



BBA HONS' HOSPITALITY MANAGEMENT- 3Years
BBA Hospitality Management Semester- III

Course Code	UM04GBBH51	Title of the Course	Food Science And Nutrition
Total Credits of the Course	03	Hours per Week	

Course Objectives:	To learn the importance of Nutrients and hygiene for the healthy growth of human beings.
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Course Content		
Unit	Description	Weightage* (%)
1.	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%
2.	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%
3.	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%





4.	<p>Energy</p> <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%
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Teaching-Learning Methodology	Lecture, Practical learning, project and assignment, E- learning and training manual
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Evaluation Pattern		
Sr. No.	Details of the Evaluation	Weightage
1.	Internal Written / Practical Examination (As per CBCS R.6.8.3)	15%
2.	Internal Continuous Assessment in the form of Practical, Viva-voce, Quizzes, Seminars, Assignments, Attendance (As per CBCS R.6.8.3)	15%
3.	University Examination	70%

Course Outcomes: Having completed this course, the learner will be able	
1.	to know about the nutritional aspect of food.
2.	to be familiar with food processing and their application in food and beverage production department.
3.	to know about the human requirement for energy and how to maintain it.
4.	to know importance of food Physiological, Psychological and social function of food.





Suggested References:

Sr. No.	References
1.	Food Science by Potter & Hotchkiss Published by CBS Publishers & Distributers Pvt Ltd
2.	Principles of Food Science by Borgstrom Published by Macmillon
3.	Food Chemistry by Fennima Published by CRC press

On-line resources to be used if available as reference material

On-line Resources

WWW.hmhub.me

WWW.hmhelp.in

