

DEPARTMENT OF
NUTRITION & DIETETICS
U.G.

DEPARTMENT OF NUTRITION & DIETETICS

Programme Code: N

Programme Name: B.Sc. Nutrition & Dietetics

Programme Outcomes

1. Understand the role of Food and Nutrients in health and Disease.
2. Provide nutrition education and diet counseling to individuals throughout the life span using a variety of communication strategies.
3. Apply technical skills, knowledge of health behavior, clinical judgment, and decision - making skills.
4. Perform food management functions in business, health-care, community and institutional arenas.
5. Assessing and evaluating the nutritional status of individuals and communities and their response to nutrition intervention.
6. Competence in the skills of assessment, planning, management and evaluation of food service, nutrition and dietetics services in institutional food, community nutrition.

Programme Specific Outcomes

1. Provides in-depth understanding of the role of food under specific diseased conditions.
2. Understanding the working of dietary department.
3. Formulate innovative nutritious novel food products.
4. Become a successful entrepreneur.
5. Apply skill based knowledge in food industry.
6. Analyze nutrients, quality of food, disease and dietary management.

Course Outcomes

SEMESTER - I

Subject Code: 21N11

Course Name: FOOD SCIENCE –I

Upon the completion of the course, the students will be able to

1. Gain knowledge on food groups and their functions.
2. Analyze different nutrients in food.
3. Acquire knowledge on different methods of cooking.
4. Understand the basic concepts behind food science and food preparation.
5. Identify and explain the specific functions of different foods in maintaining body health.

Subject Code: 21AN11

Course Name: HUMAN PHYSIOLOGY

Upon the completion of the course, the students will be able to

1. Explain the basic knowledge of human anatomy and physiology.
2. Identify and use proper terminology for describing the anatomy of the body.
3. Gain knowledge on parts of the body and its diseases and disorders.
4. Illustrate the processes of the respective various body system.
5. Elaborate the regulation of body fluids and blood parameters.

Subject Code: 21SEN11

Course Name: SPICES AND HERBAL NUTRITION

Upon the completion of the course, the students will be able to

1. Understand the role of spices and herbs in human health.
2. Learn the importance of major spices.
3. Learn the importance of minor spices.
4. Gain knowledge on health benefits of herbs.
5. Apply knowledge in the preparation of herbal products.

Subject Code: 21SEN12

Course Name: FOOD SAFETY AND QUALITY CONTROL

Upon the completion of the course, the students will be able to

1. Acquire knowledge on the importance of quality assurance in food industry.
2. Monitor and evaluate food laws and standards in food service industry.
3. Comprehend knowledge on national and international food standards organizations.
4. Learn the importance of food specification with reference to various food additives.
5. Gain in-depth knowledge on various food safety measures of food products.

Subject Code: 21NMN11

Course Name: BASIC NUTRITION

Upon the completion of the course, the students will be able to

1. Learn nutrients in foods and the specific functions in maintaining health.
2. Identify the good sources of foods and its nutrients.
3. Apply knowledge of the role of nutrition and healthy food habits.
4. Aware of disease prevention and wellness.
5. Provoke healthy food choices to prevent health problems.

SEMESTER - II

Subject Code: 21N21

Course Name: FOOD SCIENCE –II

Upon the completion of the course, the students will be able to

1. Apply process of different foods.
2. Analyze the nutritional composition of various food groups.
3. Gain knowledge on culinary use in sugar cookery.
4. Understand the concept of sensory evaluation of foods.
5. Identify and control adulterants in various foods and evaluate food quality.

Subject Code: 21N2P

Course Name: FOOD SCIENCE I & II PRACTICALS

Upon the completion of the course, the students will be able to

1. Able to conduct basic sensory analysis of food.
2. Demonstrate skills on determination of edible portion of food.
3. Have an in-depth knowledge on application of food science.
4. Acquire skills on different methods of cooking.
5. Formulate novel recipes by applying knowledge on cooking methods.

Subject Code: 21AN2

Course Name: FOOD MICROBIOLOGY

Upon the completion of the course, the students will be able to

1. Understand about characteristics of different microorganism associated to food.
2. Identify the sources, and contamination of various food substances by microbes.
3. Gain knowledge on microbial spoilage of food and responsible microorganisms.
4. Comprehend the key aspects of food poisoning and infection, bacterial food borne diseases and prevention.
5. Acquire knowledge on new trends in food microbiology.

