ST. JOSEPH'S COLLEGE FOR WOMEN (AUTONOMOUS) VISAKHAPATNAM

II SEMESTER HOMESCIENCE TIME:2Hrs/Week

HS-Mi 2351 (2) FOOD SCIENCEPRACTICAL SYLLABUSMarks: 50

W.e.f. 2023-24 admitted batch (23AK)

LEARNING OUTCOMES:

- 1. Knowledge on standardization of weights.
- 2. Differentiate different methods of cooking
- 3. Understanding different pre preparation methods and time saving procedures
- 4. Able to calculate energies required for various health conditions
- 5. Skill in preparation of score cards for sensory evaluations

LEARNING OUTCOMES:

- 1. Demonstrate and use the different methods of cooking
- 2. Understand the composition and nutritive value of both animal and plant food
- 3. Apply the different techniques to check the stages in sugar cookery.
- 4. Able to identify different structures and identification of spoilage of egg
- 5. Interpret the importance and functions of food and its nutrients

SYLLABUS

- 1. Measuring ingredients Methods of measuring different types of foods grains, flours & liquids
- 2. Cooking methods Moist heat methods (i) boiling, simmering, steaming, & Pressure cooking, (ii). Dry heat methods baking. (iii), Fat as a medium, Cooking-shallow and deep fat frying.
- 3. Methods of cooking fine and coarse cereals. Examination of starch
- 4. Cooking of soaked and unsoaked pulses, Common preparations with pulses.
- 5. Experimental cookery using vegetables of different colours& textures. CommonPreparations with vegetables. Preparation of soups and salads.Prevention of darkening in fruits & vegetables.
- 6. Milk & milk products: Common preparation with milk, cheese &curd.-cheese curry & cooking vegetables in milk.
- 7. Flesh foods: Fish, meat & poultry- preparations.
- 8. Egg Experimental cookery-boiled egg, poached egg. Common preparations with egg.
- 9. Beverages Preparation of hot beverages- coffee, tea. Preparation of cold Beverages-fruit drinks & milk shake.
- 10. Sensory Evaluation and preparation of score card.

REFERENCE BOOKS:

- 1. Food science, Chemistry and Experimental foods by M. Swaminathan.
- 2. Food Science by Norman.N.Potter.
- 3. Experimental study of Foods by Griswold R.M.
- 4. Food Science by Helen Charley.
- 5. Foundation of Food Preparation by A.G. Peckam.
- 6. Modern Cookery for teaching and trade, volume I&II, Thangam Philip. OrientLongmans Ltd.
- 7. Food Fundamentals by MacWiliams, John Willy and son"s, New York.
- 8. Food Facts & Principles by Shakunthalamanay&Shadakhraswamy.
- **9.** Food Science by Srilakshmi, second edition, 2002.

CO-CIRCULAR ACTIVITIES:

- 1. StudentSeminars ondifferentfoodgroups
- 2. Collectionofsamplesofdifferentfoodproducts availableinthe marketandstudytheir nutrient tcomposition and useincookery.
- 3. Fieldvisits Visitto foodprocessing units.
- 4. Fieldstudy–SurveyonFoodAdditives usedinvariousfoodproducts/processedfoods.
- 5. Collection of different ready to eatfoods and processed foods.
- $6. \ Celebration of Important Days (National and International)\\$

☐ WorldNutritionday-May28th
☐ Nutritionweek(Sep1st7th
☐ Worldfoodday-October16th