

DEPARTMENT OF FOOD AND NUTRITION
SYLLABUS MODULE-CCF CURRICULUM(MINOR) UPTO SEM IV

Semester	Course	Topic	Faculty	No of Classes
FIRST SEMESTER/THIRD SEMESTER	MINOR -1-TH: BASIC FOOD SCIENCE-I(semester I /semester III)	Basic concept on Food, Nutrition and Nutrients. Classification of Food, Classification of Nutrients.	Sohini Roy	2
		Carbohydrates - Definition, Classification, Structure and properties. Monosaccharides - glucose, fructose, galactose. Disaccharides - Maltose, lactose, sucrose Polysaccharides - Dextrin, starch, glycogen, resistant starch. Carbohydrates - Sources, daily requirements, functions. Effects of too high and too Low carbohydrates on health. Digestion and absorption of carbohydrate.	Sohini Roy	12
		Lipids -Definition, Classification & Properties. Fatty acids-composition, properties, types. Lipids - sources, daily requirements, functions. Digestion & Absorption of nutrients. Role & nutritional significances of PUFA, MUFA, SFA, W-3 fatty acid.	Sohini Roy	8
		Proteins- Definition, Classification, Structure & properties. Amino acids, Classification, types, functions. Proteins - Sources, daily requirements, functions. Effect of too high - too low proteins on health. Digestion & absorption. Assessment of Protein quality (BV, PER, NPU). Factors affecting protein bio-availability including anti-nutritional factors.	Arpita Srimani	8
		Dietary Fibre- Classification, sources, composition, properties & nutritional significance	Arpita Srimani	3
		Continuous Internal Evaluation (VIVA- VOCE)	Sohini Roy	2
	MINOR 1-P: BASICFOODSCIENCE -I (PRACTICAL)	Identification of Mono, Di and polysaccharides	Debarati Mukherjee	10
	Identification of Proteins	Debarati Mukherjee	6	
	Identification of glycerol	Debarati Mukherjee	4	

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SECOND SEMESTER/FOURTH SEMESTER	MINOR 2- TH : BASIC FOOD SCIENCE-II	Dietary Fibre-Classification, sources, composition, properties & nutritional significance	Sohini Roy	5
		Minerals & Trace Elements, Bio-Chemical and Physiological Role, bio-availability & requirements, sources, deficiency & excess (Calcium, Sodium, Potassium Phosphorus, Iron, Fluoride, Zinc, Selenium, Iodine, Chromium)	Arpita Srimani	10
		Vitamins - Bio-Chemical and Physiological Role Physiological role, bio-availability and requirements, sources, deficiency & excess.	Sohini Roy	10
		Water - Functions, daily requirements, Water balance	Arpita Srimani	5
		Continuous Internal Evaluation (QUIZ)	Arpita Srimani	2
	MINOR 2- P: BASIC FOOD SCIENCE-II (PRACTICAL)	Determination of Ash content in food	Debarati Mukherjee	4
		Determination of Moisture content in food	Debarati Mukherjee	4
		Determination of calcium, iron, and Vitamin C content in foods	Sukla Ghosh (Chem)	12