

**GUJARAT TECHNOLOGICAL UNIVERSITY**  
**Hotel Management & Catering Technology**  
**B. E. SEMESTER: II**

Subject Name: **Food Science & Nutrition**

Subject Code: **123304**

Sr. No	Course Content	Hrs.
1.	<b>Introduction:</b>  Food and its relation to health, objectives in the study of nutrition	2
2.	<b>Major Nutrients:</b>  Their characteristics, functions, Metabolism, food sources, deficiencies, carbo hydrates, liquids, proteins, vitamins and minerals	6
3.	<b>Classification of Raw Materials into Food Groups:</b>  Cereals, pulses, milk and milk products, milk borne diseases, Pasteurization, and boiling preservation of milk, eggs, meat varieties, preservatives, cooking poultry, white and red meat, fish, cooking, disease produced by fish, fruit and vegetables, nuts and dried fruits, sweet foods and sweetening agents, spices and condiments, emulsions – colloids, flavor & Browning's	8
4.	<b>Factors Influencing Food Intake and Habits</b> , physiologic factors that determine food intake, environmental and behavioral factors influencing food acceptance	4
5.	<b>Food Processing:</b>  Definition, objectives, types of cooking, effect of factors like heat, acid, alkali, on food constituents.	6
6.	<b>Evaluation of Food:</b>  Objectives, sensory assessment of food quality methods, introduction to proximate analysis of food constituents, Theological aspects of food.	4
7.	<b>Water:</b>  Definition, dietary sources (visible , Invisible) functions of water, role of water in maintaining health.( water balance)	4
8.	<b>Balanced Diet / Menu Planning:</b>  Definition, importance of balanced diet, RDA for various nutrients, space, gender, psychological state, planning & nutritionally balanced meals based upon the three food groups stem, factors affecting meal	14

	planning, critical evaluation few meals served at the institutes,/ hotels based on the principals of the meal planning, calculation of nutritive value of dishes/ meals	
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**Text Books:**

1. Food Science & Nutrition, MN Ahmed, Anmol Publications.
2. Food & Nutrition Education, Dr. Poonam chopra, APH Publications.

**Reference Books:**

1. Nutrition & Dietetics, Subhangini Joshi, PMH
2. Food Science & Technology, Set of 7 Vol. , S N Mahindra, APH
3. Food Microbiology 4 Edition, William C Frazier & D C Westhoff, TMH