

III_{yr}

BSc ANPH OU SYLLABUS

B.SC. APPLIED NUTRITION AND PUBLIC HEALTH III YEAR

V - SEMESTER

**BS 503, GENERIC ELECTIVE -1 (GE 1)
FUNDAMENTALS OF FOOD AND NUTRITION**

NO. OF HOURS: 60

CREDITS: 4

CREDIT I: FUNDAMENTALS OF FOOD

15 Hours

- 1.1 Definition of food, Types of foods- Nano foods, Convenience foods,
- 1.2 Texturized Foods, space Foods, Novel foods, Organic foods

CREDIT II: FUNDAMENTALS OF NUTRITION

15 Hours

- 2.1 Definition of Nutrition
- 2.2 Digestion, absorption & assimilation of nutrients in the human gut
- 2.3 Benefits of intestinal microflora- Pre & probiotics.

CREDIT III. FOOD SAFETY AND QUALITY CONTROL

15 Hours

- 3.1 Selecting and purchasing food
- 3.2 Understanding food labels
- 3.3 Storing raw foods and cooked foods
- 3.4 Definition of food adulteration and common adulterants present in food

CREDIT IV. HYGIENE AND SANITATION

15 Hours

- 4.1 Definition of hygiene and sanitation
- 4.2 Personal hygiene of food Handler
- 4.3 Techniques of washing hands
- 4.4 Pest control and garbage disposal

REFERENCE BOOKS:

1. Sri Lakshmi. B, Nutrition Science, New age international Pvt. Ltd. publishers.
2. Srilakshmi B., Food Science, New Age International Pvt. Ltd publishers
3. Biochemistry- U Satyanarayana, U chakrapani, Books and Allied (Pvt . Ltd.)
4. The pink book –food smart by FSSAI
5. Catering Management – An Integrated Approach – MohiniSethi, Surjeet Malhan,3rd edition, New Age International Publishers.

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