

SARDAR PATEL UNIVERSITY, VALLABH VIDYANAGAR

B.Sc. Home Science

(Under Choice Based Credit Scheme)

Semester - Sixth (Foods and Nutrition) (Effect from 2020-21)

Sr. No.	Course Type	Course Code (10 Digit)	Name of Course	Theory (T) Practical (P)	Credit	Contact hrs/ week	Exam Duration in hrs	Marks		
								Internal	External	Total
1	Foundation Courses	UH06FINT21	Interpersonal communication in workplace	T	3	3	3	30	70	100
2		UH06FSEM22	Seminar	P	1	2	Internal	50		50
3	Core Courses	UH06CFDN23	Medical Nutrition Therapy-II	T	3	3	3	30	70	100
4		UH06CFDN24	Medical Nutrition Therapy-II	P	1	2	3	15	35	50
5		UH06CFDN25	Food Processing Technology	T	3	3	3	30	70	100
6		UH06CFDN26	Food Service Management	T	3	3	3	30	70	100
7		UH06CFDN27	Nutritional Biochemistry	T	2	2	2	15	35	50
8		UHO6CFDN28	Analysis of food	T	1	1	internal	25	0	25
9		UH06CFDN29	Analysis of food	p	2	4	3	30	70	100
10		UH05CFDN30	Internship	P	3	6	internal	150	-	150
Elective Course (Any One 11,12,13,14)										
11	Elective Courses	UH06EHSC01	Marketing	T	2	2	2	15	35	50
12		UH06EHSC02	Life skills	T	2	2	2	15	35	50
13		UH06EHSC03	Garment Export and Import	T	2	2	2	15	35	50
14		UH06EHSC04	Hygiene and Sanitation	T	2	2	2	15	35	50
Total					24	31	24	300	525	825

SARDAR PATEL UNIVERSITY
THIRD YEAR BSC (HOME) VI SEMESTER
INTERPERSONAL COMMUNICATION IN WORKPLACE
COURSE CODE: UHO6FINT21

Theory

Credit:03

Pd/Wk: 03

Marks: 100

Objectives:

- a. To prepare the students for work place
- b. To include in them important aspects of life career growth leadership
- c. To help them understand the intricacies of team work in work place.

THEORY	CONTENT	WEIGHTAGE
I	Need for interpersonal skill development - Understanding the universal need for developing interpersonal skills - How to develop interpersonal skills in a workplace - Informal learning	20%
II	Understanding the difference between individuals - What is personality - The main personality traits and factors - Effect of personality traits o job performance - How to deal with different personality types - Value differences and how to deal with them - Different kinds of intelligences - Work ethics	25%
III	Interpersonal communication - How does communication happen - Relationship building - Non- verbal communication - Overcoming communication barriers - Steps to effective communication	25%
IV	Team work skills - Why team work is important - Types of teams - The advantage and disadvantage of teamwork - Role distribution - Guidelines for team level communication - Trust, recognition, sharing	20%
V	Diversity in Understanding Cultural differences	10%

Outcome:

Students will be able to understand workplace strategies, importance of interpersonal skills and perform better in their workplace.

References:-

1. Cole M & Cole. S (1993) : The development of children. New York: Scientific American Books.
2. Arun Kumar (2000) Child Psychology, Anmol Pub. Pvt Ltd New Delhi.
3. Kumar K (1993) Study of childhood and Family. In T.S.Saraswati & B. kaur (ed) Human Development & Family Studies in India: An agends for research and policy (PP67-76) new Delhi : Sage.
4. Lerner R.M & Hostech, D.F (1983) Human Development : A Life Span perspective New York: Ms GrawHill.
5. Mussen, P. N Conger, J.J. Kagar, J & Huston, A C (1990) Child Development & Personality (7ed) N. Y Harper Collins.

