



Shri Vaishnav Vidyapeeth Vishwavidyalaya, Indore

Shri Vaishnav Institute of Home Science

M. Sc Food and Nutrition Sem I (2021-2023)

Subject Code	Category	Subject Name	Teaching and Evaluation Scheme								
			Theory			Practical		Th	T	P	CREDITS
			End Sem University Exam	Two Term Exam	Teachers Assessment	End Sem University Exam	Teachers Assessment				
MFSN 101	I	Advanced Food Science	60	20	20	0	0	4	0	0	4

Abbreviation		Teacher Assessment (Theory) based on following components: Quiz / Assignment / Project / Participation in class (Given that no component shall exceed 10 Marks).
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T	Tutorial	
P	Practical	

Course Objective

- To provide understanding about composition and nutritive value of food.
- To provide knowledge relevant to processing, shelf life extension, reduction of toxins and enhancement in sensory quality of food.

Course Outcome

- To build an understanding of the nutritional implications of structure of food matrix, food quality and processing treatments.

MFSN: 101 Advanced Food Science

UNIT I

Introduction to Food Science: Scope and development. Food preparation: Basic terminology of cooking methods, chemical, physico-chemical and microbiological effects of heat on food constituents. Sensory evaluation of food: introduction and methods.



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UNIT II

Effects of cooking, processing, and storage on nutrients in: Cereals, pulses, fruits, Vegetables, Milk and milk products, meat, fish and poultry, sugars, beverages.

UNIT III

Role of Food Additives in food preparation: Anti-oxidants. Coloring agents. Curing agents. Emulsifiers. Flavoring agents. Leavening agents. Nutrient supplements, Sweeteners. pH controllers and preservatives.

UNIT IV

Food toxins: Naturally occurring toxins- Trypsin inhibitors, hemagglutinins, lathrogens, aflatoxins, saponins, cyanogens, gossypol, glucosinolates etc.

UNIT V

Food Preservation: Causes of food spoilage, principles of food preservation, and methods of food preservation. Food adulteration: Definition, common adulterants in different foods.



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Reference Books:

- Manay, M. and Manay, S.N. (2014). Food Facts and Principles. New Age International (P) Limited, New Delhi.
- Meyer, .L.H (1987). Food Chemistry. CBS Publishers.
- Mudambi S. (1997). Food Science. New Age International (P) Limited, New Delhi.
- Potter, N.N. (2007). Food Science. C.B.S Publishing, New Delhi, India
- Srilakshmi, B. (2015). Food Science. New Age International (P) Limited, New Delhi.



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MFSN 102	I	Advanced Human Nutrition	60	20	20	0	0	4	0	0	4

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Course Objective

- To acquaint students with functions, importance and requirements of various nutrients in humans and their deficiency diseases.
- To learn to critically evaluate the methodology and derivation of requirements for specific macronutrients.
- To appreciate importance of nutrition immunity interactions and their implications.

Course Outcome

- To develop knowledge of the nutritional significance of macro and micronutrients.
- To learn various measures for enhancing nutritional quality of diets.

MFSN: 102 Advanced Human Nutrition

UNIT I Energy Metabolism

Components of energy expenditure – A review, Current methodology for determining energy requirements, Current recommendations for energy intake of different age, sex groups, Disorders



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MFSN 102	I	Advanced Human Nutrition	60	20	20	0	0	4	0	0	4

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of energy metabolism : Obesity and under nutrition, Short term and long term weight maintenance (Gut fill cues, Glucostat theory, Lipostat theory), Metabolic syndrome from Cardiology and endocrinology perspective.

UNIT II Carbohydrates

Classification, digestion, absorption and utilization : An appraisal, Simple and Complex carbohydrates, Non-starch polysaccharides and fibre constituents and their role in Nutrition, Newer functional role of carbohydrates in human nutrition, Disorders related to carbohydrate metabolism, Polyols , Glycemic Index , Glycemic load and Satiety index: Clinical implications.

UNIT III Lipids

Classification, digestion, absorption, transport, A review Functions of essential fatty acids, and Long chain PUFA in human metabolism, Role of n3 and n6 fatty acids in health and disease, Hyperlipidemia and nutritional aspect, Phytochemicals & Plant sterols in human nutrition, Visible and invisible fats in diets, Human requirements of essential fatty acids, Assessment of Lipid status, Recommendations for heart friendly diets.



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UNIT IV Proteins

Classification, digestion, absorption and transport – Review, Non protein compounds and their biological functions, Metabolism of proteins – Role of liver and muscles, The concept of nitrogen balance, the concept of obligatory nitrogen losses and their relevance to protein requirement, Human requirements for proteins, Current methodology for determining protein requirements and essential amino acid requirements, The concept of quality of protein and method for measuring it.

UNIT V Fat Soluble Vitamins – A, D, E, K and Water Soluble Vitamins (Thiamine, Riboflavin, Niacin, Pyridoxine, Folic acid, Ascorbic acid, Biotin)

Structures of vitamins, Digestion, absorption, transport and metabolism, Bioavailability : Modulators, Biochemical function, Assessment of vitamin status, Interaction with other nutrients, Toxicity and deficiency, RDA.

