

MANGALORE UNIVERSITY
DEPARTMENT OF BIOSCIENCES

Syllabus and Scheme of Examinations for two-year (Four semesters)
M.Sc. Degree Programme in Food Science and Nutrition
Choice-based Credit System (CBCS 2016)

Preamble:

As per guidelines of the UGC and Higher Education Council, Government of Karnataka, the Board of Studies in Food Science and Nutrition, Mangalore University has framed a new syllabus according to the regulations governing the Choice-based Credit System for the two-year (four semesters) M.Sc. Degree Programmes.

The proposed M.Sc. programme in Food Science and Nutrition under CBCS scheme has a total of 92 credits consisting of *Hard core courses* for 54 credits (58%) and soft core courses with choice for 28 credits (30%) and *Open elective courses* with choice for a total of 6 credits.

Program Outcome:

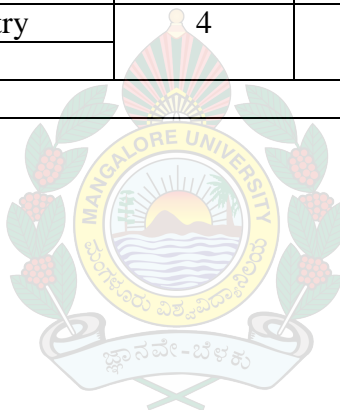
- Basically this is an interdisciplinary programme with knowledge of food processing human anatomy, microbiology, biochemistry, and their role in relation to food and health.
- The programme provides basic understanding of the correlation between food and health.
- The programme provides in depth understanding of the role of food under specific diseased conditions and application of food science in food processing industries.
- Students will be able to prepare and deliver effective presentations of technical information to food science and nutrition professionals and to the general public.

Program Specific Outcome:

- Apply analytical principles of food and nutrients in diet formulation.
- Devise research strategies for empowering and promoting healthy living in the community.
- Acquire entrepreneurial skills in the field of food science and nutrition
- Develop comprehensive and analytical skills in food industries and health sectors
- Gain insight in public health nutrition for employment in State and Central government
- Apply knowledge in the field of personalized nutrition with reference to nutrigenetics and nutrigenomics
- Comprehend methods of assessing human nutritional requirements, nutritional assessment and diet planning.
- Understand the applications of nutritional sciences in clinical interventions, communication for health promotion, food science and processing.
- Excel as academicians and research personnel
- Acquire skills to undertake systematic research in the area of food science and nutrition.
- To generate adequate trained man power to work in food processing and nutraceutical industries, Research and Development of food products, food safety officers, Government sectors like Food Corporation of India, FSSAI etc., they can also become entrepreneur as there is growing demand for processed food.

FIRST SEMESTER

Course Code	Course Title	Teaching Hrs/weeks	Exam Hrs.	Marks		Total	Credits
				IA*	Exam		
HARD CORE COURSES - THEORY							
FNH 401	Food Science	4	3	30	70	100	4
FNH 402	Principles of Nutrition	4	3	30	70	100	4
FNH 403	Human Physiology	4	3	30	70	100	4
SOFT CORE COURSES- THEORY (CHOOSE ANY ONE)							
FNS 404	Nutritional Biochemistry	3	3	30	70	100	3
FNS 405	Food Microbiology						
PRACTICALS							
FNP 406	Food Science	4	3	15	35	50	2
FNP 407	Principles of Nutrition	4	3	15	35	50	2
FNP 408	Human Physiology	4	3	15	35	50	2
FNP 409	Nutritional Biochemistry	4	3	15	35	50	2
FNP 410	Food Microbiology						
Total						600	23

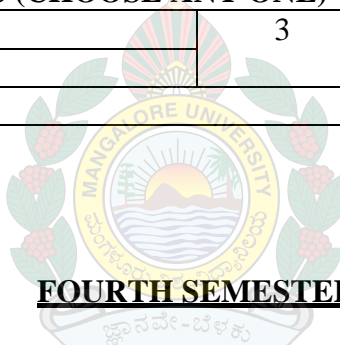


SECOND SEMESTER

Course Code	Course Title	Teaching Hrs/weeks	Exam Hrs.	Marks		Total	Credits
				IA*	Exam		
HARD CORE COURSES – THEORY							
FNH 451	Vitamins in Human Nutrition	4	3	30	70	100	4
FNH 452	Minerals in Human Nutrition	4	3	30	70	100	4
SOFT CORE COURSES - THEORY (CHOOSE ANY TWO)							
FNS 453	Life Span Nutrition	3	3	30	70	100	3
FNS 454	Analytical Techniques in Food Science						
FNS 455	Food Packaging	3	3	30	70	100	3
FNS 456	Food Safety and Quality Control						
PRACTICALS							
FNP 457	Vitamins in Human Nutrition	4	3	15	35	50	2
FNP 458	Minerals in Human Nutrition	4	3	15	35	50	2
FNP 459	Life Span Nutrition	4	3	15	35	50	2
FNP 460	Analytical Techniques in Food Science						
FNP 461	Food Packaging	4	3	15	35	50	2
FNP 462	Food Safety and Quality Control						
OPEN ELECTIVES (CHOOSE ANY ONE)							
FNE 463	Food Safety	3	3	30	70	100	3
FNE 464	Food Preservation						
Total						700	25

THIRD SEMESTER

Course Code	Course Title	Teaching Hrs/weeks	Exam Hrs.	Marks		Total	Credits
				IA*	Exam		
HARD CORE COURSES –THEORY							
FNH 501	Clinical Nutrition and Dietetics – I	4	3	30	70	100	4
FNH 502	Community Nutrition and Statistics	4	3	30	70	100	4
SOFT CORE COURSES - THEORY (CHOOSE ANY TWO)							
FNS 503	Recent trends in Food Technology	3	3	30	70	100	3
FNS 504	Principles of Food Processing						
FNS 505	Post Harvest Technology	3	3	30	70	100	3
FNS 506	Functional Foods						
PRACTICALS							
FNP 507	Clinical Nutrition and Dietetics – I	4	3	15	35	50	2
FNP 508	Community Nutrition and Statistics	4	3	15	35	50	2
FNP 509	Recent Trends in Food Technology	4	3	15	35	50	2
FNP 510	Principles of Food Processing						
FNP 511	Post Harvest Technology	4	3	15	35	50	2
FNP 512	Functional Foods						
OPEN ELECTIVES (CHOOSE ANY ONE)							
FNE 513	Nutrition for Health	3	3	30	70	100	3
FNE 514	Diet and Disease						
Total						700	25



FOURTH SEMESTER

Course Code	Course Title	Teaching Hrs/weeks	Exam Hrs.	Marks		Total	Credits
				IA*	Exam		
HARD CORE COURSES – THEORY							
FNH 551	Clinical Nutrition and Dietetics – II	4	3	30	70	100	4
FNH 552	Food Preservation	4	3	30	70	100	4
SOFT CORE COURSES - THEORY (CHOOSE ANY ONE)							
FNS 553	Food Fortification	3	3	30	70	100	3
FNS 554	Sports Nutrition						
PRACTICALS							
FNP 555	Clinical Nutrition and Dietetics – II	4	3	15	35	50	2
FNP 556	Food Preservation	4	3	15	35	50	2
PROJECT WORK							
FNP 557	Project Work and Dissertation	-	-	30	70	100	4
Total						500	19
Grand Total						2500	92

IA consists of Seminars, Assignments, Internal Tests, Objective test (MCQs)

	HARD CORE COURSES			SOFT CORE COURSES			OPEN ELECTIVES	PROJECT	TOTAL
	No of Courses	Credits	Total	No. of Courses	Credits	Total	Credits	Credits	
I	3Th+3Pr	4+2	18	1Th+1Pr	3+2	5	-	-	23
II	2Th+2Pr	4+2	12	2Th+2Pr	3+2	10	3	-	25
III	2Th+2Pr	4+2	12	1Th+1Pr	3+2	10	3	-	25
IV	2Th+2Pr	4+2	12	1Th	3	3		4	19
Total			54=58%			28=30%	6	4	92

NOTE:

INTERNAL ASSESSMENT: Marks in theory courses shall be awarded on the basis of theory test (70 Marks), Objective test (MCQs)(15 Marks), Seminars and Assignments (15 Marks). The marks obtained shall be reduced to 30. The tests will be conducted as per the university time schedule. Practical Internal Assessment marks shall be based on practical test and records. 30 marks for Practical test and 5 marks for Class record. The marks obtained shall be reduced to 15. 30 marks for project work (Report/Dissertation and Presentation/Viva).

THEORY QUESTION PAPER PATTERN: Question Papers in all the four semesters consists of three sections (Model question paper enclosed). Section I: Write short notes (5x2=10 Marks) Section II: Write explanatory/brief notes on any Four out of Six: (4x5=20 Marks). Section III: Answer any Four out of Six (4x10=40 Marks). Questions should be drawn from all the units of the syllabus by giving equal weight age.

PRACTICAL QUESTION PAPER PATTERN: 30 marks for practical examination proper (Major experiment (10 marks), Minor experiments (05+05 marks), Identify and Comment (5x2=10 marks) and Class record (05 marks). The Project work may be conducted either in the department or any other Institution or in an Industry. Project Report/Dissertation carries 70 marks and evaluated as per regulations.