SARDAR PATEL UNIVERSITY
Third Year B.Sc. (Home) VI Semester
SEMINAR
Course Code: UH06FSEM22
Practical

Credit:01

Pd/Wk: 02

Marks: 50 (Internal)

Objectives:

1. To provide an opportunity to develop insight into various recent researches/ issues related to their fields.
2. To help students develop an ability to review contemporary articles in their own fields of specialization.
3. To help the students to develop confidence in preparing and presenting reports.

Outcome:

After the completion of the course the students will be able to get a brief idea about:

1. Making a research proposal, framing objectives, collecting review, preparing tool for data collection and implementing it.
2. They will be able to analyze and interpret the data.

SARDAR PATEL UNIVERSITY
THIRD YEAR BSC (HOME) VI SEMESTER
MEDICAL NUTRITION THERAPY –II
COURSE CODE: UHO6CFDN23
Theory

Credit:03 **Pd/wk: 03** **Marks:100**
Objectives: **course will enable the students to:**

1. Understand the role of diet in therapy.
2. Gain knowledge on dietary modifications for various diseases.
3. Be able to plan and prepare diets for various diseases.

THEORY	CONTENT	WEIGHTAGE
I	Diseases of liver: a) Functions of liver (review) b) Etiology, Symptoms and dietary management in – viral hepatitis, cirrhosis of liver ,hepatic coma	20%
II	Diseases of kidney a) Functions of kidney (review). b) Etiology, Symptoms and dietary management in – Nephritis, Nephrotic Syndrome, Nephrolithiasis, Renal failure and dialysis, Low sodium diets. Level of sodium restriction.	20%
III	Diseases of Cardiovascular System: a) Functions of Heart (Review). b) Etiology Symptoms and dietary management in – Artherosclerosis- hypertension and congestive cardiac failure.	20%
IV	Diet in Diabetes Mellitus: a) Classification and symptoms, Testes used for diagnosis of diabetes Mellitus. b) Glycemic Index of Foods. c) Etiology, Symptoms and dietary management in – of Diabetes Mellitus. Diabetic coma, Insulin shock and chronic complications due to diabetic mellitus (in brief)	20%
V	a) Diet in cancer. b) Diet in HIV Infection.	20%

Outcomes The student will be able to calculate nutrients and plan diets according to disease condition

- References:**
1. Joshi S.A.(1992) Nutrition and Dietetics Tata McGraw Hill Publication New Delhi.
 2. Anderson, L, Dibble, M.U.Turkki, P.R.Mitchell, H.S. and Rynbergin,H.J.(1982) Nutrition In Health Disease latest ed, J.B.Lippincott& Co. Philadelphia.
 3. Antia, F.P. (1973) Clinical Dietetics and nutrition 2nded, Oxford University press New Delhi.
 4. Mahan, L.K. Arli, M.T. (1992) Krause Food Nutrition and Diet Therapy 8th ed. W.B. Saunders Co. London.
 5. Robinson, C.H.Lawer, M.R.,Chenoweth, W.L. and Garwlic,
 6. A.E. (1986) normal and therapeutic 17th ed. Mac. Millan Publishing Co.
 7. Williams S.R. (1989) Nutrition and Diet therapy 6th ed. Tumes mirror/Mosby College publishing St. Louis.
 8. Raheena Begum (1989) A text book of Food Nutrition

SARDAR PATEL UNIVERSITY
THIRD YEAR BSC (HOME) VI SEMESTER
MEDICAL NUTRITION THERAPY –II
COURSE CODE:-UHO6CFDN24
Practical

Credit:01

Pd/wk: 02

Marks:50

Objectives:

1. This course will enable students to learn about different diets other than routine diets.
2. It will help them to plan and calculate diets according to the disease condition

PRACTICAL

CONTENT

- 1 Medical nutrition therapy in
 - a) Viral hepatitis (moderate and severe jaundice)
 - b) Diet in liver cirrhosis

- 2 Medical nutrition therapy in Renal disorder
 - a) Diet in acute and chronic nephritis
 - b) Diet in Nephrotic syndrome
 - c) Diet in kidney stones.
 - d) Diet in chronic Renal failure

