

Vidyasagar University

Curriculum for B.Sc (General) in Nutrition [Choice Based Credit System]

Semester-I

Course	Course Code	Name of the Subjects	Course Type/ Nature	Teaching Scheme in hour per week			Credit	Marks
				L	T	P		
CC1 [DSC-1A]		C1T:Nutritional aspects of food items	Core Course-1	4	0	0	6	75
		C1P:Nutritional aspects of food items		0	0	4		
CC2 [DSC-2A]	TBD	DSC-2A (other Discipline)	Core Course-2				6	75
CC3 [DSC-3A]	TBD	DSC-3A (other Discipline)	Core Course-3				6	75
AECC		English	AECC (Elective)	1	1	0	2	50
Semester Total							20	275

L=Lecture, **T**=Tutorial, **P**=Practical, **CC** = Core Course, **TBD** = To be decided, **AECC**= Ability Enhancement Compulsory Course

DSC-1 = Discipline Specific Core of Subject-1, **DSC-2** = Discipline Specific Core of Subject-2,**DSC-3** = Discipline Specific Core of Subject-3.

Semester-I
Core Course (CC)

CC- 1: NUTRITIONAL ASPECT OF FOOD ITEMS

Credits 06

C1T: Nutritional aspect of food items

Credits 04

1. Concept and definition of terms:

- Food, Food Groups, Food Pyramid, Functions of food.
- Nutrient and Nutritive value, Concept of Balanced Diet.

2. Cereals, Pulses and legumes:

- Nutritional aspects of wheat, rice and oat.
- Types of pulses and legumes, uses, and nutritional aspects.

3. Milk and milk Products:

- Nutritive value of milk, composition of milk,
- Types of processed milk, milk products (butter, curd, paneer and cheese),
Pasteurization.

4. Egg, Fish and meat:

- Nutritional aspects and uses.
- Nutritional aspects of edible fish and meat, concept of red and white meat.

5. Vegetables and fruits:

- Uses and nutritional aspect of commonly available vegetables.
- Fresh fruits and dry fruits– raw and processed product.

6. Salts, Fats and oils:

- Uses and nutritional aspects of various salts.
- Types, sources, use and nutritional aspects of fats and oils.

7. Methods of cooking:

- Dry, moist, frying and microwave cooking.
- Effect of various methods of cooking on foods, nutrient losses in cooking.

C1P: Nutritional aspect of food items

Credits 02

Practical

Food preparation and nutritive value as per portion size wherever applicable -

1. **Beverages:** Lassi
2. **Cereals:** Fried Rice
3. **Milk and milk products:** Payasam
4. **Eggs:** Egg pudding
5. **Snacks:** Sandwiches

Suggested Readings:

1. Hughes O, Bennion M (1970). *Introductory Foods*, Macmillan & Co. New York.
2. Lavies S (1998). *Food Commodities*.
3. Pomeranz Y (Ed) (1991). *Functional Properties of Food Components*, (2nd edition), Academic Press, New York.
4. Tindall HD (1983). *Vegetables in the Tropics*, MacMillan Press, London.
5. Winton AL, Winton KB (1999). *Techniques of Food Analysis*. Allied Scientific Publishers.
6. Winton AL, Winton KB (1999). *Techniques of Food Analysis*. Allied Scientific Publishers.