

**B.Sc. HOTEL MANAGEMENT AND CATERING SCIENCE****CHOICE BASED CREDIT SYSTEM -****LEARNING OUTCOMES BASED CURRICULUM FRAMEWORK (CBCS - LOCF)****(Applicable to the candidates admitted from the academic year 2022-23 onwards)****Revised as on 05.01.2023**

Sem.	Part	Course	Title	Ins. Hrs	Credit	Exam Hours	Marks		Total
							Int.	Ext.	
I	I	Language Course – I (Tamil \$/Other Languages + #)	Communication in French I	6	3	3	25	75	100
	II	English Course - I		6	3	3	25	75	100
	III	Core Course – I (CC)	Basic Culinary Arts	5	5	3	25	75	100
		Core Practical – I (CP)	Indian Cuisine Practical	4	4	3	40	60	100
		First Allied Course – I (AC)	Basic Food Service	4	4	3	25	75	100
		First Allied Practical (AP)	Basic Food Service Practical	3	-	-	-	-	-
	IV	Value Education		2	2	3	25	75	100
	TOTAL			30	21	-	-	-	600
II	I	Language Course - II (Tamil \$/Other Languages + #)	Communication in French II	6	3	3	25	75	100
	II	English Course - II		6	3	3	25	75	100
	III	Core Course – II (CC)	Front Office and Accommodation Operations I	5	5	3	25	75	100
		Core Practical – II (CP)	Front Office and Accommodation Operations Practical I	4	4	3	40	60	100
		First Allied Practical (AP)	Basic Food Service Practical	3	2	3	40	60	100
		First Allied Course – II (AC)	Nutrition and Food Science	4	4	3	25	75	100
		Add on Course – I ##	Professional English- I	*6	4	3	25	75	100
	IV	Environmental Studies		2	2	3	25	75	100
	TOTAL			30+6*	27	-	-	-	800

\$ For those who studied Tamil upto 10th +2 (Regular Stream

+ Syllabus for other Languages should be on par with Tamil at degree level

Those who studied Tamil upto 10th +2 but opt for other languages in degreelevel under Part I should study special Tamil in Part IV

The Professional English – Four Streams Course is offered in the 2nd and 3rd Semester (only for 2022-2023 Batch) in all UG Courses. It will be taught apart from the Existing hours of teaching/additional hours of teaching (1 hour /day) as a 4 credit paper as an add on course on par with Major Paper and completion of the paper is must to continue his/her studies further. (As per G.O. No. 76, Higher Education (K2) Department dated: 18.07.2020).

* **The Extra 6 hrs./Cycle as per the G.O. 76/2020 will be utilized for the Add on Professional English Course.**

@ **NCC Course is one of the Choices in Non-Major Elective Course. Only the NCC cadets are eligible to choose this course. However, NCC Course is not a Compulsory Course for the NCC Cadets.**

** Extension Activities shall be outside instruction hours.

SUMMARY OF CURRICULUM STRUCTURE OF UG PROGRAMMES

Sl. No.	Part	Types of the Courses	No. of Courses	No. of Credits	Marks
1.	I	Language Courses	4	12	400
2.	II	English Courses	4	12	400
3.	III	Core Courses	9	45	900
4.		Core Practical	6	24	600
5.		Allied Courses I & II	4	16	400
6.		Allied Practical	2	4	200
7.		Major Based Elective Courses	2	8	200
8.		Add –on Course (Professional English I & II)	2	8	200
9.		Project	1	3	100
10.	IV	Non-Major Elective Courses	2	4	200
11.		Skill Based Elective Courses	2	4	200
12.		Soft Skills Development	1	2	100
13.		Value Education	1	2	100
14.		Environmental Studies	1	2	100
15.	V	Gender Studies	1	1	100
16.		Extension Activities	1	1	---
	Total		43	148	4200

PROGRAMME OBJECTIVES:

- To develop Attitude, Skills & knowledge of students required for employability in hospitality and allied sectors.
- To educate the students to develop, examine, question and explore perspectives or alternatives to problems in hospitality operations
- To inculcate holistic implementation of knowledge and gain experience and competence in the operations of hospitality sector.
- To demonstrate high standards with regard to performance in the hotel industry adopting value-based and ethical practices.
- To equip students with entrepreneurial initiative in the field of hospitality and its allied sectors.