- 3 Medical nutrition therapy in cardiovascular disorder
 - a) Diet in hypertension
 - b) Diet in Atherosclerosis

- 4 Medical nutrition therapy in Diabetes Mellitus
 - a) Diet for IDDM Patient
 - b) Diet for NIDDM Patient

- 5 Diet for Cancer Patient

- 6 Diet for HIVpositive patient

Outcomes

The student will be able to calculate nutrients and plan diets according to disease condition

References:

1. Joshi S.A.(1992) Nutrition and Dietetics Tata McGraw Hill Publication New Delhi.
2. Anderson, L, Dibble, M.U.Turkki, P.R.Mitchell, H.S. and Rynbergin,H.J.(1982) Nutrition In Health Disease latest ed, J.B.Lippincott& Co. Philadelphia.
3. Antia, F.P. (1973) Clinical Dietetics and nutrition 2nded, Oxford University press New Delhi.
4. Mahan, L.K. Arli, M.T. (1992) Krause Food Nutrition and Diet Therapy 8th ed. W.B. Saunders Co. London.
5. Robinson, C.H.Lawer, M.R.,Chenoweth, W.L. and Garwlic,
6. A.E.(1986) normal and therapeutic 17th ed. Mac.Millsn Publishing Co.
7. Williams S.R. (1989) Nutrition and Diet therapy 6th ed. Tumes mirror/Mosby College publishing St. Louis.

8. Raheena Begum (1989) A text book of Food Nutrition and Dietetics Sterling Publisher New Delhi.

SARDAR PATEL UNIVERSITY
THIRD YEAR BSC (HOME) VI SEMESTER
FOOD PROCESSING TECHNOLOGY
COURSE CODE: UHO6CFDN25
Theory

Credit: 03
Objectives:

Pd/wk: 03

Marks:100

1. To acquaint students with processing of various foods.
2. To acquaint the students with food additives fermented foods, role of enzymes in food processing.

THEORY	CONTENT	WEIGHTAGE
I	a) Cereals and products- wheat, rice, maize, processing and their products (any two popular products) in detail. b) Dals and legumes including soybean technology, processing and their products (any two popular products) in detail.	20%
II	a) Nuts and Oilseeds –Processing and their products (any two popular products) in detail. b) Milk and Milk products- Processing and their products (any two popular products) in detail.	20%
III	a) Meat ,fish and poultry and eggs - Processing and their products (Any two popular Products) in detail. b) Vegetable and fruits - Processing and their products (any two popular Products) in detail.	20%
IV	a) Sugar and Jaggery- Processing and their products (any two popular Products) in detail. b) Beverages-classification, Processing and their products (any two popular Products) in detail.	20%
V	Food Irradiation, principles and applications. Food additives.	20%

Outcomes
References:

- Students will able to learn food processing technology
1. Foods science and experimental foods by M. Swaminathan (latest edition)
 2. Foods science by srilaxmi. (latest edition)
 3. Food, facts and principles by Shakuntala Manay and Shadrak Swamy. . (latest edition)
 4. Food science by Norman Potter. (latest edition)
 5. Fruit processing technology.
 6. Encyclopedia of food science and technology

SARDAR PATEL UNIVERSITY
THIRD YEAR BSC (HOME) VI SEMESTER
FOOD SERVICE MANAGEMENT
COURSE CODE - UHO6CFDN26
Theory

Credit:03

Pd/wk: 03

Marks:100

- Objectives:**
- 1) Gain knowledge of the types of food services in India and the factors which have led to their development,
 - 2) Understand the special characteristics of food service establishments.
 - 3) Know the types of resources required for the managing food outlets.
 - 4) Maximize resources use.
 - 5) Learn manpower management techniques.
 - 6) Understand human relations and behavior at work.
 - 7) Know the types of costs involved and how to control them.
 - 8) Maintain and analyze accounting information for decision making.

