

DEPARTMENT OF HOME SCIENCE
Semester -VI
B.A. (Prog) with Food Technology (FT) as Major
Category-II

**DISCIPLINE SPECIFIC CORE – DSC- 11-FT:
 FOOD JOURNALISM**

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
Food Journalism	4	3	0	1	Class XII	NIL

LEARNING OBJECTIVES:

1. To make students understand the concept food writing and types and role of food media and culture.
2. To familiarize students with the characteristics of a food writer and develop the content writing style.
3. To develop in students the skills required to be a food critic and reviewer.

LEARNING OUTCOMES:

After completion of the course, the students will be able to:

1. Write articles for newspaper, magazine, commercial co-operations and social media
2. Develop the skill of being a food critic and reviewer
3. Enhance ability related to food photography and investigative food journalism
4. Communicate about food effectively through writing and multimedia storytelling

SYLLABUS OF DSC-11-FT

THEORY
(Credits 3: 45 Hours)

UNIT I: Introduction to Food Journalism (12 Hours)

- *Unit Description:* This unit is an introduction to food journalism, its characteristics and discusses about all kinds of food writing, from memoir to blogging to cookbooks.
- *Subtopics:*
 - Food Writing: What is food journalism, types of food writing.
 - Characteristics of a food writer
 - Content writing style
 - Storytelling and creating your own voices.

UNIT II: Reviews and Food Critics (12 Hours)

- *Unit Description:* This unit is about food critics, skills required to be a food critic and reviewer. The unit also has focus on investigative food journalism.
- *Subtopics:*
 - Food critic: Who is a food critic do, types of food critic, skill required for food critic, benefits of being a food critic.
 - Restaurant critics and reviewer
 - Investigative food journalism: food industrialism, Scams and scandals, controversial health studies

UNIT III: Food Media and Culture

(12 Hours)

- *Unit Description:* This unit will focus on basic concepts of food writing and photography for various print, social and broadcast media.
- *Subtopics:*
 - Recipe writing (newspaper, magazine, commercial co-operations)
 - Food photography (pixel, camera handling)
 - Technical and Cultural role of social media (Writing on Food Systems and Future, Food in relation with diet and health)
 - Food advertisement, marketing and messaging, business email writing
 - Food TV shows
 - Food trends (Food and Instagram, Blogging and Vlogging)

Unit IV: Media Law and Ethics

(9 Hours)

- *Unit Description:* This unit will focus on media pillars, *fssai* food advertisement related regulations and CPA 2019 Act. The unit also discusses media ethics and major acts in media.
- *Subtopics:*
 - Media as 4 pillars and 4 estates
 - Food Advertising Regulation and Consumer Protection in India 2019
 - Food Safety and Standards (Advertising and Claims) Regulations 2018
 - 5 ethics of Journalism (Association of Food Journalists' Code of Ethics)
 - Major Acts in Media

PRACTICAL (Credits 1: 30 Hours)

No. of Students per Practical Class Group: 10-15

1. Write a long paragraph about eating a favorite piece of fruit/ passion about food, using all the senses
2. Write a paragraph about food utility objects (e.g. coffee mug: why do you love it, its specialty etc.)
3. Write a recipe for your favorite sandwich/ dish or write a 250-word review of the best restaurant meal you have eaten recently
4. Conduct a survey of a home scale level food business and report writing of the same.
5. Write an article on food fashion/ trends/ food fusion/ we are what we eat/ good eating practices.
6. Food photography (State food/ International and National foods)
7. Conduct an interview of a food blogger/ chef/ restaurant manager/ canteen vendor/ food entrepreneur.

ESSENTIAL READINGS (Theory and Practical):

- Siniauer, P. (2016). *Writing About Food- A Guide to Good Food Journalism. European Journalism–Fellowships*. 2014 – 2015, Freie Universität Berlin. https://www.hssaatio.fi/wp-content/uploads/2015/07/Siniauer_WRITE-ABOUT-FOOD-a-guide-to-good-food-journalism.pdf (accessed on 17.3.2023)
- Jacob, D. (2021). *Will Write for Food: The Complete Guide to Writing Cookbooks, Blogs, Reviews Memoir And More*. 4th edition, Da Capo Lifelong Books
- <https://www.livelaw.in/columns/food-safety-and-standards-authority-fssai-food-advertising-consumer-protection-act-212421>(accessed on 17.3.2023)
- <https://www.poynter.org/ethics-trust/2021/association-of-food-journalists-code-of-ethics/>(accessed on 17.3.2023)

SUGGESTED READINGS:

- Gabrielle, H. Killingsworth, S. (2021). *The Best American Food Writing*. HarperCollins Publishers LLC. Boston, New York.
- Sanghvi Vir. (2019). *The Indian Pantry: The Very Best of Rude*. Penguin publisher, India https://www.amazon.in/s/ref=dp_byline_sr_book_1?ie=UTF8&field-author=Sanghvi+Vir&search-alias=stripbooks
- Neelamalar, M. (2010). *Media Law and Ethics*. PHI Learning Pvt Ltd, New Delhi. (ISBN 9788120339743)

Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.