PROGRAMME OUTCOMES:

After successful completion of this UG Degree programme, the students will be able:

- To adopt professional techniques and use tools competently in the preparation, presentation and service of quality foods.
- To demonstrate knowledge of multicultural perspectives to meet the needs of the guests and employees.
- To demonstrate ability to perform basic and supervisory level job functions in hotel and restaurant careers.
- To work effectively as an individual, and as a member of a team or leader in diverse teams, and in multidisciplinary settings.
- To formulate and integrate contemporary solutions and techniques of culinary science and management practices

Employment Opportunities Available for Graduates of B.Sc. Hotel Management and Catering Science

Global growth and development of tourism have opened up innumerable avenues for employment. As a result, the graduating students can look forward to career opportunities as

1. Management Trainee in Hotel and allied hospitality industry
2. Kitchen Management/Housekeeping Management positions in Hotels after training
3. Flight Kitchens and on-board flight services
4. Indian Navy Hospitality services
5. Guest/Customer Relation Executive in Hotel and other Service Sectors
6. Management Trainee/Executive in international and national fast food chains
7. Hospital and Institutional Catering
8. Faculty in Hotel Management/Food Craft Institutes
9. Shipping and Cruise lines
10. Marketing/Sales Executive in Hotel and other Service Sectors
11. State Tourism Development Corporations
12. Resort Management
13. Self-employment through entrepreneurship and
14. Multinational companies for their hospitality services.

First Year

**CORE COURSE I
BASIC CULINARY ARTS
(Theory)**

Semester I

Code:

Credit: 5

COURSE OBJECTIVES:

- To know the essentials of Basic Culinary knowledge.
- To identify the various commodities used in food preparation.
- To illustrate the methods of cooking.
- To differentiate the between selection and identification of raw materials.
- To classify the cooking equipments used in food production.

UNIT – I INTRODUCTION TO COOKERY:

Art and science of cookery - Various factors affecting eating habits - Importance of fusion cuisine - Kitchen organization chart - Foundation, Raising, thickening agents in cookery - Role of flavoring, seasoning and sweetening agents In cookery

UNIT – II COMMODITIES:

Cereals-Varieties - Processing – Storage and uses in Cooking - Pulses-Varieties – Storage-and Uses in Cooking - Dairy products and their uses in cookery - Uses of soya milk and its by products in cookery - Fruits and nuts, Oil seeds used in cookery

UNIT – III METHODS OF PROCESSING FOOD:

Preparation of Ingredients - Methods of Cooking Foods – Rechauffe - Invalid Cookery -Religious and cultural influences of Indian cookery.

UNIT – IV SELECTION AND IDENTIFICATION:

Selection of Fish, meat, Beef, Pork and Vegetables available in local market - Different cuts of meat, fish, pork and vegetables - Selection procedure for processed meat and meat products (bacon, ham, fish, beef, mutton etc) - Meat tenderizers, marinating, Art of making sausages - Selection of eggs - Uses of eggs in cookery.

UNIT – V COOKING EQUIPMENTS AND MENU PLANNING:

Classification Knives and kitchen tools, Pre- preparation equipments, Refrigeration equipments Food holding equipments salamander - Safety Precautionary methods while handling equipments. Personal hygiene required for kitchen staff - Examples of menu and menu compilation for Industrial, Institutional. Mobile catering units - Balancing of recipes, standardization of recipes, maintaining recipe for Quality standards, Various check list for food preparation - Portion Control-Standard Portion Sizes necessity for control

UNIT – VI Current Contours (For Continuous Internal assessment only):

Contemporary Developments related to the Course during the Semester concerned.-Modern equipments used in Food production-Latest technologies used in cooking methods