Sd/-
CHAIRMAN
BOARD OF STUDIES IN FOOD SCIENCE AND
NUTRITION

I SEMESTER
HARD CORE COURSES

FNH 401 FOOD SCIENCE

52 Hrs (13× 4 units)

Course Outcome:

- Describe the knowledge regarding various nutritional classification of food grouping system
- Understand the structure of cereal grains, nutritional importance, processing and baking technology.
- Classify of fruits and vegetables including the nutritional importance, the methods of preservation and effect of cooking on nutritional composition.
- Identify the concept of milk processing, its composition and to assess the quality parameters of milk.
- Write down the compositions of meat and egg. Regulations and processing of meat in slaughtering operations and evaluating the egg quality.

Unit I: Introduction to Food Science: Food as a source of nutrients, Nutritional classification of foods, Food Group System (11 group and ICMR). Cereal and Pulses: Structure of a cereal grain. Nutritive value of cereals and pulses, milling of cereals (rice and wheat), parboiling, nutrient loss during parboiling. Baking technology; bread, biscuits, cookies, leavening agents (different types and methods). Breakfast cereals. Pulses- types and processing of different pulses. Processing of pulses- effects of decortications, soaking, germination and fermentation.

Unit II: Fruits and vegetables: Classification and Nutritive value, Principles of fruits and vegetable preservation (heat, sugar, salt, fermented and dried). Pre-processing of fruits and vegetables (peeling, cutting and blanching). Principles of storage; natural, ventilated, low temperature. Pectin substances, ripening of fruits. Vegetable cookery Preliminary preparation- Washing, Peeling and Blanching, Enzymatic and non enzymatic browning, its prevention. Fruit and vegetable juices, cordials, nectars, concentrates, jam, jellies, squash, syrups, marmalades, pickles. Theory of gel formation.

Unit III: Milk and milk products: Milk composition, factors affecting milk quality, physical and chemical properties of milk. Processing of milk- separation, centrifugation, pasteurization, sterilization, homogenization, effect of processing on nutritive value. Quality test for milk-platform test, adulterant test and other quality checks.

Unit IV: Meat, fish, poultry and egg: Meat- composition, slaughtering and related practices, ageing, and curing, smoking, tenderizing, colour changes during cooking. Fish - composition, quality factors, preservation, drying, salting, curing, smoking, fermented fish products and canning. Poultry- processing plant operation (slaughtering to packaging), cooking, flavor and colour changes. Eggs - composition, quality factors, pasteurization of eggs, egg substitutes and powdered egg, role of egg in cookery.

REFERENCES

- Fabriani, G and Lintas C. 1988. Durum wheat chemistry and technology. American Association of Cereal Chemistry Inc.
- Winton and Winton 1991. Techniques of food analysis, Allied Scientific Publishers
- Pomeranz Yeshuraj, Food Analysis; theory and practice
- Matz A Samuel, Bakery Technology and Engineering
- Lavie A., 1979. Meat Handbook- AVI Publishing, Westport



Course Outcome:

- Develop skills to assess the total energy requirements, balance and its concepts depending on the individual specific needs.
- Identify body composition and its changes through life cycle and the techniques of measuring body composition.
- Describe carbohydrate chemistry and its role in energy metabolism.
- Describe protein, its metabolism and importance in normal physiological function of the body.
- Identify the requirements, metabolism, functions and deficiencies of lipids.

Unit I: Principles of nutrition - Body Composition. Changes in body composition through life cycle. Energy requirements (BMR, physical activity), energy balance, energy expenditure calculation of an average man and women. Importance of water and fibers. Compositional and proximate analysis of food.

Unit II: Carbohydrates: Classification, functions, digestion and enzymes involved, absorption, assimilation, deficiency, requirements and sources. Significance of carbohydrate as energy source; trends in dietary intake of carbohydrate.

Unit III: Proteins: Functions of protein, digestion and enzymes involved, absorption, assimilation, Nitrogen balance, amino acid pool, requirements and dietary intake trends, quality of protein analysis, essential amino acids and therapeutic application of amino acid.

Unit IV: Lipids: Significance of lipids and fatty acids, functions, deficiency, SFA, PUFA, MUFA, omega 3 fatty acids and omega 6 fatty acids, trans fatty acids, requirements and dietary guidelines, fat metabolism – digestion and enzymes involved, absorption and assimilation.

REFERENCES

- Honyman and Guthrie- 2000. An introduction to the chemistry of carbohydrates
- Birch, G.G. et al., 1986. Food science- Pergamon press, New York
- Fennema, O R., 1976 Principles of Food Science (part- I Food Chemistry)- Marcel Dekker, USA,
- Guthrie A.H., 1986. Introductory Nutrition - 6th edition, the C.V. Mosby company
- Swaminathan M., 1991. Essentials of food and nutrition - Vol I and II, Ganesh & Co. Madras
- Berg JM, Tymoczko JL and Stryer L., 2002. Biochemistry 5th ed. WHFreeman

FNH 403 HUMAN PHYSIOLOGY

52 Hr (13× 4 units)

Course Outcome:

- Enhanced knowledge and appreciation of human physiology.
- Write the functions of important physiological systems including cardio-vascular, excretory, reproductive and digestive systems.
- Identify the movement and coordination of human body, structure and physiology of various muscle systems, hormones and its regulatory functions.
- Write down the interrelationship between various physiological and metabolic processes.

Unit I: Transport and Defence: Blood: composition, plasma, blood cells, hemoglobin, blood clotting process, heartbeat, initiation, contraction regulation, physiology of circulation. Adipose tissue structure, composition, deposition of triglycerides in adipose tissues, role of brown adipose tissues in thermogenesis. Immunity: immune response, antibody, cell mediated and humoral immunity.

Unit II: Movement and co-ordination: Organization of body, structure of skeletal, cardiac, smooth and physiology of muscle contraction, structure of brain and neurons, physiology of nerve impulse conduction, excitability of membrane, electrical and chemical transmission between cells. Hormones: classification synthesis, regulatory functions and mechanisms of hormone action (specification)

Unit III: Digestion: Structure of digestive tract, regulators of GI activity, mechanical aspects of digestion, and transport of major nutrients. Liver- role of liver in processing and distribution of nutrients absorbed from small intestine, inter relationship of major metabolism in liver. Detoxification: Definition. Xenobiotics, enzyme systems involved mechanisms of detoxification. Oxidative stress and anti-oxidants in health free radicals, role of free radicals and anti oxidants in health and diseases.

Unit IV: Excretion, detoxification and reproduction: Excretion: Internal structure of kidney and nephron, fluid and electrolyte balance, acid and base balance, physiology of excretion, roles of kidney in body water regulation. Reproductive health and nutritional requirements

REFERENCES

- Chatterjee C C., Human physiology Vol I &II, Medical Allied agencies
- Mukherjee W F., Review of medical physiology, Tata McGraw Hill
- Jain A K Text book of Physiology Vol I &II, Avical Publishing Co., New Delhi
- Guyton A C. Hall, J E. 1996. Textbook of Medical Physiology 9th Ed., Prism Books Pvt. Ltd., Bangalore
- Sembulingam, 2009. Text book of medical physiology.

SOFT CORE COURSES

FNS 404 NUTRITIONAL BIOCHEMISTRY

39 hr (13× 3 units)

Course Outcome:

- Describe macronutrients, energy metabolism, its utilization, and the general functions.
- Understand nucleotides, structure and its properties
- Identify biological oxidation and electron transport chain taking place in an organism.
- Describe the classification, nomenclature and other basic concepts of enzymes and hormones.

Unit I: Nutrient metabolism: Carbohydrates - Glycolysis, TCA Cycle, HMP shunt, Energy metabolism, energy production, gluconeogenesis, gluconeogenesis. Proteins and Amino acids: Synthesis, metabolism, denaturation, transamination, decarboxylation, urea formation, synthesis and break down of hemoglobin. Functions and classification of nucleotides, structure and properties of RNA and DNA. Lipids: Synthesis of saturated and unsaturated fatty acids, cholesterol synthesis and regulation, oxidation of saturated and unsaturated fatty acids, phospholipids and lipoprotein synthesis.

Unit II: Biological oxidation and Electron Transport Chain: Reduction potentials, anatomical site and components of oxidative phosphorylation, enzymes involved, membrane location of electron transport, chemiosmotic theory, inhibitors of respiratory chain

Unit III: Enzymes and Hormones: Enzymes - Classification, nomenclature, general properties- stereo and reaction specificity, kinetics and mechanisms of enzyme action, regulation of enzyme activity. Coenzymes and co factors, their structure and functions. Enzyme inhibition, isoenzymes, immobilized enzymes, estimation of enzyme activity, clinical significance of enzymes and enzyme based assays. Hormones - Classification, regulatory functions and mechanisms of hormone action. Prostaglandin - structure, biosynthesis, metabolism and biological action and their role in pathology.

REFERENCES

- Raghuramulu N., Madhavan Nair K and Kalyansundaram S. 1983. A manual of laboratory techniques edited by. NIN ICMR
- Tietz NW (Ed). 1976. Fundamentals of clinical chemistry, WB Saunders Co.
- Jain J.L. Fundamentals of biochemistry, S. Chand & Company Ltd, Ram New Delhi
- Delvin T M., Text book of biochemistry with clinical correlation, Wiley Liss Inc
- Murray R K., D K Granner, P A Mayes, V W Rodwell Harpers biochemistry, Macmillan Worth Publishers

Course Outcome

- Identify microorganisms, its history and scope of food microbiology.
- Describe about different type of microbes present and their beneficial as well as deleterious effect on food.
- Understand food borne pathogens, food spoilage and toxins produced by them and its health effect.
- Identify the importance of microbes in food industry for baking, fermentation and various traditional foods.