THEORY	CONTENT	WEIGHTAGE
I	Introduction to food service Institutions: 1. Development of food service institutions in India. a. Characteristics of food service Establishments. 2. Food service Management –Definition, Principles and Functions and tools of Management.	20%
II	Approaches to Management: 1. Traditional management, System approach, Management by objectives, Total quality management.	10%
III	Management of resources: 1. Finance, spaces, Equipment and furniture, materials, staff, time and energy procedures.	25%
IV	Personnel Management- 1. Definition, Development and policies, recruitment, selection and induction. Employee benefits, Training and Development, Human Relations. 2. Trade Union negotiation and settlement.	25%
V	Costs and management accounting-	10%

1. Definition and scope, costs and their control, management accounting profit planning.

- Outcomes:
1. The students will Understand the special characteristics of food service establishments
 2. Think of starting a food service.

- References:
1. Boella, M.J.(1983) Personnel Management in the Hotel and catering Industry 3rd Ed Huntchinson, London.
 2. Drucker P.F.(1975) Management, Allied Pub New Delhi.
 3. Fearn D (1969) Maagement System for the Hotel Catering and Allied Industries.
 4. Hitchcock M.J.(1980) Food Service systems administration, MacMillan New York.
 5. Koontz H.O, Donnel C Weihrich H (1983) Essentials of management Indian Ed.
 6. Kotas R (1972) Accounting in the hotel and catering industry intertext books 3rd Ed Bitler and tanner London.
 7. Moore C.L and Jaedicke R.K Managerial Accounting, South esternPub.Co.
 8. Sethi M. Malhan S (1983) Catering Management: An integrated approach Wiley Eastern New Delhi.
 9. Terry G.R (1972) Principles of Management 6th Ed. Irvin Dorsey International London.
 10. West.B.B. Wood L Revised by Hargar V.F. Shugat.G.S.Payne-Palacio J. (1989)
 11. Food Service In Institutions 6th Ed. MacMillaPub,Co.New York.

SARDAR PATEL UNIVERSITY
THIRD YEAR BSC (HOME) VI SEMESTER
NUTRITIONAL BIOCHEMISTRY
COURSE CODE: UH06CFDN27

Theory

Credit:02

Pd/wk: 02

Marks :50

Objectives:

- (1) It will enable students to learn the basics of nutritional biochemistry
- (2) Obtain an insight into chemistry of vitamins and minerals and physiologically important compounds.
- (3) Understand the biological process and system as applicable to human nutrition

Theory:

Content

Weightage

I	Structure and Function of DNA,RNA, Nucleotide	15%
II	Vitamins –structure and biochemical role Fat soluble vitamins-A, D, E, K.	15%
III	Vitamins –structure and biochemical role Water soluble vitamins-B1,B2,B3, B6, folic acid ,B12 and C	20%
IV	Minerals –biological occurrence of inorganic elements, biochemical role structure Iron, calcium, phosphorus, iodine, selenium, zinc.	30%
V	Enzymes –classification , nomenclature ,enzyme inhibition, factor affecting enzyme activity	15%

Outcomes:

1. The students will learn nutritional biochemistry as applicable to human nutrition.

References:

2. West .S.Todd,W.R. Mason, H.S. Brugen,J.T(1974) Text Book of Biochemistry,Amerind Publishing co pvt .ltd.
3. Biochemistry for Medial students by Vasudevan
4. Biochemistry by Satynarayan
5. LehningerA.I.NelsonD.L.and Cox M.M. (1930) Principles of Biochemistry
6. Hawk PB, Oser BL Summerson WH (1954).Practical Physiological chemistry, McGraw Hill New york.

SARDAR PATEL UNIVERSITY
THIRD YEAR BSC (HOME) VI SEMESTER
ANALYSIS OF FOOD
COURSE CODE: UH06CFDN28

CREDITS: 01

PD/WK: 01

MARKS: 50

OBJECTIVES:

This course should enable the students to-

- 1) To get acquainted with various methods of Food analysis.
- 2) To make students aware regarding Analytical techniques used in Food industries.