REFERENCES:

1. ParvinderS.Bali, Food Production Operations, 11th Edition, Oxford University Press, New Delhi 2018
2. Kinton and Ceserani, The Theory of Catering, ELBS Publications, 2020
3. ParvinderS.Bali, International Cuisine Food Production Management,10th Edition, 2018)
4. Madhur Jeffrey, A Taste of India — Practical Menus, 2020
5. [Dr.Abhinav K. Shandilya](#), A Textbook of Food production Foundation, 2nd Edition, Trinity Press, New Delhi, 2019
6. [https://hmhub.in/introduction-to-cookery/#:~:text=Cookery%20is%20defined%20as%20a,both%20an%20art%20and%20 technology.](https://hmhub.in/introduction-to-cookery/#:~:text=Cookery%20is%20defined%20as%20a,both%20an%20art%20and%20technology.)
7. https://www.tutorialspoint.com/food_production_operations/food_production_operations_introduction_to_cookery.htm

COURSE OUTCOMES:

On completion of this course, students will be able to:

- Define and use of cooking terminology accurately
- Develop the knowledge about commodity usage
- Know the different methods of cooking
- Improve the selection of cooking equipments
- Identify the different types of menus

First Year

**CORE PRACTICAL I
INDIAN CUISINE PRACTICAL
(Practical)**

Semester I

Code:

Credit: 4

COURSE OBJECTIVES:

- To know the basic skills required for Indian cuisine
- To be aware of the history of Indian cuisine its modern developments and brief idea of Indian cuisines.
- To understand the professional requirements of kitchen personnel and the importance and maintenance of hygiene.
- To have the ability in knowing the Indian cuisine kitchen organization, duties and responsibilities of kitchen staff
- To learn the various methods of Indian cuisine cooking and understanding the raw materials.

This practical course consists of demonstration and hands on training on preparation of following food varieties of Indian Cuisine

1. Rice – 10 varieties
2. Dal and Sambar – 6 Varieties
3. Kootu, Foogath, Rasam – 5 varieties
4. Pachadi
5. Dal Shorba, mutton shorba, tomato shorba etc.
6. Indian bread – Chappathi, Bhaturas, tandoori roti, Naan, Kulcha, romali roti.
7. Pulao – 5 varieties.
8. South Indian breakfast
9. Sweet – Milk Sweet, halwai and Savouries and titbits.
10. Biryani – Chicken, Mutton, Vegetable
11. Khorma, curry and Moghlai gravy
12. Raithas, Cucumber – 5 varieties
13. Tandoori Chicken, Fish, Sheekh, Boti Kabab
14. Fish preparation – 6 varieties
15. Snacks – 10 varieties
16. North Indian Sweets – 10 varieties.

Current Contours (For Continuous Internal Assessment only):

Contemporary developments related to the course during the semester concerned
- Difference between Traditional cooking and modern cooking-Waste control techniques.

REFERENCES:

1. Parvinder S.Bali, Food Production Operations, 11th Edition, Oxford University Press, New Delhi 2018
2. Kinton and Ceserani, The Theory of Catering, ELBS Publications, 2020
3. ParvinderS.Bali, International Cuisine Food Production Management,10th

- Edition, 2018)
4. Madhur Jeffrey, A Taste of India — Practical Menus, 2020
 5. [Dr. Abhinav K. Shandilya](#), A Textbook of Food Production Foundation, 2nd Edition, Trinity Press, New Delhi, 2019
 6. <https://www.vegrecipesofindia.com/recipes/>
 7. <https://hmhub.in/regional-indian-cuisine/#:~:text=The%20art%20of%20Indian%20cuisine,and%20tingle%20to%20the%20palate.>

COURSE OUTCOMES:

On completion of this course, students will be able to:

- Identify various ingredients used in Indian cuisine
- Evaluate the components of cookery
- Assess the impacts of culture in Traditional cooking.
- Identify the importance of Indian cuisine.
- Plan the preparation of Cooking

First Year

**FIRST ALLIED COURSE I
BASIC FOOD SERVICE
(Theory)**

Semester I

Code:

Credit: 4

COURSE OBJECTIVES:

- To understand the evolution of the catering industry
- To study about Restaurant operations, and service equipment.
- To understand about kitchen stewarding and pantry functions.
- To enable the student to understand the importance of menu and menu planning.
- To acquire in-depth knowledge about non-alcoholic beverages and tobacco.