Unit I: History and scope of food microbiology. Types of micro-organisms associated with food- mold, yeast, and bacteria, Microbial growth pattern, physical and chemical factors influencing destruction of microorganisms. Growth curve, bacterial group based on morphology- gram positive, gram negative, motile, non-motile, sporulating and non sporulating. Microorganisms in natural food products and their control.

Unit II: Food spoilage: Food spoilage - definition, biochemical changes caused by microorganisms, deterioration and spoilage of various types of food products – Physical, chemical and microbiological spoilages (Enzymatic or fermentative spoilage – rancidity, hydrolytic spoilage, putrefaction, souring, off flavour etc.; Texture deformations – slime, ropiness, curdling, discoloration etc.; Contamination of fruits vegetables, cereals, pulses, oilseeds, milk and meat during handling and processing. Microbial spoilage of foods and food items – milk, cereals, fruits and vegetables, meat, egg, fish, poultry. Toxin production –endotoxins and exotoxins). Food borne diseases and infections, mycotoxins, typhoid, diarrhea, botulism, salmonellosis, staphylococcal intoxication. Food borne pathogens, food poisoning, food infection and intoxication - *E. coli* O157:H7, *Campylobacter jejuni*, *Bacillus cereus*, *Shigella* sp., Norwalk like viruses, Hepatitis A. Algal toxins.

Unit III: Fermentation and food borne diseases: Importance of microorganisms in food industry and food preparations (milk industry, meat, fish, baking). Food fermentation -Traditional fermented foods of India and other Asian countries; Probiotics and prebiotics: effect on gut microflora. Fermented foods based on milk, meat and vegetables; Fermented and alcoholic beverages.

REFERENCES

- Banwart G J., 1987, Basic Food Microbiology, CBS Publishers and Distributors
- Frazier WC, Westoff DC. 1998, Food Microbiology, 4th Edition, Tata Mc Graw Hill Publishing Co. Ltd
- Prescott L M, Harley J P, Klein D A., 2008. Microbiology 6th ed., WMC Brown Publishers
- Pelczar MJ, Chan ECS, Krieg N. 1993. Microbiology 5th ed., Tata McGraw Hill Publishing Co. Ltd
- Garbutt John, 1997. Essentials of Food Microbiology, Arnold London

PRACTICALS

FNP 406 FOOD SCIENCE

Course Outcome:

- Application of cereal and pulse cookery in food science.
- Identify the chemical reaction which takes place in fruits and vegetables and various methods used in preserving the same
- Study the concept in assessing the milk quality using various parameters.
- Understand the principles of egg evaluation and egg cookery.

1) Cereals

- Cereal cookery
- Methods of cooking fine and coarse cereals
- Preparation of selected Indian Cereal recipes
- Pulses cookery
- Cooking soaked and raw pulses
- Effects of adding salt, acid and alkali on cooking
- Preparation of baked products using leavening agents (bread, biscuits, cookies)

2) Fruits and Vegetables

- Effect of acid and alkali
- Browning reaction
- Preservation of fruits and vegetables by various methods
- Dehydration
- Pickling
- High concentration
- Freezing
- Chemicals

3) Milk

- Milk adulteration test
- Milk platform test, pH, sensory evaluation
- Milk product order
- Preparation of fermented and non fermented milk products.

Analysis of chemical properties of milk

- Specific gravity
- Total solids
- Acidity
- Lactose content

4) Egg

- Egg quality evaluation
- Egg cookery



FFNP 407 PRINCIPLES OF NUTRITION

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Course outcome:

- P Utilize the laboratory techniques common to basic food chemistry.
- Analyze the principles behind the analytical technique of food products
- 4 Evaluate the chemical properties and estimating carbohydrates and proteins quantitatively and 0 qualitatively.
- 7 Estimate the quantity of lipids in various food samples by using various methods.

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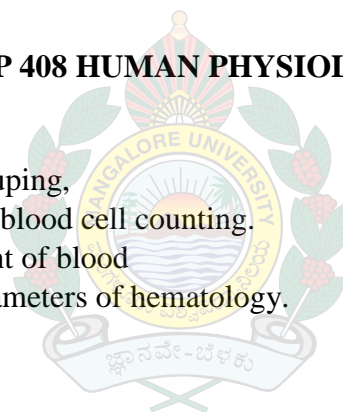
- 1) Determination of energy value of food using Parr oxygen bomb calorimeter
- 2) Glucose estimation (reducing sugar method or Willstater method)
- 3) Test for protein (qualitative analysis)
- 4) Nitrogen analysis by Kjeldhal method
- 5) Estimation of amino acid by Sorenson's formaldehyde titration method
- 6) Protein estimation by Lowry's method
- 7) Crude lipid estimation- groundnut, egg yolk, soya product 8). Estimation of total lipid in egg yolk

FFNP 408 HUMAN PHYSIOLOGY

Course outcome:

- Identify different blood grouping.
- Handle hemocytometer and blood cell counting.
- Estimate hemoglobin content of blood
- Identify other different parameters of hematology.

- 1). Study of hemocytometer
- 2). Blood groups
- 3). Estimation of hemoglobin
- 4). Total WBC count
- 5). Total RBC count
- 6). Total platelet count
- 7). Packed cell volume
- 8). Blood indices



FNP 409 NUTRITIONAL BIOCHEMISTRY

Course outcome:

- Describe techniques and instruments used in biochemical analysis of different biological samples.
- Use colorimetric techniques.
- Write down the study the blood analysis parameters.
- Analyze the urine samples using different qualitative and quantitative methods.

1) Techniques used in biochemical analysis

- a) Determination of pH in acids, alkalis and buffers using pH meter and indicators
- b) Colorimeters – use of colorimeter in UV and visual range, flame photometer, flourimeter (principle to be explained and demonstrated with one example for each)
- c) Separation techniques- chromatography- paper and Column. Centrifugation, electrophoresis and dialysis (one example for each may be demonstrated)

2) Blood analysis- enumeration of RBC & WBC. Blood glucose, serum albumin, globulin, phosphorous, calcium, cholesterol and urea.

3) Urine analysis- quantitative- sugar, albumin and microscopy

FNP 410 FOOD MICROBIOLOGY

Course outcome:

- Identify basic microbiological laboratory practice, culturing and handling of microbes.
- Isolate microorganisms from water and food sources.
- Identify by various staining techniques.
- Estimate total count in various food samples.

1) Preparation of bacterial smears, simple staining, differential staining, spore staining, staining of molds and yeast

2) Study of the microbiological quality of milk by MBR test.

3) Direct microscopic examination of foods.

4) Estimation of total microbial count of yeast and molds.

5) Estimation of total microbial bacterial plate count of food sample

6) Enumeration of Coliforms and indicator organisms (Most Probable Number)

7) Detection of Coliforms and indicator organisms by confirmed and completed tests, and using membrane filter techniques.

8) Estimation of total microbial count of (a) milk products (b) fruits and vegetable products (c) meat, fish and poultry products (d) canned foods.

II SEMESTER
HARD CORE COURSES

FNH 451 VITAMINS IN HUMAN NUTRITION

52 Hr (13× 4 units)

Course outcome:

- Describe the importance of vitamins in human metabolisms and its contribution.
- Classify the vitamins upon its solubility in food and human system.
- Write down the chemical properties of both fat and water soluble vitamins.
- Write down the source, digestion, absorption and functions of both fat and water soluble vitamins.
- Describe the effect of dietary deficiency and its complications of each vitamin.
- Describe how certain vitamins interact with some drugs.

Unit I: Fat soluble vitamins: History, chemistry, classifications - A, D, E & K, toxicity, physiological action, transport and utilization, storage, dietary sources, losses during preparation and handling, conversion of beta carotene into vitamin A

Unit II: Water soluble vitamins - I: Thiamine, riboflavin, niacin, Folic acid pyridoxine, pantothenic acid, vitamin B12 – functions, digestion, absorption, utilization, deficiency and sources.

Unit III: Water soluble vitamins - II: Biotin, ascorbic acid- functions, digestion, absorption, utilization, losses in preparation and handling, deficiency. Natural sources of vitamins. Synthetic vitamins and their absorption.

Unit IV: Vitamin like compounds and Pseudo vitamins: Choline, carotene, inositol, taurine, flavanoid, pangamate. Vitamin drug interaction. Drug food interaction – food phenolics and phytic acid drug interaction.

REFERENCES

- Srilakshmi B. Nutrition Science,
- Gibney M J, Elia M, Ljungqvist & Dowsett J., 2005. Clinical Nutrition. The nutrition Society Textbook Series, Blackwell publishing Company
- Williams, S R., 2001, Basic Nutrition and Diet Therapy 11th ed. Times Mirror Mosby College Publishing
- Mahan, L K., Escott Stump S. 2008. Krause's Food and Nutrition Therapy 12th ed., Saunders Elsevier

FNH 452 MINERALS IN HUMAN NUTRITION

52 Hr (13× 4 units)

Course outcome:

- Describe the importance of minerals in human metabolisms and its contribution.
- Classify the minerals depending on its requirement in human body.
- Write down the chemical properties of major minerals.
- Write down the source, digestion, absorption and functions of major, minor and trace minerals.
- Describe the effect of dietary deficiency and its complications of each mineral.
- Describe how certain minerals produces toxicity and interact with some drugs.

