

# BSc. (Hons.) Food Technology

## DISCIPLINE SPECIFIC CORE COURSE DSC FT07: Meat and Fish Processing Technology

### CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITE OF THE COURSE

Course title & code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Theory	Tutorial	Practical/Practice		
Meat and Fish Processing Technology	4	3	0	1	XII Pass	DSC FT01, DSC FT02, DSC FT03, DSC FT04, DSC FT05, DSC FT06

### Learning Objectives

1. To comprehend the meat quality and slaughter processes for meat animals.
2. To understand the concept and methods of processing and preservation of animal foods and by-product utilization.
3. To acquire the knowledge of fish preservation and value-added fish products.

### Learning Outcomes

After completing this course, students will be able to:

1. Understand the need and importance of livestock industry.
2. Comprehend the structure, composition and nutritional quality of animal products.
3. Acquire the concept and methods of processing and preservation of animal foods.
4. Know the technology behind preparation of various animal food products and by-product utilization.
5. Apprehend the importance of fishery industry, the techniques that can be used for preservation of fish and manufacturing of various value-added fish products

### SYLLABUS OF DSC FT07

#### THEORY Credits 3 (45 Hrs.)

#### UNIT I: Introduction, meat quality, Slaughter process and By-products

Unit Description: The unit will provide information on the status and development of livestock industry, meat quality, ante-mortem and post-mortem examination, and by-products

*Subtopics:*

- Status of livestock industry in India, Development of meat industry in India and its need in nation's economy
- Effects of feed breed and stress on production of meat animals and their quality.
- Meat Quality-color, flavor, texture, Water-Holding Capacity (WHC), Emulsification capacity of meat.
- Layout of abattoir, Slaughter, Antemortem examination of meat animals, slaughter of buffalo, sheep/ goat.
- Post-mortem examination of meat, Grading, Post-mortem changes of meat.
- Importance of by-products utilization, classification and uses of by-products, Manufacture of Natural casings

## **UNIT II: Preservation of meat**

Unit Description: The unit will provide knowledge of different meat preservation techniques.

*Subtopics:*

- Refrigeration and freezing, thermal processing- canning of meat, retort pouch, dehydration, irradiation, meat curing, Sausages-processing, types and defects, Packaging of meat

## **UNIT III: Introduction, Chilling and Freezing of fish**

Unit Description: The unit will provide an understanding of the status of fishery industry in India. Fish chilling, storage, freezing will also be covered.

*Subtopics:*

- Status of fishery industry in India. Relationship between chilling and storage life, MAP, general aspects of freezing, freezing systems (air blast freezing, plate or contact freezing 36 spray or immersion freezing, freezing on board, onshore processing, changes in quality in chilled and frozen storage, thawing.

## **UNIT IV: Fish Curing, Smoking and Canning, By-products, fermented fish and concept of other seafoods**

Unit Description: The unit will provide an knowledge of the different fish products processing and preservation techniques.

*Subtopics:*

- Drying and salting of fish, water activity and shelf-life , salting process, salting methods (brining, pickling, kench curing, gaspe curing), types of salts, dried and
- Salted fish products- pindang, fishwood, dried shrimp. Preservation by smoking, smoke production , smoke components, quality, safety and nutritive value of
- Smoked fish, processing and equipment, pre-smoking processes, smoking process control. Traditional chimney kiln, modern mechanical fish smoking kiln, examples of smoked and dried products. Principles of canning, classification based on pH groupings, effect of heat processing on fish, storage of canned fish, pre-process operations, post process operations, cannery operations for specific canned products.(Tuna, Mackerel, Sardine).
- Surimi- Introduction, fish muscle proteins, the surimi process, traditional and modern surimi production lines, quality of surimi products, comparison of surimi and fish mince products.
- Fish protein concentrates (FPC), fish protein extracts (FPE), fish protein hydrolysis (FPH) Flowchart of Indigenous products- Fish sauce and Paste
- Crabs, lobsters, prawns, shrimps.

## **PRACTICAL 1 Credits (30 Hrs)**

- Estimation of moisture content of meat.

- Cut out analysis of canned meat/retort pouches (external parameters).
- Cut out analysis of canned meat/retort pouches (internal parameters).
- Analysis of frozen meat/meat emulsion product.
- Meat/fish product formulation (Ideation/development of product).
- Quality evaluation of fish/prawn.
- Subjective evaluation of Fresh Fish.
- Cut out analysis of canned fish (Sardine/Mackerel/Tuna) (external parameters).
- Cut out analysis of canned fish (Sardine/Mackerel/Tuna) (internal parameters).

