

SEMESTER – I

MIC-1

Food and Nutrition

Course Outcomes:

- CO1:** Obtain knowledge on food groups and its nutritional composition
- CO2:** Understand the concept of balanced diets and meal planning
- CO3:** Understand the role and functions of nutrients, its composition , requirements and the effect of Deficiency and excess
- CO4:** Describe different methods of cooking and ways to prevent nutrient losses.

MIC-1		Food and Nutrition	
Theory: 2 credits			
Unit	Topics to be covered	No. of Lectures	
I	Introduction to Food and Nutrition - Definition and terms used in Food and Nutrition - Functions of food - Food pyramids - Concept of balanced diet - Malnutrition:- Types, causes, symptoms and treatment . - Meal planning–steps in meal planning, factors affecting meal planning for a family	6	
II	Basic Concepts, classification, composition and nutritive value of different Food Groups: - - Cereals and cereal products - Pulses and legumes - Fruits and vegetables - Salt, sugar and jaggery - Nuts, oils and oil seeds - Milk and milk products - Eggs, meat, poultry and fish - Spices and condiments -importance and functional properties	6	
III	Definition, classification, dietary sources, functions, clinical signs and symptoms of deficiency diseases and excess of: - Macronutrients (Carbohydrate, Protein & Fat) - Micro nutrients (Minerals and Vitamins - Water and fibre	6	
IV	Types, advantages and disadvantages of Cooking methods. 1 Moist heat methods –boiling, simmering, steaming, and Pressure cooking 2 Dry heat methods – baking. Microwave 3 Fat as a medium for Coking-shallow and deep fat frying	2	
Total			20

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Reading List:

- Bamji, MS., Krishnasamy, K., Brahmam, G.N.V. (2012). Text Book of Human Nutrition, 3rd Edition, Oxford and IBH Publishing Co. P. Ltd., New Delhi.
- Longvah, T., Ananthan, R., Bhaskarachary, K., Venkaiah, K. (2017). Indian Food Composition Tables (IFCT), Indian Council of Medical Research, National Institute of Nutrition, Hyderabad.
- Maney, S. (2008). Foods, Facts and Principles, 3rd Edition Published by Wiley Eastern, New Delhi.
- aina, U., Kashyap, S., Narula, V., Thomas S, Suvira., VirS., Chopra, S. (2010). Basic Food Preparation: A Complete Manual, 4th Edition, Orient Black Swan Ltd, Mumbai.
- Srilakshmi, B. (2017). Nutrition Science, New Age International (P) Ltd., New Delhi.
- Sunetra, Roday. (2017). Food Science and Nutrition, Oxford University Press, New Delhi.
- Usha, Chandrasekhar. (2002). Food Science and Application in Indian Cookery, Phoenix Publishing House P. Ltd., New Delhi.

MICI	Foods and Nutrition Practical: 1 Credit	No. of classes
1	Basic Cooking skills Weights and measures - standard and household measures for raw and cooked foods.	20
2	Preparation of various dishes using different cooking methods from different food groups	
3	Table setting	

REFERENCES

- Srilakshmi B, (2007), Dietetics. New Age International publishers. New Delhi
- Srilakshmi B, (2002), Nutrition Science. New Age International publishers. New Delhi
- Swaminathan M. (2002), Advanced text book on food and Nutrition. Volume I. Bappco.
- Gopalan.C., Rama Sastry B. V., and S.C. Balasubramanian (2009), Nutritive value of Indian Foods. NIN. ICMR. Hyderabad.
- Mudambi S R and Rajagopal M V, (2008), Fundamentals of Foods, Nutrition & diet therapy by New Age International Publishers, New Delhi

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