



**SARDAR PATEL UNIVERSITY**  
VallabhVidyanagar, Gujarat  
(Reaccredited with 'A' Grade by NAAC (CGPA 3.25)  
Syllabus with effect from the Academic Year 2021-2022

**P.G.Diploma in Dietetics**  
**Semester-II**

Course Code	PH2EPGDD51	Title of the Course	Food Science, Safety , Hygiene And Sanitation
Total Credits of the Course	04	Hours per Week	04

Course Objectives	<ul style="list-style-type: none"><li>• To enable the students to understand the basic principles of food groups nutrition.</li><li>• Apply the theoretical aspects in ensuring food safety food quality, Hygiene and Sanitation.</li></ul>
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Course content		
Unit	Description	Weightage %
1.	a) Properties of solutions, colloids, emulsions, and stabilizers. b)Composition, nutritive value, cooking conditions of cereals and legumes.	15%
2.	a)Composition, nutritive value and effects of cooking on various protein foods, viz., meat, fish, eggs milk and milk products. b)Composition, nutritive value, pigments and effects of cooking of fruits and Vegetables.	20%
3.	Sensory evaluation of foods: Factors affecting acceptability of foods, Selection of taste panel, difference and descriptive tests.	15%
4.	Convenience foods, food additives, food adulteration and Indian food laws	15%
5.	Hygiene and its importance and application – Personal hygiene – care of skin, hair, hands, feet, teeth, Use of cosmetics and jewellery, Grooming, Uniform, Evaluation of personal hygiene, Training staff.	15%
6.	Disinfectants, sanitizers, antiseptic and germicide. Common disinfectants used on working surfaces, kitchen equipment, dish washing, hand washing etc. Care of premises and equipment, cleaning of equipment and personal tools immediately after use, use of hot water in the washing process.	20%



Teacher Learning Methodology	Classroom lectures (Blackboard/Power Point Presentations), Discussion on recent updates with related examples.
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Evaluation Pattern		
Sr. No.	Details of the Evaluation	Weightage %
1.	Internal Written examination	15%
2.	Internal Continuous Assessment in the form of Viva voce, Quizzes, Seminars, Assignments, Attendance	15%
3.	University Examination	70%

Note: Students will have to score a minimum of 40 % to pass the course.

Course Outcomes	
1.	Able to understand the basic content of food Science.
2.	Design effective Food Safety Plan.

Suggested References:	
Sr. No.	References
1.	SwaminathanM (1985), Essentials of food & Nutrition, Vol, II, Ganesh & Co. Madras
2.	N.ShakuntalaManay, M.Shadaksharaswamy(2001) Foods Facts and Principles, Ram Printograph, Delhi Printing & Publishing New Age International(P) Ltd.
3.	R.A.Garg: The Food Safety & Standard Act,2006 along with Rules and Regulation,2011.Commercial Law Publisher (India) Pvt.Ltd
4.	Knechtes P.L.: Food Safety: Theory & Practice, Jones & Bartlett Learning, USA.
5.	Roday .S (2003) Food Hygiene & Sanitation , Tata Mc Graw Hill publication Ltd.

