

FOOD SCIENCE

UNIT – I: Food groups and cooking methods.

UNIT – II:

- a. Cereals – Composition, Nutritive value of Rice, Wheat and Locally available millets, Milling and Par-boiling, Enrichment and Fortification.
- b. Pulses and Nuts – Composition and Nutritive value and germination of wholegrams.

UNIT – III.

- a. Vegetables – Composition and Nutritive value.
- b. Fruits – Composition and Nutritive value.

UNIT – IV.

- a. Milk and Milk products – Composition and Nutritive value, Contribution, different types of milk Products and uses in cookery.
- b. Fleshy Food – Composition, Nutritive value of Meat, Fish, Poultry, Selection, Storage, effects of cooking On colour, texture and flavour.
- c. Egg – Structure, Composition, Nutritive value and selection.

UNIT – V.

- a. Beverages – Classification, Nutritive value and role in the diet.
- b. Fats and Oils – Composition, Nutritive value of common fats and oils, smoking Temperature.
- c. Spices and condiments – Different types and uses in Indian Cookery.

REFERENCES:

1. M.Swaminathan, Food science, Chemistry and Experimental Foods, the Bangalore printing and publishing company Ltd.,
2. M.Swaminathan, Hand book of food science and Experimental Foods, the Bangalore printing and publishing company Ltd.,
3. W.C.Frazier / D.C. Westhoff, Food Microbiology, Tata McGraw-Hill Publishing Company Limited, New Delhi.
4. M.Swaminathan, Essentials of Food and Nutrition Vol. I & II, Ganesh and Company, Madras.