

**SARDAR PATEL UNIVERSITY**  
**Programme: B.Sc (Home Science)**  
**Semester: I**  
**Syllabus with effect from: June-2011**

**Objectives:**

- To understand the functions of food and the role of the various nutrients ,their requirements, Effects of deficiency and excess (in brief)
- To be familiar with different methods of cooking, their advantages and disadvantages.
- To gain knowledge of improving nutritional quality of food.

## Theory

<b>Paper Code: UH01CFDN11</b>	<b>Total Credit: 2</b>
<b>Title Of Paper: Introduction to Foods &amp; Nutrition</b>	

Unit	Description in detail	Weighting (%)
I	Concept of Nutrition	05%
II	Function of Foods, Basic five food groups ad their contribute to balanced diet. Method of Cooking, their advantages and disadvantages and effect on Nutritive Value, Basic terminology. Improving Nutritional quality of foods. By germination Supplementation fermentation Substitution Fortification and Enrichment	30%
III	Classification, Sources, Functions, RDA of Protein, Carbohydrates, and Fats.	25%
IV	Water Soluble Vitamin: Thiamine, Riboflavin, Niacin, Pyridoxine, Pantothenic acid, Vitamin B12, Folic acid and Vitamin C. Fat Soluble Vitamins: A, D, E, K.	25%
V	Minerals: Calcium, Phosphorus. Iron, Zinc, Fluorine, Iodine, and Selenium	15%

### Basic Text & Reference Books

- Educational Planning group(1991) : “Food and Nutrition, Text book of home science For senior students.”3rd Edition, Arya publishing house, New Delhi.
- Mudambi, S.R and Rajagopal M.V . Fundamentals of Nutrition, New Age International Ltd

