

SARDAR PATEL UNIVERSITY
Programme: BBA. Hons (Hospitality Management) (3 years)
Semester: IV
(Under Choice Based Credit System Based on UGC Guidelines)
Syllabus with effect from: November/December 2019

Paper Code: UM04GBBH21	Total Credit: 3
Title of Paper: Food Science and Nutrition	
Objective: The objective of this syllabus is to clear importance of Nutrients in growth and development of human beings.	

UNIT	Description in Details	Weightage
I	Food Science <ul style="list-style-type: none"> • Definition and scope of food science • Classification of Nutrients and its characteristics • Importance of Nutrition and interrelationship with health 	25%
II	Food Processing <ul style="list-style-type: none"> • Definition • Objectives • Types Of Treatment • Effect Of Factors Like Heat, Acid, Alkali On Food Constituents • Emulsions • Theory Of Emulsification • Types Of Emulsions • Emulsifying Agents • Role Of Emulsifying Agents In Food Emulsions 	25%
III	Basic Aspects <ul style="list-style-type: none"> • Definition Of The Terms Health, Nutrition And Nutrients • Importance Of Food – (Physiological, Psychological And Social Function Of • Food) In Maintaining Good Health. • Classification Of Nutrients 	25%
IV	Energy <ul style="list-style-type: none"> • Definition Of Energy And Units Of Its Measurement (Kcal) • Energy Contribution From Macronutrients (Carbohydrates, Proteins And Fat) • Factors Affecting Energy Requirements • Concept Of BMR, SDA • Dietary Sources Of Energy • Concept Of Energy Balance And The Health Hazards Associated With • Underweight, Overweight 	25%

Evaluation : Internal : 40 Marks (Theory)
: External: 60 Marks (Theory) – Two Hours Examination

The journals will be evaluated by the concerned teacher.

Reference Books:

- Food Science by Potter & Hotchkiss
- Principles of Food Science by Borgstrom and Macmillon
- Food Chemistry by Fennima