



SARDAR PATEL UNIVERSITY
Vallabh Vidyanagar, Gujarat
(Reaccredited with 'A' Grade by NAAC (CGPA 3.25)
Syllabus with effect from the Academic Year 2021-2022

Bachelor of Science - Home Science
(B.Sc. - H. Sc.) (Home Science) Semester (I)

Course Code	UH01CFDN51	Title of the Course	Introduction to Foods and Nutrition
Total Credits of the Course	02	Hours per Week	02

Course Objectives:	<ol style="list-style-type: none">1. Impart knowledge pertaining to different food groups, nutritive value and importance in daily diet.2. Understand the functions of food and the role of various nutrients, their requirements, effect of deficiency and excess.3. Familiarize students with different methods of cooking, their advantages and disadvantages.4. Gain knowledge of improving nutritional quality of food
--------------------	--

Course Content		
Unit	Description	Weightage* (%)
1.	<ol style="list-style-type: none">(a) Concept of Nutrition, function of Foods, Basic five food groups and their contribution to balanced diet.(b) Methods of cooking –advantages and disadvantages, their effect on nutritive value.(c) Improving nutritional quality foods (germination, fermentation, substitution, fortification, enrichment and supplementation)	20
2.	Classification, sources, function, RDA of Protein, Carbohydrate and Fats	20
3.	<ol style="list-style-type: none">(a) Classification, sources, function, RDA of water-soluble vitamins: Thiamine, Riboflavin, Niacin, Pyridoxine, Pantothenic acid, vitamin B12, folic acid and vitamin C(b) Classification, sources, function, RDA of Fat-soluble vitamins: Vitamin A, D, E, K	40
4.	Classification, sources, functions of RDA of Mineral: Calcium, Phosphorus, Sodium, Potassium, Iron, Zinc, Fluorine, Iodine, Selenium, Magnesium	20

Teaching-Learning Methodology	Class Discussions/ Demonstrations, Power point presentations, Class activities/ assignments, group discussions, Field visits, chalk and board
-------------------------------	---



Evaluation Pattern		
Sr. No.	Details of the Evaluation	Weightage
1.	Internal Written Examination (As per CBCS R.6.8.3)	15%
2.	Internal Continuous Assessment in the form of 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 to	
1.	Identify various food groups and would be able to judiciously use according to the source of availability.
2.	Identify various macro and micronutrients and their need in the body.
3.	Distinguish between the various cooking methods and their advantages and disadvantages.

Suggested References:	
Sr. No.	References
1.	Educational Planning group.(1991). <i>Food and Nutrition: Text book of home science For senior students.</i> (3 rd ed). New Delhi: Arya publishing house.
2.	Mudambi, S.R., & Rajagopal, M.V. (1982). <i>Fundamentals of Nutrition.</i> New Age International Ltd.
3.	Roday, S. (2012). <i>Food Science and Nutrition.</i> Oxford University Press.
4.	Mudambi, S. (2007). <i>Fundamentals of Foods, Nutrition and Diet Therapy</i> New Age Publications.

On-line resources to be used if available as reference material
On-line Resources
http://egyankosh.ac.in/