#### **Essential Readings**

1. Lawrie, R. A. (2017). Lawrie's meat science. 8th ed. England: Woodhead Publishing Ltd.
2. Sen, D.P. (2005). Advances in Fish Processing Technology. Allied Publishers Pvt.Limited.
3. Hall, G.M. (1997). Fish Processing Technology. 2nd edition NY: VCH

#### **Suggested Readings**

1. Paul D. Warriss. (2010). Meat Science: An introductory text. 2nd Edition. CABI Publishers, Wallingford, UK (2010)
2. Borda D., Nicolau. A. I and Raspor P (2017). Trends in Fish Processing Technology (Contemporary Food Engineering). 1st edition CRC Press

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

**DISCIPLINE SPECIFIC CORE COURSE**  
**DSC FT08 : Nutrition Science**

**CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITE OF THE COURSE**

Course title & code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course
		Theory	Tutorial	Practical/Practice		
<b>Nutrition Science</b>	<b>4</b>	<b>3</b>	<b>0</b>	<b>1</b>	<b>XII Pass</b>	<b>DSC FT01, DSC FT02, DSC FT03, DSC FT04, DSC FT05, DSC FT06</b>

**Learning Objectives:**

1. To understand the relationship between food, nutrition and health.
2. To learn the digestion, absorption, functions and food sources of various nutrients.
3. To comprehend the concept of balanced diet.
4. To know the different methods of cooking and ways to prevent nutrient losses.
5. To plan and prepare nutritious dishes for various age groups.
6. To assess nutritional status of adults.

**Learning Outcomes:**

After completing this course, students will be able to:

1. Students will be able to interpret and apply nutrition concepts to evaluate and improve nutritional health of individuals and communities
2. Comprehend the role of digestion, absorption, functions and food sources of various nutrients.
3. Understand the concept of balanced diet and exchange system.
4. Describe different methods of cooking and ways to prevent nutrient losses.
5. Plan and prepare nutritious dishes for various age groups.
6. Assess nutritional status of adults.

**SYLLABUS OF DSC FT08**

**THEORY**  
**Credits 3 (45 Hrs.)**

**UNIT 1: Introduction to Food and Nutrition**

**6 hrs**

**Unit Description:** This unit will introduce the basic knowledge of food and nutrition, its functions. It will also help in understanding the inter-relationship between food, nutrition and health.

*Subtopics:*

- Basic terms used in study of food and nutrition
- Methods of assessment of nutritional status
- Functions of food-physiological, psychological and social
- Understanding relationship between food, nutrition and health

## **UNIT II: Nutrients**

**20 hrs**

**Unit Description:** This unit will provide an understanding on functions, dietary sources and clinical manifestations of deficiency/excess of the following nutrients

*Subtopics:*

- Classification, digestion, absorption, functions, dietary sources, RDA, clinical manifestations of deficiency and excess of the following in brief:
- Energy
- Carbohydrates, lipids and proteins
- Fat soluble vitamins-A, D, E and K
- Water soluble vitamins – thiamine, riboflavin, niacin, folate, vitamin B12 and vitamin C
- Minerals – calcium, iron, iodine, fluorine, sodium, potassium, and zinc

## **Unit III: Planning Balanced Meals and Selection of Healthy Foods**

**6 hrs**

**Unit Description:** This unit will help in understanding the concepts of food groups and balanced diet.

*Subtopics:*

- Food Groups
- Concept of Balanced Diets
- Understanding Nutrition labelling of foods

## **UNIT IV: Methods of Cooking and Nutrient Retention**

**13 hrs**

**Unit Description:** This unit will help in developing know-how of different methods of cooking and ways to prevent nutrient losses

*Subtopics:*

- Dry, moist, frying and microwave cooking - Advantages, disadvantages
- Effect of various methods of cooking on foods and nutrients.
- Preventing nutrient losses

## **PRACTICAL 1 Credits (30 Hrs)**

- Assessment of nutritional status using BMI and waist circumference.
- Identification of food sources for various nutrients using food composition tables.
- Introduction to meal planning, concept of food exchange system.
- Planning and preparation of nutritious snacks for adults using different methods of cooking.
- Planning and preparation of nutritious snacks for pregnant women.
- Planning and preparation of nutritious snacks for lactating women
- Planning and preparation of nutritious snacks for pre-schoolers.

- Planning and preparation of nutritious snacks for adolescents.
- Critical analysis of nutritional labelling of food products.