UNIT – I INTRODUCTION TO FOOD AND BEVERAGE SERVICE:

Introduction and Evolution Of Hotel Industry - Different Types of Catering Establishments a) Commercial b) Non-commercial - Different Outlets Of F&B Service -Coffee shop, restaurant, bar, room service, discotheque, barbeque, night clubs, banquets, outdoor catering - Staff Hierarchy of F&B Outlets - Duties and responsibilities of each level of staff - Attributes of service personnel - Safety, hygiene, and attitudes(positive &negative)

UNIT – II STAFF ORGANIZATION:

Organization Structure of food and beverage service department (Large & Small) - Duties and Responsibilities of all categories of F and B Staff Briefly - Interrelationship between F&B Service department with other departments - Personal Hygiene and Grooming of F & B Staff.

UNIT – III SERVICE EQUIPMENTS AND PROCEDURE:

Linen, Furniture - Classification of Crockery, Cutlery, Glassware, Hollow ware, Flatware - Special Equipment - Ancillary Departments – Pantry, Still Room, Silver Room, Wash-up, Hotplate and Linen Store - Cover -Definition and size - Size of table clothes, baize, serviettes, napperons and their uses - Rules for laying a table - Mise-en-Place & Mise-en-Scene - Types of Service –a) English b) Silver c) Russian d) American & e) Others - Rules for waiting at a table (receiving, order taking, service & settlement) - Operation of K.O.T. - Significance of kitchen stewarding.

UNIT – IV MENU AND MENU PLANNING:

Definition - Types Of Menu - a) A la carte b) Table d' hote c) Banquet menu - Types of Meals - Breakfast, brunch, lunch, hi-tea, dinner, supper - French Classical Menu - 12 courses and its accompaniments, cover, service - Menu Planning- Points to be considered while planning a menu - Menu engineering

UNIT – V NON-ALCOHOLIC BEVERAGES AND TOBACCO:

Non-alcoholic beverages – Stimulating – Refreshing – Nourishing – Tobacco – Cigar – Cigarette - Pipe tobacco - Chewing tobacco

UNIT – VI Current Contours (For Continuous Internal assessment only):

Contemporary Developments related to the Course during the Semester concerned-COVID-19 protocols used in Hotel-Role of modern service equipments.used in Restaurant

REFERENCES:

1. Sudhir Andrews, Food and Beverage service training manual, McGraw hill education (India) Private Limited, New Delhi, 2018
2. Dennis R.Lillicrap and John A. Cousins – Food and Beverage Service, Hider Education, London2019
3. R. Singaravelavan, Food and Beverage Service – Oxford University Press, New Delhi 2018
4. Vijay Dhavan, Food and beverage Service, Frank Bros & Co, New Delhi, 2020
5. Dr.JagmohanNegi, Food and Beverage Operation, S.Chand& Company Pvt. Limited, New Delhi, 2019
6. <https://hmhub.in/1st-sem-f-b-service-notes/>
7. <https://www.uou.ac.in/sites/default/files/slm/BHM-102T.pdf>

COURSE OUTCOMES:

On completion of this course, students will be able to:

- Construct knowledge of Food and Beverage Services
- Show a basic skill on Food service
- Organize to lay the table for different types of service, and operate basic food service equipment
- Plan different Menus
- Identify the different types of Cigars and Cigarettes

First Year

**FIRST ALLIED PRACTICAL
BASIC FOOD SERVICE PRACTICAL
(Practical)**

Semester I & II

Code:

Credit: 2

COURSE OBJECTIVES:

- To show students to get knowledge on cutlery, crockery and glassware.
- To demonstrate them in guest service in restaurants.
- To explain students order taking procedures.
- To plan the procedure for a sequence of Menu.
- To build students make the KOT's and Bill's.