Unit I: Macro minerals - I: Calcium, phosphorus: Calcium in skeleton and other tissues, bone mass, calcium absorption and utilization, calcium balance, requirement, sources, deficiency and toxicity. Phosphorus: concentration in the body, calcium and phosphorus ratio, absorption and utilization, sources, deficiency and toxicity

Unit II: Macro minerals - II: Sodium, Potassium, Magnesium and Sulphur - Metabolism and electrolyte balance, absorption, utilization, role in human nutrition, sources, deficiency, toxicity.

Unit III: Micro minerals: Iron, iodine, zinc, copper, cobalt; metabolism, role in human nutrition, sources, deficiency, toxicity.

Unit IV: Ultra trace minerals: Cobalt, Nickel, Cadmium. Manganese, Molybdenum, Chlorine, Selenium, Fluorine: Metabolism, role in human nutrition, sources, deficiency and toxicity. Minerals and drug interaction.

REFERENCES

- Srilakshmi B. Nutrition Science,
- Gibney M J, Elia M, Ljungqvist & Dowsett J., 2005. Clinical Nutrition. The nutrition Society Textbook Series, Blackwell publishing Company
- Williams, S R., 2001, Basic Nutrition and Diet Therapy 11th ed. Times Mirror Mosby College Publishing
- Mahan, L K., Escott Stump S. 2008. Krause's Food and Nutrition Therapy 12th ed., Saunders Elsevier

SOFT CORE COURSES

FNS 453 LIFE SPAN NUTRITION

39 Hr (13× 3 units)

Course outcome:

- Describe the methods and principles involved in menu planning using food group system and food exchange list.
- Write down the nutritional requirement and challenges of different age groups through life cycle.
- Write down the role of nutrition played during pregnancy and lactation.
- Describe the physiological changes which take place through life cycle

Unit I: Principles of meal planning: Balanced diet, Food groups. Food exchange list. Factors effecting meal planning and food related behaviour. Nutrition for adulthood and old age: Nutrient requirements for adult man and woman, nutritional status of Indian adult population – community nutrition. Geriatric nutrition: Physiological changes in elderly, Nutritional requirements, special needs, nutritional problems health concerns in old age and their management, factors contributing to longevity.

Unit II: Nutrition during pregnancy and lactation. Pregnancy: Physiological changes, nutritional requirements, optimal weight gain and its components, effect of malnutrition on outcome of pregnancy, complications of pregnancy. Lactation: Physiology of lactation, factors affecting lactation, nutritional requirements, community nutrition, and fertility.

Unit III: Nutrition during childhood: Infancy: Growth and development, growth reference/ standards, breast feeding, compositional differences between human milk and milk substitute. Weaning practices, weaning and supplementary foods. Nutritional concerns and healthy food choices. Preschool children: Growth and development, nutritional requirements, special care in feeding preschoolers, nutritional problems specific to this age. School age and adolescent children: Growth spurt, nutritional requirements, factors affecting their eating habits, nutritional problems specific to this age.

REFERENCES

- Khanna K, Gupta S, Seth R, Passi SJ, Mahna R, Puri S. 2013. Textbook of Nutrition and Dietetics. Phoenix Publishing House Pvt. Ltd.
- Wardlaw GM, Hampi JS, DiSilvestro RA. 2004. Perspectives in Nutrition, 6th edition. McGraw Hill.
- Dietary Guidelines for Indians, ICMR (2011), NIN, Hyderabad.
- Dietary Allowances for Indians . ICMR (2010), NIN-Hyderabad.
- Chadha R., Mathur P. (eds). 2015. Nutrition: A Lifecycle Approach, Orient, New Delhi.
- Seth V and Singh K., 2006. Diet Planning through the Life Cycle: Part 1 Normal Nutrition, A Practical Manual. Elite Publishing House Pvt. Ltd. New Delhi.
- Gopalan C, Rama Sastri BV, Balasubramanian SC. 1989. Nutritive Value of Indian Foods. National Institute of Nutrition, ICMR, Hyderabad.

FNS 454 ANALYTICAL TECHNIQUES IN FOOD SCIENCE

39 Hr (13× 3 units)

Course outcome:

- Describe the various analytical techniques used in food industry.
- Classify the different techniques used in chromatography to differentiate nutrients and other chemical compounds in foods.
- Write down the chemical properties and role of enzymes in food industries..
- Describe the proximate analysis of foods and feeds including ant nutritional factors and antibiotics.

Unit I: Techniques – paper, TLC, Gel filtration, ion exchange, affinity, HPLC and GLC. Spectroscopy - UV-visible, fluorescent spectroscopy, CD spectroscopy, NMR. Radiotechniques – nature of radiation sources, radioactive decay, units of radiation, detection and measurements of radioactivity, autoradiography, GM counter, Scintillation counter.

Unit II: Optimisation of PCR reactions and application in food technology, immunological techniques. Extraction, isolation and purification of soluble and membrane bound enzymes. Enzyme. Isolation of enzymes, extraction of soluble and membrane bound enzymes purification of enzyme- criteria for purification.

Unit III: Quantification of organic acids (citric acid). Proximate analysis of foods and feeds (moisture, nitrogen, crude fiber, crude lipids and ash). Mineral analysis of foods and feeds. Vitamin assay (water soluble and fat soluble). Analysis of antinutritional factors (phenolics). Estimation of secondary metabolites (antibiotics).

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- Khopkar S.N.. Basic Concepts of Analytical Chemistry (2nded), New Age Pub.
- Upadhaya A. Biophysical Chemistry – Principles and techniques –Himalaya pub.
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- Friedlander G., Kennedy JW., Macias ES., et al. 1981 Nuclear and Radio Chemistry – 3rd ed. John Wiley and sons
- Hudson et al 1986. Practical Immunology –., Blackwell scientific pub
- Old and Primrose 1994. Principles of Gene Manipulation, Blackwell scientific Pub.,
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- Morris, C.J. and Morris, P. 1976. Separation Methods in Biochemistry, Pitman Publ., London

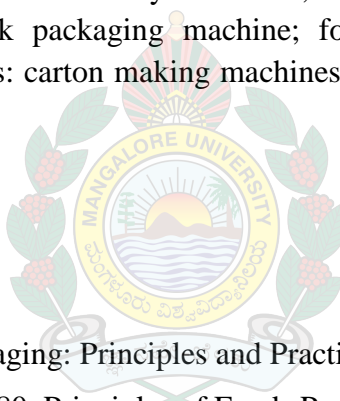
Course outcome:

- Describe the objectives of food packaging and packaging material.
- Classify the different types of packaging material depending on food type.
- Write down the different packaging equipment and machinery.
- Identify the importance of modified atmospheric packaging.

Unit I: Food packaging: Definitions, objectives and functions of packaging and packaging materials. Packaging requirements and selection of packaging materials; Types of packaging materials. Sanitation and hygiene, GMP, GLP.

Unit II: Food packaging systems: Different forms of packaging such as rigid, semi-rigid, flexible forms and different packaging system for (a) dehydrated foods (b) frozen foods (c) dairy products (d) fresh fruits and vegetables (e) meat, poultry and sea foods.

Unit III: Packaging equipment and machinery: Vacuum, CA and MA packaging machine; gas packaging machine; seal and shrink packaging machine; form and fill sealing machine; aseptic packaging systems; bottling machines: carton making machines. Smart packaging systems for bacterial spoilage, water activity.



REFERENCES

- Robertson, G.L. 2006. Food Packaging: Principles and Practice (2nd Ed.), Taylor & Francis
- Sacharow, S. and Griffin, R.C. 1980. Principles of Foods Packaging (2nd Ed.), Avi, Publication Co. Westport, Connecticut, USA.
- Rooney, M.L. (1995), Active Food Packaging - Blackie Academic & Professional, Glasgow, UK.
- Food Packaging Technology Handbook, 2003. NIIR Board, National Institute of Industrial Research,
- Ahvenainen, R. (Ed.), 2003. Novel Food Packaging Techniques, CRC Press
- Han, J.H. (Ed.) 2005. Innovations in Food Packaging, Elsevier Academic Press

FNS 456 FOOD SAFETY AND QUALITY CONTROL

39 Hr (13× 3 units)

Course outcome:

- Describe the importance of quality control system in food plants.
- Classify the different types of food labeling and label claims
- Write down the different food laws including national and international laws.
- Write down the importance of various mandatory and voluntary quality systems in food industry.
- Identify common testing methodologies for food adulterants and toxicants

Unit I: Quality control and quality assurance: Importance and functions, statistical quality control.TQM, GMP, GLP and HACCP its implementation in various food industries. Concept of Codex Alimentarius, ISO system, Food adulteration, Sensory evaluation-introduction, panel screening, Sensory and instrumental analysis in quality control, IPR and Patents.

Unit II: Methods of quality, assessment of food materials: Fruits, vegetables, cereals, dairy products, meat, poultry, egg and processed food products. Sanitation and hygiene, GMP, GLP, Statistical quality control. FSSAI. AGMARK (BIS) systems. Differences between mandatory law and optional rules.