DISCIPLINE SPECIFIC CORE – DSC-12-FT: ADVANCED PRESERVATION TECHNOLOGY

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
Advanced Preservation Technology	4	3	0	1	Class XII Pass	Basic Preservation Technology

LEARNING OBJECTIVES:

1. To impart knowledge about advanced preservation techniques such as dehydration, canning and freezing.
2. To equip the students with knowledge and skills for preparing, packaging, evaluating and marketing of preserved pectin products and preserves.

COURSE OUTCOMES:

After completion of the course, the students will be able to-

1. Describe the different principles and methods of fruit and vegetable preservation and processing

2. Compare different advanced preservation techniques such as dehydration, concentration, refrigeration and freezing
3. Describe the various steps in dehydration, freezing, canning, pectin products and preserves
4. Prepare, evaluate, package and market jams, jelly, marmalade, and preserves professionally

SYLLABUS OF DSC-12-FT

THEORY **(Credits 3: 45 Hours)**

UNIT I: Canning/ Hermetic Preservation (10 Hours)

- *Unit Description:* This unit will focus on the purpose of preservation via canning/hermetic sealing and packaging which is termed as the father of preservation.
- *Subtopics:*
 - Definition and objectives of canning
 - Principle of Preservation, steps of canning of fruits and vegetables (with special emphasis on blanching, exhausting and heat processing)
 - Spoilage of canned foods
 - Packaging

UNIT II: Refrigeration and Freezing (9 Hours)

- *Unit Description:* This unit will focus on the technique of Freezing and Refrigeration as a means of Preservation.
- *Subtopics:*
 - Definition and objectives of Refrigeration and Freezing
 - Principles of Refrigeration and Freezing
 - Methodology of Refrigeration and Freezing of fruits and vegetables
 - Cryogenic Freezing
 - Evaluation of Refrigerated and Frozen foods
 - Cold Storage and Cellars

UNIT III: Dehydration (8 Hours)

- *Unit Description:* This unit will focus on the technique of dehydration and concentration as a means of preservation.
- *Subtopics:*
 - Dehydration- definition and objectives
 - Method of preservation, normal drying curve, water activity, factors affecting rate of drying,
 - Sun drying,
 - Types of dehydration techniques and steps involved.
 - Concentration- definition and objectives, techniques
 - Rehydration

UNIT IV: Fruit and Vegetable Processing –Pectin Products, and Preserves (18 Hours)

- *Unit Description:* This unit will focus on the processing of jam, jelly, marmalades, preserves and pickles.
- *Subtopics:*

- Jam, Jelly and Marmalade- definition, role of pectin and theory of gel formation
- Method of preservation, steps of preparation and evaluation of jam, jelly and marmalade
- Preserves- definition of candied, crystallized and glazed fruits.
- Principle of preservation, steps of preparation and evaluation of candied, crystallized and glazed fruits

PRACTICAL
(Credits 1: 30 Hours)

No. of Students per Practical Class Group: 10-15

Preparation, packaging, labelling, sensory/objective (TSS, pH and headspace) evaluation and costing of:

1. Jam (apple jam and mixed fruit jam)
2. Jelly (guava jelly)
3. Marmalade (orange marmalade)
4. Preserve (carrot)
5. Dehydration of vegetables (green leafy vegetables, other vegetables and tubers)
6. Rehydration of dehydrated vegetables
7. Freezing of vegetables
8. Preparing any of the preserved product/new product in bulk and organizing an exhibition-cum-sale.

ESSENTIAL READINGS (Theory and Practical):

- Rao, E.S., Garg, M. and Barwa, M.S.(2023). *Handbook on Processing and Preservation of Fruits and Vegetables*. 2nd edn. Variety Books Publisher's Distributors, New Delhi
- Potter, N., and Hotchkiss, J.H. (2006). *Food Science*. Delhi: CBS Publishers.
- Lal, G., Siddhapa, G.S., and Tandon, G.L. (2009). *Preservation of Fruits and Vegetables*. New Delhi: Indian Council of Agriculture Research.
- Srivastava, S.S. (2006). *PhalParirakshan*. Lucknow: Kitab Mahal.
- Barba, F. J., Ahrné, L., Xanthakis, E., Landerslev, M. G., and Orlien, V. (2018). Innovative technologies for food preservation. In: *Innovative Technologies for Food Preservation* (pp. 25-51). Academic Press.
- Board, N. P. C. S. (2012). *Modern Technology on Food Preservation*. Asia Pacific Business Press Inc.
- Goyal, MR., Mishra, S.K., and Birwal, P. (2022). *Food Processing and Preservation Technologies – advances, methods and applications*. New York: Apple Academic Press.

SUGGESTED READINGS:

- Khurdia, D.S. (1995). *Preservation of Fruits and Vegetables*. New Delhi: Indian Council of Agriculture Research.
- Hui, Y.H., and Evaranuz, E.O. (2015). *Handbook of Vegetable Processing and Preservation*. 2nd Edition. USA: CRC Press.
- Sharma, S. (2010). *Postharvest Management and Processing of Fruits and Vegetables*: Instant Notes. New India Publishing Agency.
- Ramaswamy, H. and Marcotte, M. (2009). *Food Processing–Principles and Applications*. Boca Raton: Taylor and Francis.
- Srilakshmi, B. (2018). *Food Science*. Seventh Edition. Delhi: New Age Publications.
- Subbalakshmi, G. and Udipi, S.A. (2007). *Food Processing and Preservation*. Delhi: New Age International Publishers.

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