St. Mary's College (Autonomous) - Thoothukudi

(Re-accredited with 'A+' grade by NAAC)

Department of Chemistry (Sem –V& VI) Nutritional Food Science



Career Oriented Certificate course – Syllabus

Course Code: 21CACH51 Total: 30 Hours

UNIT I - Personal Hygiene

Personal hygiene for food handlers-How to wash hands correctly- How to develop a daily personal hygiene routine- How to handle equipment and utensils-Basic Hygiene

UNIT II-Diet Plan

Healthy food-Diet food-Planning and preparing cooking without fire

UNIT III - Food Processing

Food processing and preservation-food storage-means of preservation-preserving food-preparing pickles

UNIT IV - Nutritive food

Preparation of healthy food- healthy drinks-balanced diet and Nutrition during pregnancy-infancy-childhood-adolescence-adulthood

UNIT V - Common Adulterants

Adulteration and contamination of food-classification of toxic chemicals in food-safe food preparation practices-detection of food adulteration.





St.Mary's College (Autonomous) Thoothukudi

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Certificate Course 2021-2022

Name of the Department: Chemistry

Title of the Course: Nutritional Food Science

Offered to: III B.Sc Chemistry Course Code: 18CACH51

This course helps the students to comprehend the diet plans and nutrition requirements to lead a healthy life.

Objective:

- To practice a proper balanced diet
- To impart knowledge about Nutrition and its importance
- To create an awareness about the use of adulterants in food products

Outcomes:

Students will learn to prepare nutritional food by their own

Students will gain knowledge of calories required for healthy diet

Students become an Entrepreneur in preparation of food products

They can be employed as Food analyst



Report of the certificate course 2021-2022

Nutritional Food Science was offered as a certificate course to the III B.Sc Chemistry Students by the Department of Chemistry in July 2021. Ms.Vasanthi was the instructor and the course was conducted from 2 p.m. to 4 p.m. Students were given hands-on training on various food preparation and evaluated by written and Practical exams at the end. Certificates with grade levels were issued based on their performance. 39 students were benefited out of this certificate course

ST. MARY'S COLLEGE (AUTONOMOUS), THOOTHUKUDI

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CAREER ORIENTED PROGRAMME

CERTIFICATE

| This is to certify that Ms. Mahalakshmi. C | of _III_ B.Sc Chemistry |
|--|---------------------------------|
| has actively participated and successfully completed a course on | Nutritional food Science |
| | conducted for the academic year |
| 2021 - 2022 with A Grade. | |

T. Vasanthe.

Lucia Rosa

Principal

St. Mary's Coilege (Autonomous,

St. Mary's College (Autonomous) -Thoothukudi

(Re-accredited with 'A+' grade by NAAC)

Department of Chemistry- (Sem -V&VI)

Nutritional Food Science - (2021-2022)

Career Oriented Certificate course - Time Schedule

Total: 30 Hours

| S.NO Date | | Mode | Duration (Hrs) | ItemsPrepared |
|-----------|------------|--------|-------------------|-----------------------------|
| 1 | 05.07.2021 | Online | 2 | Cake |
| 2 | 06.07.2021 | Online | 2 | Icecream |
| 3 | 07.07.2021 | Online | 2 | Pizza |
| 4 | 08.07.2021 | Online | 2 | Homemade Chocalates |
| 5 | 09.07.2021 | Online | 2 | Schezwan Fried rice |
| 6 | 12.07.2021 | Online | 2 | Hakka Noodles |
| 7 | 13.07.2021 | Online | 2 | Parotta Salna |
| 8 | 14.07.2021 | Online | 2 | Chicken Briyani |
| 9 | 15.07.2021 | Online | 2 | Chettinad Chicken |
| 10 | 16.07.2021 | Online | 2 | Kappa Kizhangu Vadai Kesari |
| 11 | 19.07.2021 | Online | 2 | Naan & Paneer butter masala |
| 12 | 20.07.2021 | Online | 2 | Aambur Biryani |
| 13 | 22.07.2021 | Online | 2 | Pickles |
| 14 | 23.07.2021 | Online | 2 | Synthetic Juice |
| 15 | 26.07.2021 | Online | 2 | Pani Poori |

Instructor : Mrs.T. Vasanthi

Staff in charge: Dr. A.Parveen Sulthana

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