UNIT VI Minerals (Calcium, Phosphorous, Iron, Copper, Zinc, Iodine) and Trace Minerals and electrolytes (Selenium, Chromium, sodium, Potassium)

Sources, Digestion, absorption, transport, metabolism, Bioavailability, Biochemical function, Requirements, Deficiency and toxicity, Interaction with other nutrients, RDA.



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Reference Books:

- Shils ME, Olson JA, Shike M, Ross AC, Cabellaro B and Cousins RJ (2006). Modern Nutrition in Health and Disease (10thed.). Lippincott, Williams and Wilkins publications.
- Zeigler EE and Filer Jr LJ (1996). Present Knowledge in Nutrition (7thed.). ILSI Press, Washington DC
- Human energy requirement (2004). Report of a joint FAO/WHO/UNU Expert consultation, Rome, 17-24 October 2001. FAO, Food & Nutrition technical Report series 1.
- Protein and Amino Acid requirements in Human Nutrition (2007). Joint WHO/FAO/UNU Consultation Technical Report Series No. 035, WHO Geneva
- Indian Council of Medical Research. Nutrient requirements and Recommended Dietary Allowances for Indians. Report of Expert Group, 1978 and 1989 and 2009
- Human Vitamin and Mineral requirements (2002). Report of a Joint FAO/WHO expert consultations, Bangkok, Thailand, WHO & FAO UN, Rome.
- Mukherjee KL (1988). Medical Laboratory Techniques. A procedure manual for routine diagnostic tests (Vol. I, II & III). Tata McGraw Hill Publishing Company Ltd., New Delhi
- Sharma S (1993). Practical Biochemistry. Classic Publishing House, Jaipur
- Varley H (1988). Practical Clinical Biochemistry. GulabVazirani Publishers Pvt.Ltd. , New Delhi



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MFSN 103	I	Human Physiology	60	20	20	0	0	4	0	0	4

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Course Objective

- To enable students to understand the anatomy and functions of human body.

Course Outcome

- To develop vivid understanding of the various human physiological systems.

MFSN 103: Human Physiology

UNIT I

Physiological principles: Cell structure and function, body fluid compartments, transport mechanisms, homeostasis and feedback control systems

UNIT II

General organization of the Nervous system: Sensory and motor nerves, major levels of nervous system function, Central and autonomic nervous systems, transmission of nerve impulse, synapse, neurotransmitters.



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MFSN 103	I	Human Physiology	60	20	20	0	0	4	0	0	4

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UNIT III

Digestion and absorption in the gastrointestinal tract: Digestion and absorption of carbohydrates, fats and proteins, gastrointestinal hormones. Blood: composition of blood, functions of blood constituents, homeostasis, blood transfusion and tissue transplant. Circulatory system: Pumping of heart, cardiac cycle, ECG and blood pressure.

UNIT IV

The immune response: Humoral and Cell-mediated. Principles and factors affecting vaccination. Regulation of acid-base balance: Role of buffers in blood, renal control. Transport and exchange of respiratory gases (carbon-dioxide, oxygen and ammonia) and respiratory control.

UNIT V

Elements of Reproductive physiology: Sex hormones. Breast milk production and its role in contraception. Principles of Endocrinology: Chemical control of metabolism, adrenaline, thyroid hormones. Control of water and electrolyte metabolism, calcium metabolism. Prostaglandins, endorphins and enkephalins. Renin-angiotensin system.



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Reference Books:

- Guyton, A.C. & Hall, J.E. (2001). Text Book of Medical Physiology. Harcourt Publishings International Company, New Delhi.
- Jain, A. K. (2008). Human Physiology in a nutshell. Arichal Publishing Company, Sirmour (H.P).
- Chaudhury, K.C (2004). Concise Medical Physiology. New Central Book Publishing, Calcutta.
- Ganong, W.F. (2001). Review of Medical Physiology. Tata McGraw-Hill publishing company. New Delhi.



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MFSN 104	I	Institutional Food Management	60	20	20	0	0	4	0	0	4

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Course Objective

- To enable the students to understand the process of planning, organizing and controlling the management of food and other resources in institutions.

Course Outcome

- To enable students to become better managers and capable owners of food service institutions in future prospects.

MFSN 104: Institutional Food Management

UNIT I

Food Service systems: Introductory concepts and development. Types of food services: Hospital, hostel, cafeteria, community kitchens.

UNIT II

Planning for food services in hospitals: physical plant, its location, floor plans, space allowance, kitchen units, storage unit, baking, dishwashing and servicing unit. Equipment requirement: For



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MFSN 104	I	Institutional Food Management	60	20	20	0	0	4	0	0	4

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food preparation, storage, distribution and serving. Manpower requirement: Personnel management, selection, training and supervision.

UNIT III

Food service management: menu planning, receipt of food and its storage, principles and techniques in quantity food production. Food Service. Time and energy management. Financial Management: Principles of accounting, pricing and cost control.

