



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	UH01CFDN52	Title of the Course	Practical-Introduction to Foods and Nutrition
Total Credits of the Course	02	Hours per Week	04

Course Objectives:	<ol style="list-style-type: none">1. Familiarize students with different methods of cooking, their advantages and disadvantages2. Gain knowledge of improving nutritional quality of food.3. Familiarise students with the controlling techniques by standardisation of recipes
--------------------	---

Course Content		
Unit	Description	Weightage (%)
1.	Market survey of locally available food items viz. cereals, pulses, fruits, vegetables, milk and milk products, fats and oils, nuts and oilseeds, sugar and jaggery, meat, fish, and poultry and miscellaneous food items like biscuits, jams, jellies, ketchup etc. and their cost	05
2.	Introduction to different culinary terms	05
3.	Introduction, use and care of kitchen equipment and Weights and Measurement Controlling techniques: Weights and measures - standard and household measures for raw and cooked foods, recipe and evaluation of the product Amount of ingredients to be used in standard recipe vis-à-vis, portion size	10
4.	Planning and preparation of recipe, assessing the nutritional quality, portion size and its application on treating the deficiency of Carbohydrates	10
5.	Planning and preparation of recipe, assessing the nutritional quality, portion size and its application on treating the deficiency of Protein (incorporating combination of cereals and pulses)	10
6.	Planning and preparation of recipe, assessing the nutritional quality, portion size and its application on treating the deficiency of Fat	05



7.	Planning and preparation of recipe, assessing the nutritional quality, portion size and its application on treating the deficiency of Vitamin B ₁ (Incorporating fermentation and germination)	10
8.	Planning and preparation of recipe, assessing the nutritional quality, portion size and its application on treating the deficiency of Vitamin B ₂	10
9.	Planning and preparation of recipe, assessing the nutritional quality, portion size and its application on treating the deficiency of Vitamin C	05
10.	Planning and preparation of recipe, assessing the nutritional quality, portion size and its application on treating the deficiency of Vitamin A	10
11.	Planning and preparation of recipe, assessing the nutritional quality, portion size and its application on treating the deficiency of Iron	10
12.	Planning and preparation of recipe, assessing the nutritional quality, portion size and its application on treating the deficiency of Calcium	10

Teaching-Learning Methodology	Visit to the market, practical cooking, use of various kitchen equipments to learn different cooking methods, measuring and weighing the raw and cooked food, video clips
-------------------------------	---

Evaluation Pattern		
Sr. No.	Details of the Evaluation	Weightage
1.	Internal Practical Examination (As per CBCS R.6.8.3)	15%
2.	Internal Continuous Assessment in the form of Practical, Viva-voce, 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.	Understand the nutritional contribution of and effect of cooking on different food groups.
2.	Demonstrate ways of reducing nutrient losses during different methods of cooking and methods of enhancement of nutritional quality of foods
3.	Prepare dishes using principles of cooking methods and assess serving size.