Unit III: Food labeling and label claims. Law on label claims and punishments. Common testing methodologies for food adulterants and toxicants.

REFERENCES

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- Bryan, F.L. 1992. Hazard Analysis Critical Control Point Evaluations - A Guide to Identifying Hazards and Assessing Risks Associated with Food Preparation and Storage - World Health Organization, Geneva.
- Manuals of Food Quality Control. 2 Additives Contaminants Techniques Food and Agricultural Organization 1980, Rome.
- Singhal, RS., Kulkarni PR., DV. Rege, 1997, Hand Book of Indices of food Quality and Authenticity, wood head Publishing Ltd.

PRACTICALS

FNP 457 VITAMINS IN HUMAN NUTRITION

Course outcome:

- Describe the various techniques to estimate different vitamins from their natural sources.
- Identify the effect of processing on vitamin losses during processing.
- Creates awareness about recent in food fortification and its importance.
- Preparation of vitamin rich foods based on nutritional demand.

- 1) Estimation of carotene of any 03 samples
- 2) Analysis of food for thiamine and riboflavin (03 samples)
- 3) Estimation of vitamin C by EDTA method(03 samples)
- 4) Estimation of vitamin C losses during processing
- 5) Preparation of vitamin rich foods
- 6) Fortification with any 02 vitamin rich foods

FNP 458 MINERALS IN HUMAN NUTRITION

Course outcome:

- Describe the various techniques to estimate different minerals from their natural sources.
- Identify the qualitative changes in analyzing various minerals.
- Creates awareness about recent in food fortification and its importance.
- Preparation of mineral rich foods based on nutritional demand.

- 1) Qualitative analysis of minerals
- 2) Estimation of iron, phosphorous, calcium using any three food stuffs
- 3) Preparation of iron, calcium, phosphorous rich foods
- 4) Fortification mineral rich foods

FNP 459 LIFE SPAN NUTRITION

Course outcome:

- Preparation of meal using food exchange lists.
- Plan and preparation of weaning food.
- Creates awareness about low cost nutritional rich food for children.
- Preparation of balanced diet for different age group individuals.

1. Introduction to meal planning:Use of food exchange list
2. Planning and preparation of weaning foods for Infants
3. Planning and preparation of diets and dishes for two different calories
 - Preschool child
 - School age child and adolescents
 - Young adult
 - Pregnant and Lactating woman
 - Elderly

FNP 460 ANALYTICAL TECHNIQUES IN FOOD SCIENCE

Course outcome:

- Understand chromatographic and immunological techniques used to identify different compounds.
- Identify the activity of enzymes considering various factors
- Handel spectrophotometer and its application
- Estimate and isolation of organic acids and nucleic acids respectively.

- 1) Factors affecting enzyme activity
- 2) Chromatographic techniques - paper, TLC, Column
- 3) Estimation of organic acids
- 4) Verification of Beer Lambert's Law
- 5) Isolation of DNA / RNA
- 6) Immunological techniques

FNP 461 FOOD PACKAGING

Course outcome:

- Understand the water vapour transmission rate for different materials.
- Identify the toxins, pesticides and adulteraton in food.
- Handel surface sterilization and its application in food handling
- Assessment of food packaging effectiveness by using various methods.

- 1) Assessment of air using Surface Impingement method.
- 2) Detection of efficacy of surface sterilization using swab and Rinse method.
- 3) Determination of water vapour transmission rate for different materials.
- 4) Estimation of toxins and pesticides in food.
- 5) Detection of adulteration in foods.

FNP 462 FOOD SAFETY AND QUALITY CONTROL

Course outcome:

- Differentiate normal and abnormal biochemical parameters by determination of moisture, ash and acidity of food sample.
- Determination of water vapor transmission rate and air using Surface Impingement for different materials.
- Detection of adulteration in foods.
- Able to analyze the safety parameters of food.

- 1) Determination of moisture in a given food sample
- 2) Determination of ash in a given food sample.
- 3) Estimation of acidity of given food sample/beverage
- 4) Determination of water vapour transmission rate for different materials.
- 5) Detection of adulteration in foods.
- 6) Assessment of air using Surface Impingement method.



OPEN ELECTIVES

FNE 463 FOOD SAFETY

39 Hr (13× 3 units)

Course outcome:

- Describe the importance of quality control system in food plants.
- Classify the different types of food labeling and label claims
- Write down the different food laws including national and international laws.
- Identify common testing methodologies for food adulterants and toxicants

Unit I: Food Quality: importance and functions of quality control. Methods of quality, assessment of food materials-fruits, vegetables, cereals, dairy products, meat, poultry, egg and processed food products. Food adulteration and food safety. HACCP, Sensory evaluation-introduction, panel screening,

Unit II: Sampling and specification of raw materials and finished products, Concept of Codex Alimentarius/USFDA/ISO 9000 series, rules and regulations for waste disposals. FSSAI and AGMARK

Unit III: Food packaging: Definitions, objectives and functions of packaging and packaging materials. Packaging requirements and selection of packaging materials; Types of packaging materials.

REFERENCES

- Swaminathan MS. Food Science & Experimental Foods-- Ganesh &Co
- Srilakshmi B. Food Science, New Age International publication
- Frank AP, Modern Processing, Packaging & Distribution System for Food, AVI Van nonst and Reinhold.co.

FNE 464 FOOD PRESERVATION

39 Hr (13× 3 units)

Course outcome:

- Describe different processing and food preservation techniques based on different food materials
- Identify food processing techniques, various methods used to preserve foods and factors influencing the shelf-life of the food products.
- Identify different packaging techniques used for food packaging.
- Describe the effects of different processing techniques on palatability and nutritive value of food.

Unit I: Principles of food preservation, methods of food preservation, Asepsis, removal of micro-organisms, maintenance of aseptic condition, classification of food for processing, chemicals in food preservation, food irradiation, concept of hurdle technology, Microwave heating,

Unit II: Preservation of food by high temperature-Pasteurization, sterilization, Canning. Preservation by low temperature-refrigeration, freezing, freeze drying, freezer burn

Unit III: Food dehydration and concentration: methods of drying and concentration, equipments for drying/dehydration, factors affecting drying process

REFERENCES

- Desrosier N W & JN Desrosier The Technology of Food Preservation, AVI Publication
- Potty VH. & BM J Mulki, Food Processing- Oxford & IBH Publications
- Swaminathan MS Food Science & Experimental Foods— Ganesh &Co
- Srilakshmi B. Food Science, New Age International publication
- Frank AP, Modern Processing, Packaging& Distribution System for Food, AVI Van nonstand Reinhold.co.

III SEMESTER
HARD CORE COURSES

FNH 501 CLINICAL NUTRITION AND DIETETICS – I

52 Hr (13× 4 units)

Course outcome:

- Describe the basic concepts and interrelation between food health and nutrition, special therapeutic diets and its significance.
- Describe pre and post operative diet and team approach in patient care
- Identify the special feeding methods, role of dietitian in hospital and the objectives of diet therapy.
- Write down etiology and pathophysiology of common diseases of digestive system, respiratory systems and conditions like obesity and diabetes
- Write down the concept principle diet and the dietary management various disease.

Unit I: Introduction to clinical nutrition and therapeutic diet - Concept of inter relationship between foods, health and nutrition. Hospital diet, special feeding methods, pre and post operative diet, team approach in patient care, role of dietitian in hospital, functions and classification, objectives of diet therapy.

Unit II: Dietary management in common disease condition - Diet in fever (acute and chronic) -typhoid, malaria, tuberculosis, injury, burns, arthritis, rheumatoid and osteo-arthritis.

Unit III: Etiological factors and dietary modifications - Obesity, underweight, types of obesity, etiological factors, assessment of obesity, theory of obesity – fat cell theory and set point theory, dietary modification, anorexia, bulimia nervosa, Diabetes mellitus: etiology, types, symptoms, diagnosis, treatment, complications - Acute and chronic, physical activity and diabetes mellitus, glycemic index - factors affecting glycemic index.

Unit IV: Diet in Gastro intestinal disorder - Peptic ulcer, constipation, (repetition), diarrhea, steatorrhea, celiac disease, inflammatory bowel syndrome, diverticular disease, lactose intolerance, gout, dumping syndrome, crohn's disease, constipation.

REFERENCES

- Srilakshmi, B. Dietetics, New Age International (P) Limited, New Delhi
- Robinson C H. Normal and Therapeutic nutrition, Oxford & IBH Publishing Co, Calcutta
- Bamji, M S P. N Rao & Reddy, Text book of Human Nutrition, Oxford & IBH Publishing Co. Pvt. Ltd.
- Gopalan C. & S. Kaur, Towards Better Nutrition- Problem & Policies, NFI publications

Course outcome:

- Describe the public health aspects of malnutrition.
- Identify the cause of malnutrition and its preventive measures.
- Identify the health care services by Government, health programs in India
- Write down the role of international and national organizations in public health various disease.
- Apply of various statistical methods and interpretation of the results.