UNIT IV

Food Safety and Quality Control: Introduction to quality assurance and food safety assurance, Current concepts of quality control, Quality assurance programme; Quality plan, documentation of records, products standards, Product and purchase specifications, process control and HACCP, hygiene and housekeeping, corrective action, quality and programme and total quality process.



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MFSN 104	I	Institutional Food Management	60	20	20	0	0	4	0	0	4

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UNIT V

Laws affecting Food Service Operations: Consumer Protection Laws, Consumer concerns. Personnel laws.

Reference Books:

- Treat, N. & Richards (1997). Quantity Cookery. Little Brown & Co.
- West, B.B., Wood, L, Harger, V.F. & Shugart, G.S. (1977). Food Service in Institutions, John Wiley & Sons.
- Sethi, M. (2008). Institutional Food Management. New Age International (P) Ltd.
- Sethi, M. (2008). Catering Management. New Age International (P) Ltd.
- Bansal, T. (2011). Hotel facility and planning. Oxford publishing, New Delhi.



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MFSN 105	I	Applied Nutrition	60	20	20	0	0	4	0	0	4

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Course Objective

- To acquaint the students about importance of nutrition in health and in various stages of life, immunity, drug-nutrient interaction and application of biotechnology in Foods and Nutrition.

Course Outcome

- To enable students to understand the intricacies of nutrition support in applied aspects and must be able to counsel people requiring special nutritional management like eating disorders, sports, malnutrition etc.

MFSN105: Applied Nutrition

UNIT I

Nutrition for Health and Fitness: Nutrition in eating disorders. Anorexia Nervosa, Bulimia. Nutrition for exercise and sports performance. Nutritional requirements for optimum performance. Ergogenic aids. Carbohydrate loading. Nutrition for bone health. Role of nutrition



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MFSN 105	I	Applied Nutrition	60	20	20	0	0	4	0	0	4

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in skin and hair care: Cosmetic effects of diet. Cellulite. Allergies. Antiaging foods. Foods as cosmetic agents.

UNIT II

Nutrition and immunity: Basics of immunity. Nutrition in infections. Immunity in varying nutritional states.

UNIT III

Drug-nutrient interrelationships: Effects of drugs on nutrient absorption and utilization, effects of foods and nutrients on drug utilization. Food toxins: Chemical toxins, pesticides, insecticides, metallic, their residual and harmful effects, methods of removal.

UNIT IV

Scientific evaluation of food-related beliefs: Fads. Application of research methodology to test claims of efficacy of foods used in alternative systems of medicines: ayurvedic, herbal and home remedies.



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UNIT V

Application of Biotechnology in food: GM foods and their health implications, functional foods, organic foods, impact of WTO in food regulation.

Reference Books:

- Shils. M.E. (2006). Modern Nutrition in Health and Disease. Lippincot, Williams & Williams, USA.
- Mahan, L.K. & Escott Stump, S. (2000). Krause's Food Nutrition and Diet Therapy 10th Ed., WB Saunders & Co. London.
- Whitney, E.R and Rodney Roltes, S. (1996). Under Standing Nutrition. West Publishing Company, New York, USA.
- Bamji, M.S, Rao, N.P & Reddy, V. (1996). Textbook of Human Nutrition. Oxford & IBH Publishing Co. (P) Ltd. Delhi.
- Wardlaw, G. (2010). Contemporary Nutrition and Diet Therapy. Benchmark publications.



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MFNL 106	I	Food and Nutrition Lab	0	0	0	90	60	0	0	4	2

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- To build a practical understanding of the nutritional implications of structure of food matrix, food quality and processing treatments.

Course Outcome

- Experimental knowledge relevant to processing, shelf life extension, reduction of toxins and enhancement in sensory quality of food.

MFNL 106: Food and Nutrition Lab

List of Practicals:

a) Food Science

- Raw weights and cooked weights of servings, nutritive value and cost of common Indian recipes, such as chapatti, dal, rice, vegetables, etc. Relationship between nutritive value, volume and weight.
- To conduct sensory evaluation of the given samples using descriptive method.



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MFNL 106	I	Food and Nutrition Lab	0	0	0	90	60	0	0	4	2

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- To conduct sensory evaluation of sugar sample with the help of 'Duo trio test' and prepare evaluation card for the same.
- To conduct sensory evaluation of sugar samples using 'Triangle Test' and prepare an evaluation card for the same.
- To study and conduct sensory evaluation of different pairs of sugar with lemon samples using 'paired test' and prepare score card for the same.
- To study and detect various adulterants in food stuffs.

b) Human Physiology

- Blood pressure measurement by Sphygmomanometer
- Energy requirements of self- calculation of BMR and activity increments.
- Identification of the deficiency diseases on the basis of clinical signs and symptoms.
- Qualitative estimation of carbohydrates.
- Quantitative estimation of carbohydrates.
- Qualitative estimation of protein.
- Quantitative estimation of protein.
- Blood Hemoglobin assay and blood parameters count.



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MFNV 107	I	Comprehensive Viva	0	0	0	54	36	0	0	0	2

Note: Comprehensive Viva of the candidates in presence of subject expert and faculty members.