THEORY	CONTENT	WEIGHTAGE
I	General physical methods of Analysis of foods. 1. Photo electrometric determination 2. Refractrometry 3. Food rheology 4. Viscosity 5. Surface tension 6. Specific gravity	25%
II	General chemical methods of analysis in food. 1. Proximate principles 2. Moisture determination 3. Ash types	25%
III	Total nitrogen 1. Total fats and fatty acids 2. Total carbohydrates 3. Crude fibre and dietary fibres	25%
IV	1. Determination of Vitamins and Minerals 2. Chemical, biological, microbiological and titrimetric methods	25%

OUTCOME:

1. The students will understand the quantitative analytical procedures commonly used to analyze various nutrients from the food.
2. After completion of this course, the students will be able to know the general physical and chemical methods for analysis of food.

REFERENCES:

1. Joslyn.M.A.(1970) "Methods of Food analysis".
2. Physical, Chemical & Instrumental methods of Analysis.IInd edition Academic press, New York.

3. Pearson David,(1976)''The chemical analysis of food''.7th edition. Churchill Livingstone: New York Pomeranz Y cliffton.E.M. (1996)Food Analysis.' Theory and Practical' IIIrd edition CBS .Publishers & Distributor

SARDAR PATEL UNIVERSITY
THIRD YEAR BSC (HOME) VI SEMESTER
ANALYSIS OF FOOD
COURSE CODE UH06CFDN29
Practical

Credits-02

PD/WK-04

MARKS:100

PRACTICALS

CONTENT

Estimation in Foods: Proximate principles, minerals, trace elements & Vitamins in the following:

1. Moisture in Foods: Vacuum drying, Moisture meter
2. Protein foods: Kjeldahl, Colorimetric, electrophoresis
3. Fat foods: Gravimetric, Volumetric, TLC, Chromatographic applications
4. Fiber: Crude fiber, dietary fiber
5. Minerals: Colorimetric, Fluorometric and Chromatography
6. Vitamins: Colorimetric, Fluorometric and Chromatography

SARDAR PATEL UNIVERSITY
THIRD YEAR BSC (HOME) VI SEMESTER
INTERNSHIP
COURSE CODE UH06CFDN30
Practical

Credit:03

Pd/wk: 06

Marks :150

- Objectives:** To enable the students to-
1. Understand the working of health organization and food industry.
 2. Gain the knowledge in various aspects in management of institutions and Beneficiaries.

Content

- 1 The internee would work for period of three weeks in any one setting such as
 - a) Multispecialty hospital
 - b) ICDS centers.
 - c) Women welfare organization
 - d) Hostels
 - e) Food industries
 - f) Canteens of Industries and Institutes.
- 2 Report writing and presentation would be done at the end of the training period.
- 3 Evaluation would be carried out for the same.

**SARDAR PATEL UNIVERSITY
THIRD YEAR B.SC. (HOME) VI SEMESTER
UH06EHSC01 MARKETING**

Theory

Credit:02

Pd/Wk: 02

Marks:50

Objectives:

1. To get acquainted with the basic concepts of market and marketing.
2. To familiarize the students about product development.
3. To make the students aware about different business organization.
4. To acquainted students with pricing policies and strategies.