Unit I: Public health aspects of malnutrition - Public health nutrition: Principles and concepts in public health nutrition. Types and magnitude of public health problems in India. Community and health Management: Health concept, definition, positive health, and health situation in India, Health indices: fertility indicator, vital statistics, mortality and morbidity, human development index, health care, principles of health care. Protein energy malnutrition- etiology, types, prevalence, metabolic and physiological changes and prevention. Malnutrition prevention programmes, causes, types, control programme in India. Health care services by Government, health programs in India, nutrient deficiency prophylaxis programmes in India (Vitamin A, Iodine, Iron). Assessment of nutritional status; anthropometric, clinical, biochemical, dietary, vital health status. Basic principles of low cost menu planning. Corporate Social Responsibility (CSR)

Unit II: Role of international and national organizations in public health: FAO, WHO, UNICEF, CARE, NIN, NNMB, ICAR, ICMR, CFTRI, PHC, ESI. Contribution of Melinda and Bill Gates foundation Nutrition education- importance, objectives, methods of nutrition education, nutrition education programme. Mid-day meal programme.

Unit III: Nutrition and health of women: Women and health system, women's welfare programme, national nutrition programmes for women, empowerment and role of education for women, national and voluntary agencies in improving women's situation in India

Unit IV: Application of Statistics: Use of computers in statistical analysis. Analysis of data-measures of central tendencies (mean, median and mode), measure of dispersion (range, mean deviation and standard deviation). Testing of hypothesis. t-test, chi-square test for comparing variance. Analysis of variances, Co-variances and multivariate techniques- concept of ANOVA, one-way and two-way ANOVA, analysis of Co-variance, classification of techniques and important methods of factor analysis- R- type and Q- type factor analysis. Interpretation: meaning of interpretation, techniques of interpretation, precaution in interpretation- interpretation of tables and figures.

REFERENCES

- Bamji M S, P. N Rao & Reddy Text book of Human Nutrition, Oxford & IBH Publishing Co. Pvt. Ltd.
- Dutt P. R., Primary Health Care Vol I-III, Gandigram Institute of Rural Health & Family Welfare Trust, Ambathurai
- Manelkar R. K., A Textbook of Community Health For Nurses, Vora Medical Publications, Mumbai
- Bhatia A. Health Promotion in Public, Anmol Publications, New Delhi
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- Zar, J. H., 1974. Biostatistical analysis, Prentice Hall, New Jersey
- Lewis, A.E., 1971. Biostatistics-, Affiliated East West, New Delhi
- Jelliff BD., 1966. The assessment of the Nutritional Status of the Community, WHO
- Jolliff O., 1962. Clinical Nutrition. Hoeber Medical Division, McLaren DS. 1983
- Park JE & Park K., 2000. Nutrition in the Community. John Wiley & Sons
- Shukla PK., 1982. Text Book of preventive and social medicine. Barnasidas Bhanot Publ. SCN News, United Nations. System Forum on Nutrition. WHO.



SOFT CORE COURSES

FNS 503 RECENT TRENDS IN FOOD TECHNOLOGY

52 Hr (13× 4 units)

Course outcome:

- Describe the trends in food technology in food industries.
- Write down the applications of nanotechnology and role of Nano particles in agriculture and food processing, and also about nano packaging and intelligent packaging..
- Write down the usage of various advanced instruments in non-thermal processing which helps them to understand the advances in food industry.
- Describe the trends in food packaging by modifying the packaging atmosphere.
- Describe knowledge of the advancement in food industry.

Unit I: Nanotechnology - Nano particles, role of nano particles in agriculture (pesticides), processing (drinking water purification), functional classification and examples – nano-barriers, nano-antimicrobials, nano-sensors, nano-foods (flavorings, emulsion, viscosifiers and preservatives), nano packaging materials in improved packaging, active packaging and intelligent packaging. Current scenario and acceptance.

Unit II: Trends in packaging - Plastics and polymers, tetra packaging, retort pouch processing, aseptic packaging, modified atmosphere packaging, smart packing: active packaging (oxygen scavengers, ethylene scavengers, carbon dioxide emitters, moisture controllers, light absorbers, odor removers, antimicrobials and antioxidants) and intelligent packaging (time-temperature indicators, oxygen indicators, carbon dioxide indicators, microbial growth indicators, pathogen indicators), edible films and coatings, ethanol vapor generators.

Unit III: Non Thermal Processing - High Pressure Processing (HPP), Use of gases (ozone, chlorine dioxide, cold plasma), Light (UV, pulsed light), Use of chemicals (chlorine, surfactants) and ionized radiation (gamma radiation, electron beam), benefits of non-thermal processing over thermal processing.

REFERENCES:

- Braun D., Cherdrion H., Rehahn M., Ritter H. and Voit B. (2005), Ed: 4, Springer Berlin Heidelberg New york, Polymer Synthesis: Theory and Practice.
- Howard Q. Zhang, Gustavo V. Barbosa-Canovas, V. M. Bala Subramaniam, C. Patrick Dunne, Daniel F. Farkas and James T. C. Yuan (2011), Wiley-Blackwell, Nonthermal Processing Technologies for Food.
- Rajja Ahvenainen (2003), CRC Press, Woodhead Publishing Limited, Cambridge London, Novel Food Packaging Techniques.
- Richard Coles, Dereck McDowell and Mark J. Kirwan (2003), CRC Press, Blackwell Publishing, Food Packaging Technology.

FNS 504 PRINCIPLES OF FOOD PROCESSING

39 Hrs (13× 3 units)

Course outcome:

- Describe the basic operation in food processing.
- Write down the principles of cold processing of foods and irradiation
- Identify the Basic principles of thermal processing.
- Understand the concept of Controlled atmosphere packaging
- Identify the interaction between packaging material and food

Unit I: Basic operation in food processing: Mixing, stirring, cooling, separation, evaporation, forming/moulding, processing of extruded products, rendering, refining, tempering, thawing, canning. Basic principles of cold processing of foods and irradiation: Refrigeration, freezing of foods, initial freezing point, freezing curve, changes during the freezing, rate of freezing, damage from intermittent thawing, factors affecting the freezing rate, freezer burn. Irradiation of foods – methods, safety aspects, regulations, food selection.

Unit II: Basic principles of thermal processing: Thermal food processing, canning, steps and process, heat penetration into cans, cold point in food mass, determination of process time, thermal death time determination, TDT curve. Heating food in containers, hydrostatic cooker or cooler, hot pack and hot fill, inoculated pack studies.

Unit III: Basic principles of post food processing operation: Controlled atmosphere, MAP (Modified atmospheric packaging), coating and enrobing, packaging materials specially designed for processed foods, advantages and disadvantages. Interaction between packaging material and food, aseptic processing and aseptic packaging.

REFERENCES

- Fabriani, G and Lintas C (1988) Durum Wheat Chemistry and Technology, American Association of Cereals Chemistry Inc.
- Kent N L (1993), Technology of Cereals., 4th ed, Pergamon Press
- Olson, V M Shemwell G A and Pasch S (1988) Egg and Poultry, Meat Processing
- Fellows P J (2002), Food Processing Technology- Principles and Practices, 2nd ed. Woodhead Publishing Ltd.
- Potter N and Hotchkiss JH, Food Science, 5th Edi. AVI Book
- Manay NS & Shadaksharaswamy 1997. Food facts and principles: New Age Publ.
- Potty VH & Mulky MJ. 1993. Food processing, Oxford & IBH.
- Srilakshmi B. 2002. Nutrition Science, New Age Publ.
- Swaminathan MS. 1993. Food Science, New Age International
- Ganesh, Food Science and Experimental Foods.

FNS 505 POST HARVEST TECHNOLOGY

39 Hr (13× 3units)

Course outcome:

- Describe post harvesting technology and the methods of harvesting
- Write down the post harvest handling and also various kinds of packaging.
- Identify the storage of food products and its challenges.
- Understand the control and to overcome the wastage due to bad storage.
- Identify the types of food storage.

Unit I: Introduction to Post harvest technology: Definition, importance and scope of post harvest technology. Types of maturity of crop produces: Physiological maturity, horticultural maturity, harvest maturity, commercial maturity. Maturity indices and methods of determining maturity.

Unit II: Methods of harvesting and post harvest handling: Methods of harvesting. Good agricultural practices (GAP). Methods of post harvest handling: pre-cooling, washing, cleaning and trimming, sorting, grading and sizing, disinfection, post harvest treatment, curing, waxing, packaging and storage. Packaging materials.

Unit III: Storage of food products, challenges during storage and their control: Types of food storage, cold storage, controlled atmospheric storage. Storage pests: insect pests, spoilage microbes and other pests.

REFERENCES

- Desrosier N W & JN Desrosier, 1977
- Frank A.P. 1987. The Technology of Food Preservation, AVI Publ.
- Frazier WC. 1988. Modern processing, packaging and distribution system for foods, AVI Van nonstand Reinhold Co.
- McWilliams M. 1993. Food Microbiology. Tata McGraw Hill
- Potty VH & Mulky MJ. 1993. Foods - Experimental perspectives, Macmillan
- Srilakshmi B. 2001. Food processing, Oxford & IBH
- Swaminathan MS. 1993. Food Science, New Age International.
- Ganesh, Food Science and Experimental Foods.

FNS 506 FUNCTIONAL FOODS

39 Hr (13× 3 units)

Course outcome:

- Describe nutraceuticals and their role in treating diseases.
- Write down the regulatory issues of nutraceuticals
- Identify the role of functional foods and its impact on health.
- Understand the benefits of nutraceutical in various diseases.