### **Essential Readings**

1. Byrd-Bredbenner, C., Moe, G., Beshgetoor, D. & Berning, J. (2022). *Wardlaw's Perspectives in Nutrition*, International Edition, 12th edition, New York: McGraw- Hill 29
2. Chadha, R. and Mathur, P. eds. (2015). *Nutrition: A Lifecycle Approach*. Hyderabad: Orient Blackswan.
3. Longvah, T., Ananthan, R., Bhaskarachary, K. and Venkaiah, K. (2017). *Indian Food Composition Tables*. Hyderabad: National Institute of Nutrition, Indian Council of Medical Research, Department of Health Research, Ministry of Health and Family Welfare, Government of India.
4. Seth, V., Singh, K. & Mathur, P. (2018). *Diet Planning Through the Lifecycle Part I: Normal Nutrition- A Practical Manual*. 6th Edition. Delhi: Elite Publishing House.

### **Suggested Readings**

1. Manay NS and Shadaksharaswamy M (2008). *Food-Facts and Principles*, Third Edition. New Age International (P) Ltd. Publishers, New Delhi.
2. Srilakshmi, B. (2021). *Nutrition Science*. 7<sup>th</sup> edition. New Age International.
3. Rekhi T and Yadav H (2014). *Fundamentals of Food and Nutrition*. New Delhi: Elite Publishing House Pvt Ltd.

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

**DISCIPLINE SPECIFIC CORE COURSE**  
**DSC FT09: Cereals, Pulses & Oilseed Processing Technology**

**CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITE OF THE COURSE**

Course title & code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Theory	Tutorial	Practical/Practice		
<b>Cereals, Pulses &amp; Oilseed Processing Technology</b>	<b>4</b>	<b>3</b>	<b>0</b>	<b>1</b>	<b>XII Pass</b>	<b>DSC FT01, DSC FT02, DSC FT03, DSC FT04, DSC FT05, DSC FT06</b>

**Learning Objectives**

1. To impart knowledge of different methods of Cereal, Pulse & Oilseed processing.
2. To learn about processing of various products & by-products.

**Learning Outcomes**

After completing this course, students will be able to:

1. Understand the concept of quality (composition & types) of Cereals, Pulses & oilseeds for developing good quality end products.
2. Comprehend the processing and preservation of Cereals, Pulses & Oilseeds using various techniques.
3. Comprehend the processing of by-products.

**SYLLABUS OF DSC FT09**

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

**UNIT I: Introduction of Cereals**

*Subtopics:*

Cereal Processing Technology

Introduction & chemical composition of cereals

- Wheat—Types, milling, flour grade, flour treatments (bleaching, maturing), flour for various purposes
- Rice: Types, Physicochemical properties, milling (mechanical & solvent extraction), parboiling, ageing of rice, utilization of by- products
- Corn: Milling (wet & dry), cornflakes, corn flakes, corn flour
- Barley: Milling (pearl barley, barley flakes
- Oats: Milling (oatmeal, oatflour & oatflakes), By-products of oat processing
- Rye & Triticale: Milling (flour), uses

## **UNIT II: : Processing of Coarse Grains**

### *Subtopics:*

- Sorghum and Millets (Traditional & commercial milling)

## **UNIT III: Pulse Processing Technology**

### *Subtopics:*

- Introduction to pulses
- Milling of pulses
- Dry milling
- Wet milling
- Improved milling method

## **UNIT IV: Oilseed Processing Technology**

Unit Description: The unit will provide an knowledge of the different fish products processing and preservation techniques.

### *Subtopics:*

- Introduction
- Extraction of oil (Mechanical & Solvent Extraction Milling)
- Refining of oil
- Sources of protein (defatted flour, protein concentrates and isolates, properties and uses)
- Protein texturization, fibre spinning

### **PRACTICAL 1 Credits (30 Hrs)**

- Physical characteristics of Wheat.
- Estimation of Gluten Content of flour.
- Estimation of Pelenske Value of flour.
- Fermenting power of yeast.
- Physical Characteristics of Rice and paddy.
- Cooking characteristics of rice.
- Determination of sedimentation power of flour
- Preparation of Dairy Analogue (Soymilk from Soybeans)

### **Essential readings:**

1. Kent, N.L. 2003. Technology of Cereal, 5th Ed. Pergamon Press.
2. Chakraverty. 1988. Post Harvest Technology of Cereals, Pulses and Oilseeds, revised Ed., Oxford & IBH Publishing Co. Pvt Ltd.

### **Recommended readings:**

1. Marshall, Rice Science and Technology. 1994. Wadsworth Ed., Marcel Dekker, New York.
2. Manay, S. and Sharaswamy, M. 1987. Food Facts and Principles. Wiley Eastern Limited.

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