This practical course consists of demonstration and hands on training on the following activities related to food and beverage service operations.

1. Identification of Cutlery
2. Identification of Crockery and Glass Ware
3. Method of cleaning and upkeep of silver
4. Mise-en-place for restaurants (Ala-carte, Buffet)
5. Service of Food, Tea and Coffee
6. Receiving the guest
7. Presenting the menu card and Taking order
8. Napkin folding - Service of food by course wise and clearance
9. Raising K.O.T and Present the bill
10. Record keeping

Current Contours (For Continuous Internal assessment only):

Contemporary Developments related to the Course during the Semester concerned-Anatomy of Side board-Take-away services

TEXT BOOKS:

1. Sudhir Andrews, Food and Beverage service training manual, McGraw hill education (India) Private Limited, New Delhi, 2018
2. Dennis R.Lillicrap and john A. Cousins – Food and Beverage Service, Hilder Education, London 2019
3. R. Singaravelavan, Food and Beverage Service – Oxford University Press, New Delhi 2018

REFERENCES:

1. Vijay Dhavan, Food and beverage Service, Frank Bros & Co, New Delhi, 2020.
2. Dr.Jagmohan Negi, Food and Beverage Operation, S.Chand& Company Pvt. Limited, New Delhi, 2019.

E-BOOKS:

1. [https://www.ihmbbs.org/upload/CHAPTER-%20\(F%20&%20B%20SERVICE%20EQUIPMENT.pdf](https://www.ihmbbs.org/upload/CHAPTER-%20(F%20&%20B%20SERVICE%20EQUIPMENT.pdf)
2. <https://www.worldcat.org/title/food-and-beverage-service/oclc/699475091>
3. <https://www.hotelmanagementtips.com/food-and-beverage-services/>

COURSE OUTCOMES:

On completion of this course, students will be able to:

- Identify the service equipment
- Organize service sequence and suitably arrange buffets
- Develop self confidence in dealing with guest
- Design various napkin folding
- Read and create out KOT'S.

First Year

**CORE COURSE II
FRONT OFFICE AND
ACCOMMODATION OPERATIONS I
(Theory)**

Semester II

Code:

Credit: 5

COURSE OBJECTIVES:

- To give learners a basic knowledge on various front office operations
- To inform them about the evolution of the hospitality industry.
- To give learners a fair knowledge of dealing with guest before arrival.
- To learn the importance of housekeeping.
- To know the functions of a housekeeping control desk.

UNIT – I FRONT OFFICE:

Classification of Hotels - Introduction to Front office- Definition - Lay-out of Front office Department - Sections of Front office (Reservation, Reception, Information, Cash and Telephones) - Organizational Structure of Front office Department - Duties and Responsibilities of Front office Personnel - Qualities Needed for Front office Staff - Job description of Front office Assistants

UNIT – II RESERVATION:

Reservation systems, types and procedures - Guest Registration Procedures - Various Registration Records - Check-in - Check out and Settlement of Accounts - Other front office activities - GRE - Lobby - Bell desk – Paging - Functions and equipment of Telephones section - Functions of information section - Front office Cashier- Duties and Responsibilities - Front office Terminologies

UNIT – III ROOM ALLOTMENT:

Layout, Types of rooms & Configuration of rooms - Room tariffs and basis to construct the tariffs - Types of meal plan - Inter departmental relationship - Front office salesmanship - Baggage-handling – FIT, GIT - Message handling - Mail handling

UNIT – IV HOUSEKEEPING:

Lay-out of Housekeeping Department - Organizational structure of Housekeeping department - Job description of Housekeeping personnel - Classification of cleaning equipment's and agents - Operational areas of housekeeping department - Guest floor & Public area operation - Sequence of housekeeping functions

UNIT – V KEY SYSTEM:

Key handling procedures - Wake-up call, Left luggage, Safety locker and lost & found procedures - Registers maintained in FO&HK departments - Valet Service - Safety and security - Key Controls and Security system - Emergency Procedures (Medical, Robbery, Fire, suicide, Death, Bomb Threat, Riot)

UNIT - VI Current Contours (For Continuous Internal assessment only):

Contemporary Developments related to the Course during the Semester concerned-Role of Key cards in Front office-Concepts of Budget Hotels.