Subject Code: 21SEN21

Course Name: NUTRITIONAL ASSESSMENT

Upon the completion of the course, the students will be able to

1. Assess the nutritional status of the community.
2. Addressing the nutritional problems in the community through proper evaluation.
3. Understand the role of nutrition at community level.
4. Provide nutrition education to the needy people.
5. Alleviate the nutrition problems at national level.

Subject Code: 21SEN22

Course Name: HOMEFOOD CATERING

Upon the completion of the course, the students will be able to

1. Acquire knowledge on menu planning using different food items in small scale production.
2. Learn the different methods of cooking.
3. Apply the principles of menu planning.
4. Develop skills in fusion cooking.
5. Gain knowledge in food preservation.

Subject Code: 21NMN2

Course Name: FOOD PRESERVATION

Upon the completion of the course, the students will be able to

1. Understand the importance of food preservation.
2. Acquire knowledge on various principles of food preservation.
3. Comprehend information regarding application of low temperature, high temperature, drying in foods
4. Enable to prepare preserved foods using locally available seasonable foods.
5. Become an individual entrepreneur.

SEMESTER - III

Subject Code: 17N31

Course Name: FUNDAMENTALS OF NUTRITION

Upon the completion of the course, the students will be able to

1. Understand the functions of micronutrients with health.
2. Comprehend the metabolism of macronutrients with health.
3. Correlate knowledge of nutrients with their deficiencies.
4. Elaborate the importance of holistic nutrition, among all age groups.
5. Generate wellness and healthy lifestyle adoption in community.

Subject Code: 17AN31
Course Name: BAKERY

Upon the completion of the course, the students will be able to

1. Gain basic knowledge relating to the principles of baking.
2. Acquire knowledge on role of various ingredients used in bakery recipes.
3. Educate the students to use additives and preservatives judiciously.
4. Identify and control faults in baking.
5. Establish a bakery business.

SEMESTER - VI

Subject Code: 17N41
Course Name: NUTRITIONAL BIOCHEMISTRY

Upon the completion of the course, the students will be able to

1. Understand the basic concepts of biochemistry.
2. Gain knowledge on metabolism of carbohydrate, protein and lipids.
3. Acquire knowledge on functions and mode of action of different hormones and enzymes.
4. Comprehend the Biochemical implications of foods and diseases
5. Identify various metabolic disorders.

Subject Code: 17N41P
Course Name: NUTRITIONAL BIOCHEMISTRY PRACTICALS

Upon the completion of the course, the students will be able to

1. Understand basic lab techniques.
2. Acquire skills on preparation of solutions.
3. Perform qualitative and quantitative analysis of sugars, protein, and vitamin C.
4. Competent in handling analytical equipments
5. Interpretation of analytical results.

Subject Code: 17AN41
Course Name: FOOD PRESERVATION

Upon the completion of the course, the students will be able to

1. Understand the basic knowledge of principles of food preservation.
2. Comprehend the ambient temperature processing.
3. Distinguish between high and low temperature processing.
4. Differentiate between syruping and brining.
5. Distinguish between chemical preservation and fermentation.

Subject Code: 17AN41P

Course Name: BAKERY AND FOOD PRESERVATION PRACTICALS

Upon the completion of the course, the students will be able to

1. Acquire knowledge to weigh and measure ingredients used in baking.
2. Demonstrate skills in differentiating the qualities of all purpose flour.
3. Gain practical knowledge to prepare various bakery recipes.
4. Enhance the knowledge on usage of sugar, salt and chemicals in fruits and vegetables.
5. Become as an entrepreneur in small scale food industries.

SEMESTER - V

Subject Code: 17N51

Course Name: NUTRITION THROUGH LIFE CYCLE

Upon the completion of the course, the students will be able to

1. Understand the importance of nutrition in various stages of life.
2. Learn the concept of RDA, Recommendations and Guidelines.
3. Comprehend the physiological changes and nutritional requirements in pregnancy and lactation period.
4. Construct infant supplementary feeds, menu plan for preschool children, and nutritional food choices for adolescents.
5. Suggest suitable menus for old age people.

