

SARDAR PATEL UNIVERSITY
Programme & Subject: BBA (Honours) - Hospitality & Tourism Management
Semester: I
Syllabus with Effect from: June - 2015

Paper Code: UM01CBHT04	Total Credit: 3
Title Of Paper: Food Science & Nutrition	

Unit	Description in Detail	Weightage (%)
I	Basic Aspects of Nutrition 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%
II	Micro Nutrients MINERALS : Definition, Classification Dietary Sources, Functions, Significance of dietary fibre (Prevention/treatment of diseases) Deficiency VITAMINS: Definition, Classification, Dietary Sources, Functions, Significance of dietary fibre (Prevention/treatment of diseases), Deficiency.	25%
III	Macro Nutrients - I CARBOHYDRATES : Definition, Classification (mono, di and polysaccharides), Dietary Sources, Functions, Significance of dietary fibre (Prevention/treatment of diseases) A.LIPIDS : Definition, Classification: Saturated and unsaturated fats, Dietary Sources, Functions, Significance of Fatty acids (PUFAs, MUFAs, SFAs, EFA) in maintaining health Cholesterol – Dietary sources and the Concept of dietary and blood cholesterol	25%
IV	Macro Nutrients - II PROTEINS : Definition, Classification based upon amino acid, composition, Dietary sources, Functions, Methods of improving quality of protein in food (special emphasis on Soya proteins and whey proteins) B. FAT & OILS Classification (based on the origin and degree of saturation) Autoxidation (factors and prevention measures), Flavour reversion, Refining, Hydrogenation & winterization, Effect of heating on fats & oils with respect to smoke point, C. Commercial uses of fats (with emphasis on shortening value of different fats)	25%

Basic Text & Reference Books:-

- Clinical dietetics & nutrition - F. P. Anita
- Normal and therapeutic nutrition - H. Robinson
- Microbiology - Anna K Joshna
- Catering Management an integrated approach Mohinseth, SurjeetMulhan
- Food facts & principles - Manay&ShalaksharaSwamy
- Nutritive value of Indian foods. Indian Council of Medical Research
- Fundamentals of food and nutrition, Mudambi&Rajgopal 4th edition 2001
- Principles of Food Technology by P.J.Fellows
- Handbook of analysis and Quality Control for fruits and vegetables by Rangana S. (Tata Me Graw Hill)
- Sensory Evaluation by Amerine (Academic Press)