REFERENCES:

1. Andrews, S., Andrews, S. (2013). Hotel Front Office: A Training Manual. India: McGraw Hill Education.
2. Raghubalan, S., Raghubalan, G., Raghubalan, S., Raghubalan, G. (2015). Hotel Housekeeping: Operations and Management. India: Oxford University Press.
3. Front Office Management. (2011). India: Frank Bros. & Company.
4. Tewari, J. R., Tewari, J. R. (2009). Hotel Front Office: Operations and Management. India: OUP India.
5. Branson, J. C., Lennox, M., Branson, J. C., Lennox, M. (1988). Hotel, Hostel and Hospital Housekeeping. United Kingdom: Edward Arnold.
6. Text Bk of Hotel Housekeeping. (2007). India: McGraw-Hill Education (India) Pvt Limited.
7. <https://www.uou.ac.in/sites/default/files/slm/BHM-704ET.pdf>
8. <https://www.uou.ac.in/sites/default/files/slm/HM-103.pdf>

COURSE OUTCOMES:

On completion of this course, students will be able to:

- Label the various types of rooms
- Create a feasible working environment with other department staff
- Build the guest cyclic process
- Develop the housekeeping personnel skills
- Identify the lost and found articles

First Year

**CORE PRACTICAL II
FRONT OFFICE AND
ACCOMMODATION OPERATIONS I
(Practical)**

Semester II

Code:

Credit: 4

COURSE OBJECTIVES:

1. To receive bookings and handle baggage.
2. To handle reservation activities.
3. To monitor the activities of bell desk.
4. To identify the classification of cleaning agents and equipment's
5. To inspect the cleaning of rooms and public areas.

This practical course consists of demonstration and hands on training on the following activities related to Front Office and Housekeeping operations of hotel.

1. Basic Manners and Attributes for Front Office Operations.
2. Communication Skills –verbal and nonverbal.
3. Preparation and study of Countries –Capitals & Currency, Airlines & Flag, charts, Credit Cards, Travel Agencies etc.
4. Telecommunication Skills.
5. Forms & formats related to Front office.
6. Hotel visits –WTO sheets.
7. Identification of equipment, work structure and stationery.
8. Procedure of taking reservations –in person and on telephones.
9. Converting enquiry into valid reservations.
10. Role play –Check-in / Check –out / Walk-in / FIT / GIT / etc; VIP / CIP / H.G etc.
11. Suggestive selling, Identification of Cleaning Equipment (Manual and Mechanical)
12. Scrubbing –Polishing –Wiping –Washing –Rinsing –Swabbing –Sweeping –Mopping –Brushing –Buffing
13. Handling Different Types of Fabrics - Use of Abrasives, Polishes / Chemical Agents
14. Room Attendant Trolley / Maid's Cart - Bed Making - Turndown Service
15. Cleaning of Guestroom - Cleaning of Public Area - Brass Polishing / Silver Polishing - Cleaning of Guestroom - Cleaning of Public Area

Current Contours (For Continuous Internal assessment only):

Contemporary Developments related to the Course during the Semester concerned: E-Mail handling Procedure - Hotel emergency Procedures.

REFERENCES:

1. Andrews, S., Andrews, S. (2013). Hotel Front Office: A Training Manual. India: McGraw Hill Education.
2. Raghubalan, S., Raghubalan, G., Raghubalan, S., Raghubalan, G. (2015). Hotel Housekeeping: Operations and Management. India: Oxford University Press.

