

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.