Unit I: Introduction to nutraceuticals: Definitions, synonymous terms, basis of claims for a compound as a nutraceutical, regulatory issues for nutraceuticals including FSSAI, CODEX/USFDA, labelling issues.

Unit II: Functional foods: Definition, functional components, types of functional foods, prebiotics and probiotics. Synbiotics, bioactive peptides and polyphenols.

Unit III: Role of nutraceuticals/functional foods: Benefits of specific nutraceuticals in cardiovascular diseases, cancer, diabetes, cholesterol management, obesity, immune enhancement, age-related macular degeneration, endurance performance, peri-menopausal syndrome – compounds and their mechanisms of action, contra-indications.

REFERENCES:

- Brigelius-Flohé, J & Joos HG. 2006. Nutritional Genomics: Impact on Health and Disease. Wiley VCH.
- Cupp J & Tracy TS. 2003. Dietary Supplements: Toxicology and Clinical Pharmacology. Humana Press.
- Gibson GR & William CM. 2000. Functional Foods – Concept to Products.
- Goldberg I. (1994). Functional Foods: Designer Foods, Pharma Foods.
- Losso JN. 2007. Anti-angiogenic functional and medicinal Foods. CRC Press
- Neeser JR & German BJ. (2004). Bioprocesses and Biotechnology for Nutraceuticals. Chapman & Hall.
- Robert EC. 2006. Hand book of Nutraceuticals and Functional Foods. 2nd Ed. Wildman.
- Shi J. 2006. Functional Food Ingredients and Nutraceuticals: Processing Technologies. CRC Press.
- Webb GP. 2006. Dietary Supplements and Functional Foods. Blackwell Pub.

PRACTICALS

FNP 507 CLINICAL NUTRITION AND DIETETICS – I

Course outcome:

- Write down the different compositions of human urine.
- Estimate the constituents of urine by quantitative analysis
- Calculate the nutritional requirements of various diseases and abnormality.
- Plan and prepare various therapeutic diets.

1) Quantitative test – Urine analysis - Creatinine, Urea, Sugar

2) Dietary management for the following conditions :

- | | | |
|------------|---------------------|----------------|
| • Fever | • Underweight | • Peptic ulcer |
| • Burns | • Obesity | • Constipation |
| • Diarrhea | • Diabetes mellitus | |

Maintaining a ready reckoner of samples prepared in the lab

FNP 508 COMMUNITY NUTRITION AND STATISTICS

Course outcome:

- Write down the different methods of nutritional status assessment.
- Plan and conduct diet survey in a community
- organize nutrition education programs in the community
- Plan and prepare low cost menu for the community.
- Apply statistical methods and interpret results.

1) Assessment of nutritional status in the community

2) Planning and conducting diet survey in a community (different age groups and socioeconomic status may be included)

3) Planning and organizing nutrition education programs in the community

4) low cost menu planning

5) Processing of data – data entry using statistical package and formulation of tables

6) Application of statistical methods- mean, frequency, SD, chi- square and t- test

7) Interpretation of results and preparation of reports using different graphical and tabular presentation

FNP 509: RECENT TRENDS IN FOOD TECHNOLOGY

Course outcome:

- Write down the different methods of Evaluation of different packaging materials
- List out the application of nano particles in food industry
- Conduct thermal processing (Canning)
- Conduct shelf life study experiments on various food products.
- List out the working process of food industries.

- 1) Evaluation of different packaging materials
- 2) Applications of Nanoparticles
- 3) Thermal processing – sterilizing tomato juice in bottles
- 4) Shelf life extension experiments
- 5) Industrial visits to food processing units

FNP 510: PRINCIPLES OF FOOD PROCESSING

Course outcome:

- Describe several techniques in food processing and also the physical chemical and nutritional changes during freezing.
- List out the study process like freezing and thawing and also the changes occurring in these processes.
- Write down the effects of physical and chemical changes during processing and also the nutritional loss occurred.
- Identify the loss during processing and also the techniques to minimize the loss

- 1) Determination of physical and chemical changes during freezing
- 2) Nutritional changes of food during food processing
- 3) Determination of changes occurring at the time of thawing
- 4) Estimation of freezing point of different solids/ liquid and semi solid foods
- 5) Physical changes during the evaporation and drying

FNP 511 POST HARVEST TECHNOLOGY

Course outcome:

- Describe the grading and post harvest processing of seasonal fruits and vegetables.
- Write about storage pests and methods to overcome the wastage.
- Identify the importance of different packaging materials.
- List out different types of microorganisms responsible for food spoilage and steps to overcome it.

- 1) Grading of seasonal fruits and vegetables
- 2) Post harvest processing of fruit/vegetable
- 3) Study on storage pests/spoilage of selected food sample
- 4) Study on Total Soluble Solids of different fruits
- 5) Study of different post harvest spoilage microbes of fruits and vegetables
- 6) Waxing of fruits
- 7) Study of different packaging materials

FNP 512 FUNCTIONAL FOODS

Course outcome:

- Describe functional food and its role in treating diseases.
- Estimate the secondary metabolites produced by the plant sources using laboratory techniques.
- Identify the process of development of probiotic and prebiotic food product.
- List out the naturally occurring phytochemicals and also their quantification in food.

- 1) Anti-oxidant content in kokum
- 2) Estimation of polyphenols in different tea infusions
- 3) Development of a probiotic yoghurt
- 4) Development of a prebiotic food product
- 5) Survey of intake of functional foods by patients suffering from non-communicable disorders

OPEN ELECTIVES

FNE 513: NUTRITION FOR HEALTH

39 Hr (13× 3 units)

Course outcome:

- Describe the importance of macro and micro nutrients its importance in human body
- Write down the nutritional requirement and challenges of differ age groups through life cycle.
- Write down the role nutrition played during pregnancy and lactation.
- Describe the physiological changes which take place through life cycle

Unit I: Functions, requirements, sources and deficiency of macro- and micro-nutrients

Unit II: Nutrition during early years: Physical growth and maturation. Monitoring of growth chart. Pediatric formula preparation. Nutrition and dietary guidelines during Infancy, Pre-school and School-going children. Childhood Obesity and eating disorders.

Unit III: Dietary guidelines and nutrition in adolescence. Women and nutrition: nutrition during pregnancy and lactation. Nutritional needs of the elderly. Nutrition for athletes.

REFERENCES

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- World Health Organization Growth Standards: British Columbia Training Manual: June 2011
- Growth monitoring and promotion: intervention or platform for action: UNICEF: 35th SCN Session WG Breastfeeding and Complementary Feeding: <http://www.unsystem.org/SCN/Publications/AnnualMeeting/SCN/35/wgbfcf/Nune%20MANGASARYAN.pdf>
- Brown Judith E. Nutrition through the Lifecycle.
- Rolfes Sharon D., Linda K. Debruyne and EN Whitney Life Span Nutrition:
- Rolfes S.R. et.al., Understanding Normal and Clinical Nutrition, Thomson Wadsworth
- Mahan L. Kathleen & Slyvia Escott-Stump, Krause's Food & Nutrition Therapy
- Wardlaw Gordon M. Perspectives in Nutrition

FNE 514 DIET AND DISEASE

39 hrs (13 x 3 units)

Course outcome:

- Describe the basic concepts and dietary approaches in obesity.
- Describe dietary management in diabetes and hypertension.
- Identify the risk complications in gastro intestinal health
- Write down etiology and pathophysiology of kidney and liver diseases
- Write down the main causes of cancer.

Unit I: Obesity- classification, causative factors (behavioral risk factors), overview of approaches to treatments and interventions. Diabetes- Etiology, symptoms, classification, Metabolism, early diagnosis, Short term and long term complications and management. Cardiovascular disease - etiology, incidence, symptoms, risk factors, congestive heart failure and Dietary management. Hypertension- types, symptoms and role of minerals in the diet

Unit II: Gastrointestinal diseases/disorders – Gastritis, Peptic ulcer and duodenal ulcers. Diagnostic, diarrhoea, constipation, diverticular disease and Irritable Bowel Disorder. Diseases of Liver, Gall bladder & Pancreas - Hepatitis, (A, B, and C), Cirrhosis, effect of alcohol on liver, Gall stones, pancreatitis-Causes, symptoms and dietary management.

Unit III: Renal disease - Nephrotic syndrome, Acute and Chronic renal failure principles of dietary management. Dialysis- types. Cancer – Types and dietary management

REFERENCES

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- Katz, David L., Friedman, Rachel S.C., Nutrition in clinical practice: A comprehensive, evidence-based manual for the practitioner, 2nd Edition.
- Width Mary, Reinhard Tonia, Clinical Dietitian's Essential Pocket Guide, The Essential Pocket Guide, 1st Edition
- Robinson and Lawler, Normal and therapeutic nutrition
- Srilakshmi, Dietetics

IV SEMESTER

HARD CORE COURSES

FNH 551CLINICAL NUTRITION AND DIETETICS – II

52Hr (13× 4 units)

Course outcome:

- Describe the basic concepts and interrelation between food and liver health.
- Identify various types of renal diseases and its dietary treatments.
- Write down the process of dialysis and its role in renal disease.
- Write down etiology and pathophysiology of Cardiovascular diseases.
- Write down the concept of dietary management in cancer and inborn errors of metabolism.

Unit I: Dietary management of liver disorders - Functions of liver, agents for liver damage, hepatitis, cirrhosis, hepatic encephalopathy, hepatic coma, cholelithiasis, pancreatitis.

