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

II SEMESTER **HOMESCIENCE**  TIME:2Hrs/Week

HS-Mi 2351 (2) **FOOD SCIENCE** Marks: 50

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

**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
6. Measuring ingredients Methods of measuring different types of foods – grains, flours & liquids
7. 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.
8. Methods of cooking fine and coarse cereals. Examination of starch
9. Cooking of soaked and unsoaked pulses, Common preparations with pulses.
10. Experimental cookery using vegetables of different colours & textures. Common Preparations with vegetables. Preparation of soups and salads. Prevention of darkening in fruits & vegetables.
11. Milk & milk products: Common preparation with milk, cheese & curd.-cheese curry & cooking vegetables in milk.
12. Flesh foods: Fish, meat & poultry- preparations.
13. Egg Experimental cookery- boiled egg, poached egg. Common preparations with egg.
14. Beverages Preparation of hot beverages- coffee, tea. Preparation of cold Beverages-fruit drinks & milk shake.
15. 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. Student Seminars on different food groups
2. Collection of samples of different food products available in the market and study their nutrient tcomposition and use in cookery.
3. Field visits –Visit to food processing units.
4. Field study–Survey on Food Additives used in various food products/processed foods.
5. Collection of different ready to eat foods and processed foods.
6. Celebration of Important Days (National and International)
   * WorldNutritionday-May28th
   * Nutrition week(Sep1st7th
   * World food day-October16th