

GUJARAT TECHNOLOGICAL UNIVERSITY
B. E. SEMESTER: V
FOOD PROCESSING TECHNOLOGY

Subject Name: **Food Nutrition and Health (Institute Elective-II)**

Subject Code: **151405**

Teaching Scheme				Evaluation Scheme		
Theory	Tutorial	Practical	Total	University Exam (Theory) (E)	Mid Sem Exam (Theory) (M)	Practical (I)
4	0	2	6	70	30	50

Sr. No.	Course Content	No. of Lectures
1.	Food: Definition and classification of food, Functions of food, Food guide pyramid.	05
2.	Constituents of food: Classification, Properties and Significance of Micro and Macro Nutrients, Recommended daily Allowance (RDA).	10
3.	Nutritive Aspects of Foods: Food constituents, Food and energy, Nutritive value of Foods, Bioavailability of nutrients, BMR.	09
4.	Diseases: Nutrient deficiency diseases, Kwashiorkor, Marasmus, Osteoporosis, Anaemia and Goiter, Food fortification and supplementation.	07
5.	Diet: Diet requirement for various age groups, Infant, Child, adolescence, Adult & old age, Lactating and pregnant woman.	07
6.	Food Adulteration: Food adulteration, Food Poisoning, Food Infection and Intoxication, Anti-nutritional factors naturally present in food, Common food adulterants: Identification and detection.	10

Reference Books:

1. Food Facts and Principles by N. Shakuntala Manay & M. Shadaksharaswamy, New Age International (P) Ltd. Publishers.
2. Food Science by N. Potter & J. Hotchkiss, CBS Publisher and Distributors.
3. Food Preservation and Processing by Manoranjan Kalia and Sagita Sood, Kalyani Publishers.
4. Nutrition and Dietetics By Shubhangini Joshi, Tata Mcgraw Hill Co. Ltd.
5. Food and Nutrition by M. Swaminathan, Vol-I, Bangalore Printing and Publishing Co.