Unit II: Diet in renal diseases - Functions of kidney, glomerulonephritis, nephritic syndrome, acute and chronic renal failure, dialysis, urolithiasis repetition, uremia, urinary tract infections.

Unit III: Diet in cardio vascular diseases and hyper tension - Clinical effects and risk factors, role of fat in the development of atherosclerosis, myocardial infarction, congestive heart failure, hyperlipoproteinemia, hyper cholestroemia, hyper tension and factors.

Unit IV: Dietary management in cancer and other diseases - Risk factors and symptoms, nutritional problem of cancer therapy, dietary management and nutritional requirement, role of food in prevention of cancer, eating problems in cancer and nutritional therapy, Physiological changes and dietary management of AIDS. Inborn errors of metabolism: causes, consequences and dietary management of phenyl ketonuria, fructosemia, galactosemia, maple syrup urine disease.

REFERENCES

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- Anderson L., Dibble, Turkki PR, Mitchell HS & Rynbergen HJ. 1982. Nutrition in Health and Disease. Saunders-Elsevier

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- Swaminathan MS. 1985. Modern Nutrition in Health and Disease, Williams & Wilkins
- Shills ME, Olson JA, Shike M & Ross AC. 1999. Normal and therapeutic nutrition. Macmillan.
- Robinson, Lawler, Chenoweth & Garwick, 1987
- Shill ME & Young VR. Normal and therapeutic nutrition. 17th Ed. Macmillan Publishing Co. Modern Nutrition in Health & Disease 7th Ed.
- Stanfield PS, Lea & Febiger, Hui YH 1993 American Dietetics Association



FNH 552 FOOD PRESERVATION

52 Hr (13×4 units)

Course outcome:

- Describe different processing and food preservation techniques based on different food materials like low temperature processing, high temperature processing, irradiation, preservation by chemicals and high concentration.
- List different food processing techniques, various methods used to preserve foods and factors influencing the shelf-life of the food products.
- Identify different packaging techniques used for food packaging and also effects of different processing techniques on palatability and nutritive value of food.
- Write down the basic principles of different preservation methods.
- List down the chemicals used in food preservation and its limitations.

Unit I: Low temperature processing and storage - Chilling, cryogenic chilling, chill storage, freezing, cryogenic freezing, frozen food storage, freeze drying, changes in food during freezing, various types of freezers (tunnel types, fluidized bed, airblast etc.)

Unit II: High temperature processing - Drying, dehydration, solar drying, mechanical driers, heat processing using hot oil (frying, shallow frying, deep fat frying), heat sterilization, pasteurization and its types and advantages, heat processing using hot air, baking, effect of heat on foods (texture, flavor, aroma, colour and nutritive value).

Unit III: Irradiation - Irradiation of foods, types and sources of irradiation, effects or impacts of radiation on foods constituents, hurdle technology, irradiation of packaging material, application of irradiation on foods, dosimetry, health consequence of irradiated food.

Unit IV: Preservation by chemicals and high concentration - Types and mode of action of organic and inorganic preservatives, antibiotics, antioxidants, anti-browning, cleaning, sanitizing and fungicidal agents. Sugar concentrates- general principles and methods of preparation of jam, jellies and marmalade, crystallized and glazed fruits, preserves, squashes and syrups. Theory of gel formation. Salt concentrates- general principle, role of ingredients, preparation of sauerkraut, dill and common Indian pickles.

REFERENCES

- Fenema Principles of Food preservation Vol I and II,
- Desrosier N W & JN Desrosier, The Technology of Food Preservation, AVI Publication
- Potty VH. & B M J Mulki Food Processing, Oxford & IBH Publications
- Swaminathan MS Food Science & Experimental Foods, Ganesh & Co
- Srilakshmi B, Food Science, New Age International publication
- Modern Processing, PACKAGING & Distribution System for Food, AP Frank, AVI Van nonstand Reinhold.co.

SOFT CORE COURSES

FNS 553 FOOD FORTIFICATION

39 Hr (13× 3 units)

Course outcome:

- Describe the basic principles of food fortifications and its needs.
- List the characteristics of fortificants and fortification methods.
- Describe design of fortification and about different fortification methods.
- Write down the effect of cooking on fortified foods.

Unit I: Food fortification – Needs, objectives, principles and rationale, selection and basis of fortificants. Types of fortification. Health benefits of fortification, Selection of nutrients for fortification, Levels to be added, Characteristics of fortificants and method of fortification. Technology of fortifying cereal products: Fortification methods. Fortification premixes, Design and composition of premixes and quality control. Fortification of bread, pasta, noodles, biscuits, and breakfast cereals.

Unit II: Micronutrient fortification of snack products, merits and demerits of fortification, choice of products and selection of micronutrients, Setting level of fortification, Safety limits, Technological and cost limits, Challenges in fortifying snack products, Nutrient interaction and bioavailability.

Unit III: Other special fortified products - salt, sugars, milk and oils: Salt: Technology of fortifying salt with iron and iodine, Iodine stability and quality of double fortified salt, Safety issues, Levels to be added. Sugars: Fortification with iron and vitamin A, Premix formulation, Fortification level, Packaging. Milk: Fortification with vitamin A, technology and levels. Oils: Fortification with vitamin A, Rationale of vitamin A fortification, Stability of vitamin A in oil during storage and cooking, Effects of frying on Vitamin A content, Efficacy and safety of vitamin A added to oil, Technology of fortifying, Packaging.

REFERENCES

- Lindsay Allen, Bruno de Benoist, Omar Dary and Richard Hurrell (Eds.) 2006 Guidelines on food fortification with micronutrients: World Health Organization and Food and Agriculture Organization of the United Nations
- Stakeholder consultation on Regulation for staple food Fortification: 15 April 2011: National Institute of Nutrition and Indian Council of Medical Research, Hyderabad, working paper
- www.who.int/nutrition/.../guide_food_fortification_mirconutrients.pdf
- PATH: Ultra Rice technology. http://www.path.org/projects/ultra_rice.phd [Accessed February 25, 2011]
- www.a2zproject.org/node/10
- www.fortaf.org

Course outcome:

- Describe nutrition, exercise, physical fitness and their inter relationship.
- List the importance of nutrition and diet in different sports.
- Describe importance of different macro- and micro- nutrients in pre- and post- exercise.
- Write down the nutrition requirements of exercise, ideal body composition for different sports and events, nutrition in sports and also about dietary supplements and ergogenic aids.

Unit I: Approaches to the management of fitness and health: Nutrition, exercise, physical fitness and health- their inter relationship. Significance of physical fitness and nutrition in prevention and management of weight control regimes. Ideal body composition for different sports and events. Nutritional guidelines for maintenance of health and fitness.

Unit II: Nutritional requirements of exercise: Effect of specific nutrients on work performance and physical fitness. Nutrients that support physical activity, Mobilization of fuel stores during exercise. Fluid, carbohydrate and electrolyte requirements and balance. Nutrition in sports: Sports specific requirements- Importance of carbohydrate loading, pre game and post game meals, Diets for persons with high energy requirements, stress fracture and injury.

Unit III: Dietary supplements and Ergogenic aids: Definitions, Use of different nutrigenic / ergogenic aids and commercial supplements, Sports drinks, sports bars etc. Guidelines for selection of ergogenic aids. Ill effects of soft and energy drinks, processed foods, energy food and drinks, alcohol and its abuse, drugs and rehabilitation techniques and its nutrition requirements.

REFERENCES

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- Falkner F & Tanner JM. 1980 Nutrition - An Integrated Approach. John Wiley & Sons.
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- Pike RL & Brown ML. 1988. Human Nutrition and Dietetics. ELBS Churchill Livingstone.

PRACTICALS

FNP 555 CLINICAL NUTRITION AND DIETETICS II

Course outcome:

- Describe dietary management for different chronic disorders based on biochemical parameters and activity like mild, moderate and sedentary.
- Plan diet for various diseases by considering the biochemical parameters.
- Prepare planned diet and sensory evaluating it.
- Counsel the patients depending on their disease conditions.

Dietary management as per the biochemical parameters. Planning and preparation of the diet for the following conditions ;

Liver damage	Chronic renal failure	Congestive heart failure
Hepatitis	Renal calculi	Hypertension
Cholecystitis	Glomerulonephritis	Phenylketonuria
Chronic pancreatitis	Atherosclerosis	Lactose intolerance

FNP 556 FOOD PRESERVATION

Course outcome:

- Describe different food preservation techniques by using different techniques in product formulation and also analysis of the food product for its quality standards and shelf-life.
 - List down main goal of this course is to provide students with fundamental knowledge of food preservation and shelf-life studies.
 - Describe technical approach to work in food industry through practical knowledge and problem solving approach
 - Prepare different food products like jams, jelly, pickling, tomato ketchup and many more by following different preservation techniques like drying methods, preservation with sugar, salt, oil and chemicals.
- 1) Food preservation techniques (use of different techniques in product formulation and analysis of product for quality standards).
 - 2) Sun drying and dehydration-cereals, legumes, vegetable.
 - 3) Preservation with sugar-jams, jelly, preserves, etc.
 - 4) Preservation with salt, oil, vinegar-pickling.
 - 5) Preservation of foods using chemicals –tomato ketchup, squash.

FNP 557: PROJECT WORK AND DISSERTATION