



Shri Vaishnav Vidyapeeth Vishwavidyalaya, Indore
Shri Vaishnav Institute of Home Science
Choice Based Credit System (CBCS) in Light of NEP-2020
General Electives Offered
UG

Subject Code	Category	Subject Name	Teaching and Evaluation Scheme								
			Theory			Practical		L	T	P	CREDITS
			End Sem University Exam	Two Term Exam	Teachers Assessment	End Sem University Exam	Teachers Assessment				
GE FSN 501	GE	Concepts of Functional Foods and Nutraceuticals	60	20	20	0	0	3	0	0	3

Legends: L - Lecture; T - Tutorial/Teacher Guided Student Activity; P – Practical; C - Credit;
 ***Teacher Assessment** shall be based following components: Quiz/Assignment/ Project/Participation in Class, given that no component shall exceed more than 10 marks.

Course Educational Objectives (CEOs): The Students will -

- CEO1:** develop comprehensive understanding of different nutraceuticals and functional foods.
- CEO2:** understand the potentials of various functional foods in promoting human health.
- CEO3:** understand photochemical components and its management on health and disease.
- CEO4:** able to formulate functional foods.

Course Outcomes (COs): Student should be able to-

- CO1: familiarize with bioactive components and health benefits of functional foods
- CO2: comprehend about plant, animal and microbial origin functional foods.
- CO3: understand different types of functional food.
- CO4: acquainted with diet and diseases relations and guidelines related to functional foods
- CO5: familiarize on market status of functional foods and nutraceuticals.

Syllabus

GE FSN 501: Concepts of Functional Foods and Nutraceuticals

UNIT I

Functional foods and Nutraceuticals: definitions, sources, bioactive components of functional foods. Dietary supplements and fortified foods.

UNIT II

Functional foods of animal origin: Dairy products, sea foods, egg. Functional foods of plant origin: fruits, vegetables, nuts, spices, cereals, beverages. Probiotics, prebiotics and synbiotics as functional foods, Effects of probiotics on health.

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UNIT III

Types of functional foods: whole foods, enriched foods, enhanced foods, fortified foods, modified foods.

UNIT IV

Diet and disease relationship – nutrition and health claims, Food component – approved health claims, labeling considerations for functional ingredients. FSSAI regulations and guidelines related to nutraceuticals and functional foods.

UNIT V

Market survey of functional foods of different age groups, challenges for Functional food delivery and factors affecting consumer interest in functional foods. Adverse effects of nutraceuticals.

Reference Books:

- N. Shakuntalamanay and M. Shadaksharaswam,(2008), Food Facts and Principles, New Age International.
- L. Branen, P. M. Davidson and S. Salminen (2001), Food Additives. 2/e, Marcel Dekker,.
- A. B. Gerorge. Fenaroli's (2004) Handbook of Flavor Ingredients. 5/e,. CRC Press.
- D. L. Madhavi, S. S. Deshpande and D. K. Salunkhe, (1995)., Food Antioxidants: Technological, Toxicological and Health Perspective. CRC pres.

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