Unit	Content	Weightage
Unit I	<p>Concept of Marketing</p> <ol style="list-style-type: none"> 1. Definition of marketing and marketing management. 2. Concepts of market-place, area and demand. 3. Types of market. 4. Market Segmentation: Definition and basis. <p>Organization and function of organization</p> <ol style="list-style-type: none"> 1. Sole Proprietorship and Partnership. 2. Characteristics of ideal form of organization. 3. Sole Proprietorship merits & limitations. 4. Features of partnership merits & demerits. 5. Ideal partnership. 6. Partnership Deed, Registration of firm, rights of partner. 	25%
Unit II	<p>The Product</p> <ol style="list-style-type: none"> 1. Classification of consumer products. 2. The product life cycle. 3. The adoption & diffusion process. 4. New product development. 	15%
Unit III	<p>Pricing</p> <ol style="list-style-type: none"> 1. Definition and importance of pricing. 2. Pricing objectives. 3. Price determining process. 4. Factors influencing price decisions. 5. Pricing policies and strategies. 	25%
Unit IV	<p>Distribution</p> <ol style="list-style-type: none"> 1. Marketing channels. 2. Direct and Indirect. 3. Choice of distribution channel. 4. Types of distribution systems. 5. Physical distribution, warehousing and transportation. 	20%
Unit V	<p>Promotion</p> <ol style="list-style-type: none"> 1. Sales Promotion: Definition and techniques. 2. Personal Selling: Definition, Kinds of salesman, qualities of successive salesman, types of training. 	15%

Outcome:

After the completion of the course the students will be able to get a brief idea about:

1. The role of marketing in the economy.
2. Marketing skills needed for sales promotion and personal selling.
3. Procedure for new product development, pricing decisions and distribution.

References:

1. Kotler Philip(2003) "Marketing management Pearson Education" Pvt. Ltd, Delhi.
2. SharlekarS. (1995) Marketing Management Himalaya Pub. House, Bombay.
3. SchoellF. (1985) Marketing Allyn and Bacon Inc, London.
4. Sarkar M. (2000) Marketing Management Crest Pub House, New Delhi.
5. Rajgopal (2000) Marketing Concepts and Cases, New AgeInternational (P) Ltd pub, New Delhi.

SARDAR PATEL UNIVERSITY
THIRD YEAR B.SC (HOME) VI SEMESTER
LIFE SKILLS
COURSE CODE: UH06EHSC02

Credits: 02

Pd/Wk: 02

Marks: 50

OBJECTIVES

- 1) To cater the need of modern corporate economy and urban living.
- 2) To update students about globalization and multicultural work set up by providing valuable trained on life skills.
- 3) To motivate students for personal and professional growth.
- 4) To provide tools for success and character building.

THEOR Y	CONTENT	WEIGHTAGE
UNIT-I	Introduction 1) Understanding what are life skills meaning and usefulness 2) Need for life skills in today's world 3) Preparing and dealing with changes.	25%
UNIT-II	Driving our own growth. 1) Motivation: meaning need and sources 2) Development of positive thinking 3) Benefits of positive thinking 4) Mind power: Meaning, benefits of meditation	25%
UNIT-III	Stress management 1) Understanding stress symptoms and consequences 2) Techniques to manage stress 3) Understanding relation between life goals, motivation, productivity and stress.	25%
UNIT-IV	Leadership skills Key characteristics' of leader, self-confidence, assertiveness, trustworthiness, morality, emotional, stability, self-awareness, objectivity, developing of teamwork Skills, decision making, emotional stability.	25%

OUTCOMES:

- 1) It will develop personal and professional growth.
- 2) The knowledge will help in improvement of personality.
- 3) It will enhance employability.

REFERENCES:

- 1) Nishitesh, Dr.BhaskaraReddi (2012), "SOFT SKILLS & LIFE SKILLS, B Sc publishers. Hyderabad.
- 2) Rao M.S. (2010) Soft Skills, Enhancing Employability.
- 3) Mane M.S (2015) Personality development and Soft skills.

SARDAR PATEL UNIVERSITY
THIRD YEAR B.SC. (HOME), VI SEMESTER
GARMENTS – EXPORT & IMPORT
COURSE CODE: UH06EHSC03

Credit: T 2

PD/wk: 2

Marks: 50

Objectives:

1. To make students aware of garment import & export marketing techniques.
2. To acquire knowledge of textile policies in India.
3. To develop insight in quality assurance of apparel & textile products.