3. Front Office Management. (2011). India: Frank Bros. & Company.
4. Tewari, J. R., Tewari, J. R. (2009). Hotel Front Office: Operations and Management. India: OUP India.
5. Branson, J. C., Lennox, M., Branson, J. C., Lennox, M. (1988). Hotel, Hostel and Hospital Housekeeping. United Kingdom: Edward Arnold.
6. Text BkOf Hotel Housekeeping. (2007). India: McGraw-Hill Education (India) Pvt Limited.
7. <https://www.ihmnotes.in/assets/Docs/Books/9780199451746.pdf>
8. <https://www.uou.ac.in/sites/default/files/slm/HM-103.pdf>

COURSE OUTCOMES:

On completion of this course, students will be able to:

- Book the Hotel rooms
- Create Reservation chart
- Handle Guest luggage's
- Use cleaning agents as per the requirement
- Identify the lost and found articles

First Year

**FIRST ALLIED COURSE II
NUTRITION AND FOOD SCIENCE
(Theory)**

Semester II

Code:

Credit: 4

COURSE OBJECTIVES:

- To give a good knowledge of Health & Nutrition and its under disciplinary
- To assess the Nutritional Status in food
- To measures to overcome malnutrition deficiency
- To understand the various food Standards
- To know the Nutrition Education and its Methods

UNIT – I Concepts of Nutrition:

Definition of nutrition and health - Inter relationship, Balanced diet - Basic principles of meal planning - ICMR Recommended Dietary Allowances for all age groups

UNIT – II ASSESSMENT OF NUTRITIONAL STATUS:

Anthropometric, Clinical, Biochemical and Dietary methods - Foods standards – BIS, Agmark and food laws.

UNIT – III NUTRITIONAL PROBLEMS IN THE COMMUNITY:

Importance of good nutrition, prevalence, etiology and measures to overcome malnutrition deficiency disorders-PEM, micro nutrient deficiencies (Vitamin A, Nutritional Anemia, IDD) over nutrition (obesity)- Prevalence, Causes, Complications and dietary guidelines. Food Adulteration-Definition, Adulterants in Different Foods, their ill effects and detection (house hold level techniques)

UNIT – IV NUTRITION PROGRAMMES:

National nutrition policy, intervention programmes to combat malnutrition, ICDS - programmes, Mid-day meal programme - Role of International Organizations – UNICEF, FAO,WHO.

UNIT – V PAMPHLETS ON NUTRITION PREPARATION:

Pamphlets on Nutrition Education - Definition, need, principles and methods of nutrition education.

UNIT – VI Current Contours (For Continuous Internal assessment only):

Contemporary Developments related to the Course during the Semester concerned-Importance of Balanced diet-Concept of Food pyramid.

TEXTBOOKS:

1. Venkatachalam P.S. and Rebellow, L.W., Nutrition for the mother and child, ICMR, Special Report , 1971

2. Symposia of the Swedish Nutrition Foundation, III Cunnar Blix 1969
3. Davidson, Sir Stanley, Passmore R. and Brock J.F. Human Nutrition and Dietetics, E. and S. Livingston Ltd., Edinburgh and London, 1973

REFERENCES:

1. Infant feeding difficulties, 4th Edition, 1977
2. Jelliffe, D.B. infant in the subtropics and tropics, Who Geneva, 1968
3. Marting E.A. Roberts, Nutrition in Tamilnadu Sangam Publishers, 1972.

E-BOOKS:

1. <https://www.ihmnotes.in/assets/Docs/Books/9780199489084.pdf>
2. <https://www.studocu.com/row/document/east-africa-institute-of-certified-studies/diploma-in-nutrition-and-dietetics/nutrition-notes/11011299>.

COURSE OUTCOMES:

On completion of this course, students will be able to:

- Understand the concept of Nutrition
- Create the Balanced meal
- Handle Nutritional problems
- Conduct Nutritional Programmes
- Prepare Nutritional pamphlets
