regulations in quality control 9 h

Role of Central and State Government in imparting quality control – Role of central food laboratory and state food laboratories. FSSAI

Patent – definition, requirements, patent laws in India, administrator, need for patent system, advantages, and precautions to be taken by applicants, patent procedures, non-patentable.

Unit V Food safety 10 h

Structure of Food Law, Food Regulations, Laws and Regulations to Prevent Adulteration and Cross Contamination, Microbial Contamination, Hygienic Practice, Chemical and Environmental Contamination, Food Additives, Labeling, Food Laws and Regulations at the International Level for Harmonization.



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M.Sc. Food and Nutrition (Students admitted during the AY 2021-22)

Text Books

- 1 A. Y. Sathe, 1999, "A First Course in Food Analysis" ,New Age Publications, India.
- 2 Potter.N.N and Hotchkiss.J.H.,1996., "Food Science" CBS Publishers., India.

References

- 1 Swaminathan.M , "Food Science, Chemistry and Experimental Foods" , Bappco Publishers.India..
- 2 Desrosier and Desrosier, 1999, "Technology of Food Preservation" ,4th Edition, CBS Publishers.India..
- 3 Andres Vasconcellos J, 2005. Quality Assurance for the Food industry - A practical approach. CRC press.
- 4 Naomi Rees and David Watson, 2000. International standards for food safety, An Aspen Publications

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| 193FN2A4CV | PROJECT WORK AND VIVA VOCE | SEMESTER IV |
|------------|----------------------------|-------------|

Total Credits: 8

Total Instruction Hours: 192 h

Syllabus

OBJECTIVES

To initiate research work and gain knowledge in industrial and community sector

CONTENTS

Project can be done in any specialized area

1. Food Processing
2. Food Analysis
3. Clinical nutrition
4. Community nutrition
5. The students could work with NGOs / Government agencies / International agencies/ Hospitals / Food Industries etc.

RULES

- ☐ The students should submit the research work in soft and hard copy with minimum 100 pages, Times new roman, font size 12, 1.5 line spacing.
- ☐ The students will be guided and supervised by a member of the teaching faculty of the concerned department. The dissertation in which the research culminates should reflect the student's own work.
- ☐ Minimum one research publication in peer reviewed/reputed journals.
- ☐ Research work should be presented during External Viva voce.



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| 193FN2A4DP | FOOD QUALITY CONTROL | SEMESTER IV |
|------------|----------------------|-------------|

Total Credits: 3


Total Instructions Hours: 72 h

| S.No | List of Experiments |
|------|--|
| 1 | Estimation of titrable acidity in fruits |
| 2 | Estimation of total solids in milk |
| 3 | Estimation of lactose in milk |
| 4 | Determination of Methylene Blue Reduction Test & Detection of adulteration in milk by using Lactometer |
| 5 | Estimation of specific gravity in foods |
| 6 | Qualitative test of pectin in fruit |
| 7 | Estimation of tannins in tea |
| 8 | Determination of chlorophyll & anthocyanin pigment |
| 9 | Test for rancidity in oils - Kries test |
| 10 | Determination of citric and acetic acid |
| 11 | Determination of total pectin as calcium pectate |
| 12 | Food adulteration - Test to detect adulteration |

Note: Out of 12 - 10 Mandatory

References

1. srivastava.R.P and Sanjeev kumar, 2002, " Fruit and Vegetable preservation-principle and practices" (volume -III Edn.) New Delhi: CBS publishers and Distributors.

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|------------|----------------------------------|-------------|
| 193FN2A4DQ | NUTRITION IN HEALTH AND WELLNESS | SEMESTER IV |
|------------|----------------------------------|-------------|

Total Credits: 3

Total Instructions Hours: 72 h

| S.No | List of Experiments |
|------|--|
| 1 | Menu planning for pregnant mother carrying twins |
| 2 | Menu planning for preterm delivery & miscarriage |
| 3 | Menu planning for lactating mother carrying twins |
| 4 | Menu planning for adolescents , Adult & Geriatrics |
| 5 | Menu planning for mountaineering & sea voyage |
| 6 | Menu planning for physically challenged |
| 7 | Menu planning for IT professionals |
| 8 | Menu planning for soldiers |
| 9 | Menu planning for swimmers |
| 10 | Menu planning for weight lifters |
| 11 | Menu planning for racer & athletes |
| 12 | Menu planning for astronauts |

Note: Out of 12 – 10 Mandatory

| | | |
|---|-----------------------------------|-----------------------------------|
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|------------|---------------------|-------------|
| 193FN2A4DR | SHELF LIFE ANALYSIS | SEMESTER IV |
|------------|---------------------|-------------|

Total Credits: 3

Total Instructions Hours: 72 h

| S.No | List of Experiments |
|------|---|
| 1 | Microbiological analysis of water and air |
| 2 | Determination of water activity |
| 3 | Preparation of Culture media Pure culture techniques (spread plate, streak plate and pour plate methods) |
| 4 | Pure culture techniques (spread plate, streak plate and pour plate methods) |
| 5 | Instrumentation in Microbiology laboratory and their function (Microscope, Autoclave, Hot air oven). |
| 6 | Microbiological evaluation of milk and milk products |
| 7 | Isolation of spoilage organisms from different food commodities |
| 8 | Determination of bacteria and viable microbes by different techniques |
| 9 | Microbiological analysis of fruits and vegetables, |
| 10 | Microbiological analysis of cereals and canned foods |
| 11 | Microbiological analysis of meat and fish |
| 12 | Prebiotic and probiotic growth in rice porridge and Microscopic examination of bread on mold and slimy nature |

Note: Out of 12 -10 mandatory

18/12/21
BoS Chairman/HoD
 Department of Food Science & Nutrition
 Dr. N. G. P. Arts and Science College
 Coimbatore – 641 048



Dr.NGPASC

COIMBATORE | INDIA

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| Dr.N.G.P. Arts and Science College | | |
| APPROVED | | |
| 12th | AC - 12th | GB - 12th |
| 18.12.2021 | 23.3.2022 | 28.3.2022 |



M.Sc. Food and Nutrition (Students admitted during the AY 2021-22)