Theory:

UNIT	CONTENT	WEIGHTAGE
I	1. Introduction to export & import management 2. Management function	20%
II	Finance function 1. Nature & Scope 2. Methods of financing 3. Financial planning	20%
III	Policies in apparel & textile export 1. Government 2. Nongovernment	15%
IV	Business System 1. Laundering a proprietorship 2. Joint stock company 3. Cooperatives 4. Partnership	25%
V	Quality Control in apparel & textile units 1. Importance 2. Stage of Quality Control in Industry 3. Role of Information technology	20%

Outcome:

Learners can work in the field of export and import of textiles.

Reference:

1. How to export garments successfully (1995); Shukla R.S.; Abhinav Publishing Industries Pvt. Ltd. New Delhi, India.
2. Textile Industry , - Problems & prospects in 21st Century (2002); Dr. Rai I; Books Treasure, Jodhpur, India.
3. Inside the fashion business (2003); Dickerson K.G.; Pearson Education Pvt Ltd, Delhi, India.
4. Indian Textile policy for 21st Century(1999); R. Venkatesan & V.Katti; B.R. Publishing Corporation New Delhi, India
5. Reorienting fashion “ The globalization of Asian dress” (2003)Edited by Sandra Niessen, A Leshkovich & C. Jones Published by BERG, Oxford International Publisher Ltd.
6. Fashion merchandise information(1986) ; D.D. Prisco & H.W. Moore; John Wiley & Sons, Inc ;
7. Inside the fashion business(1987); J.A. Jarnew, M.Guerreiro, B. Judelle; Macmillan Publishing Company, New York,
8. Introduction to clothing manufacture(1991), G. Cooklin, Black well Science Ltd, U.K.
9. Inside the fashion design(2004); S.L. Tate; Person Education Inc.
10. Introduction to clothing production management(1999) ,A.J. Chuter, Black well Science Ltd, U.K.
11. Garment technology for fashion designer(1997); G. Cooklin, Black well Science Ltd, U.K.

SARDAR PATEL UNIVERSITY
THIRD YEAR BSC (HOME) VI SEMESTER
HYGIENE AND SANITATION
COURSE CODE: UH06EHSC04
Theory

Credits- 02

PD/Wk- 02

Marks-50

Objectives:

This course will enable students to:

1. Develop correct habits of personal and environmental hygiene.
2. Learn safe handling of food and ensure complete safety of raw and processed foods.

THEORY	CONTENT	WEIGHTAGE
I	Definition of hygiene its application to everyday life. Personal hygiene care of skin, hair, hands feet, teeth, use of cosmetics and jewellery.	10%
II	Safe handling of food – Personal hygiene including uniform, medical checkup, good food handling habits and training, control and eradication of flies, cockroaches, rodents and other pests.	20%
III	Disinfections – Definition of disinfectant, sanitation, antiseptic and germicides, common disinfectants, use in case of working surfaces. Plant equipment's. Dish washing, hand washing etc., and sterilization of plant equipment's.	20%
IV	Care of premises and equipment's–impervious washable floors and walls, table tops, floors etc. Good ventilation and lighting, care of dark corners, crevices and cracks. Garbage disposal – collection storage and proper disposal from the premises including effluents.	25%
V	<ol style="list-style-type: none">1. Storage of food – Technique of correct storage temperature of different commodities to prevent bacterial contamination of milk, butter, cream, cheese, fruit juices. LTHT, HTST method, sterilization of milk, water etc.2. Legal administration and quality control – Laws relating to Food Hygiene.	25%

Outcomes:

1. Students can get the knowledge of personal and industrial hygiene and sanitation.
2. They can get the information regarding storage and care of food and equipment.
3. They will aware about legal standards related with food hygiene.

References –

1. Hobbs B.C. and Gilbert (1970): Food Poisoning and Food Hygiene, Edward Arnold , London.
2. Rack B. G. Hygiene in Food Manufacturing and Handling Food trade Press London .
3. Longree K. Blaker G. G. (1971): Sanitary Techniques in Food Services, John Wiley, New York.
4. Longree K. (1967): Quality food sanitation 2nd Edition Inter Science Pub, Johan Wiley & Sons. New York.