

GENERIC ELECTIVES (GE-5)

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
		Lecture	Tutorial	Practical/Practice		
Nutrition and Food Science	04	02	0	02	Class XII pass	NIL

Learning Objectives

The course aims to provide the basic knowledge of food and its importance in nutrition. The students will understand the importance of a balanced diet and the association of life style disorders with unhealthy food eating habits. They will be able to understand the concept of under and over nutrition and the deficiency diseases that result due to deficiency of micronutrients in diet.

Learning outcomes

Students will learn about

- The importance of food in our life
- How food is spoiled and learn about some common food borne diseases/ food allergies
- The functions of macro and micronutrients in our body
- The diseases associated with malnutrition/ overnutrition and deficiency diseases

2.2 Course Contents

Theory

Unit 1 –Basics of Food Science and Nutrition (05 Hours)

Definition of Food, Nutrition, Nutrient, Nutritional status

Energy value of foods, determination, physiological fuel values, SDA of foods, BMR & RMR, factors influencing BMR. Recommended allowance-RDA for Indians, basis for requirement, energy allowance for different growth pattern of children, energy allowance for various activities and different age groups

Balanced diet, fad diets

Unit 2– Macronutrients (10 Hours)

Introduction to macronutrients and their function, digestion, absorption and assimilation of carbohydrates, lipids and proteins, Glycemic response and glycemic index of foods, dietary fiber- types, properties, sources and its role, importance of essential fatty acids, their requirements and deficiency, role & nutritional significance of PUFA, MUFA, SFA, omega-3/omega 6 fatty acid, essential amino acids, dietary protein quality- PER, NPU, BV, chemical score and PDCAAS. Factors affecting protein bio-availability including anti-nutritional factors, protein toxicity, amino acid complementation and Supplementation in foods

Unit 3 – Micronutrients (10 Hours)

Fat soluble vitamins: Sources, physiological importance and deficiency diseases

Water soluble vitamins: Sources, physiological importance and deficiency diseases

Minerals: Sources, physiological importance and diseases due to excess or deficiency of Ca, P, Na, K, Fe, Zn, S, Mg, Se, Cu.

Unit 4 – Food and Health (05 Hours)

Food as medicine: medicinal value of functional foods such as garlic, ginger, turmeric, tulsi, fenugreek, ajwain, aloe vera, moringa, role of Gut microbiome in maintaining health, pre and probiotics, various types of food additives: emulsifiers, preservatives and food colors, benefits

and risks associated with these, food allergies, food spoilage, food poisoning, food borne diseases, Cholera, Hepatitis, Typhoid, Botulism

2.3 Practicals – 60 Hours

1. Analysis of food labels for the presence of nutrients and other additives.
2. Estimation of carbohydrate content in food
3. Degree of unsaturation of any three different oils using Bromine test
4. Acid value / peroxide value of oil
5. Estimation of vitamin E / vitamin C in food
6. Morphological identification of important yeast and mold in foods (slides and culture)-
7. Assessment of diet chart for the presence/absence of nutrients
8. Case studies: PEM (Marasmus and Kwashiorkor), Diabetes, Obesity, Vitamin and mineral deficiency

2.4 Essential readings:

1. Mahan, L.K., Strings, S. E., Raymond, J. (2012) *Krause's Food and Nutrition Care process*. Elsevier's Publications. ISBN: 978-1-4377-2233-8.
2. Rosalind Gibson (2005). *Principles of Nutritional Assessment*. Oxford University Press. ISBN: 978019517169
3. Nelson, D.L., Cox, M.M. (2017). *Lehninger: Principles of Biochemistry* (7th ed.). New York, WH: Freeman and Company. ISBN13: 9781464126116, ISBN10: 1464126119
4. Vasudevan, D.M., & Das, K.S. (2020). *Practical textbook of biochemistry for medical students* (3rd ed.). Jaypee Brothers Medical

Suggested readings:

1. Practical Biochemistry, Damodaran Geetha K, Jaypee Brothers Medical Publishers Private Limited; 1st edition (1 January 2011), ISBN: 9789350251416, 9789350251416
2. Plummer, D.T. (1998) *An Introduction to Practical Biochemistry* (3rd ed.), Tata McGraw Hill Education Pvt. Ltd. (New Delhi); ISBN: 13: 978-0-07-099487-4 / ISBN:10: 0-07-099487-0.
3. Malik, D., Narayanasamy, N., Vavilala, P., Takur, J., Sinha, N., (2022). Textbook of Nutritional Biochemistry. Springer Singapore, ISBN978-981-19-4149-8.
4. Coombs Jr. G.F., (2008). *The vitamins, Fundamental aspects in Nutrition and Health*. Elsevier's Publications. ISBN-13- 978-0-12- 183493-7.
5. Devlin, T. M., (2011). *Textbook of Biochemistry with Clinical Correlations*. John Wiley & Sons, Inc. (New York), ISBN: 978-0-4710-28173-4.

2. Keywords:

Food, Nutrition, macronutrients, micronutrients, food as medicine, food spoilage, food allergies

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