Subject Code: 17N52

Course Name: DIETETICS – I

Upon the completion of the course, the students will be able to

1. Comprehend the knowledge of role of dietitian in dietary department.
2. Understand the basic principles of diet and diet therapy.
3. Acquire the knowledge of modification of normal diet for therapeutic purposes.
4. Relate the causes, symptoms and onset of various types of diseases.
5. Understand the implication of diet under various diseased conditions.

Subject Code: 17NE5A

Course Name CATERING MANAGEMENT

Upon the completion of the course, the students will be able to

1. Gain in-depth knowledge of food service industries.
2. Apply basic managerial skills.
3. Understand organization structures in food service institutions.
4. Acquire knowledge on personnel management.
5. Enable to fix cost for food items and maintaining the accounts.

Subject Code: 17NE5B

Course Name: FUNCTIONAL FOODS AND NUTRACEUTICALS

Upon the completion of the course, the students will be able to

1. Comprehend the role of functional foods.
2. Understand the role of Nutraceuticals.
3. Gain in-depth knowledge on phytochemicals.
4. Analyze the correlation between food and health components.
5. Emphasize on consumer marketing of health foods.

Subject Code: 17SEN51

Course Name: HOTEL HOUSEKEEPING

Upon the completion of the course, the students will be able to

1. Understand the importance of housekeeping department.
2. Apply managerial functions in housekeeping department.
3. Evaluate the work and staff control housekeeping department.
4. Gain knowledge on laundry services operation in housekeeping department.
5. Analyze current trends in housekeeping department.

SEMESTER - VI

Subject Code: 17N61

Course Name: FOOD PROCESSING

Upon the completion of the course, the students will be able to

1. Understand the principles of the various Food Processing Methods.
2. Comprehend the processing methods of different foods.
3. Explore the principle of preservation and processing of Cereal, Pulse, and Nuts & Oils.
4. Apply the principle of preservation and processing of vegetables based products.
5. Acquire skills to formulate fruits based preserved products.

Subject Code: 17N62

Course Name: DIETETICS –II

Upon the completion of the course, the students will be able to

1. Comprehend the dietary management for nutritional deficiency diseases and lung diseases.
2. Analyze the causes, symptoms and dietary management for febrile conditions.
3. Apply the principles of diet for the management of metabolic diseases.
4. Understand the dietary management for special conditions like allergy and burns.
5. Develop the dietary models for HIV.

Subject Code: 17NE6A

Course Name: POST HARVEST TECHNOLOGY

Upon the completion of the course, the students will be able to

1. Gain knowledge about post-harvest technology.
2. Enable the storage of agricultural products during the whole year in full quality.
3. Elaborate on spoilage agents and pest control methods.
4. Acquire knowledge on importance of pre-harvest physiology for fruits and vegetables on the long term storage of horticultural crops.
5. Comprehend the agencies governing food losses.

Subject Code: 17NE6B

Course Name: FOOD SAFETY AND QUALITY CONTROL

Upon the completion of the course, the students will be able to

1. Gain in-depth knowledge on various food safety measures of food products.
2. Acquire knowledge on the importance of quality assurance in food industry.
3. Understand on various tests and quality assessment, using standards for quality assessment and food safety.
4. Learn the importance of food specification with reference to various food additives.
5. Monitor and evaluate food laws and standards in food service industry.

Subject Code: 17N61P

Course Name: NUTRITION THROUGH LIFE CYCLE PRACTICALS

Upon the completion of the course, the students will be able to

1. Understand the nutritional requirements through the life cycle.
2. Prepare a balanced diet for various age groups.
3. Prepare and serve a balanced diet.
4. Calculate the nutrients contributed by a diet.
5. Suggest dietary guidelines for different age groups.

Subject Code: 17N62P

Course Name: DIETETICS I & II PRACTICALS

Upon the completion of the course, the students will be able to

1. Acquire the skills and techniques involved in the planning and preparation of therapeutic diets for various ailments.
2. Apply dietary principles to plan therapeutic diets for disease conditions.
3. Demonstrate skills in preparing appropriate therapeutic diets.
4. Calculate the nutrient content of diets.
5. Become a dietitian.

Subject Code: 17NEPR6

Course Name: DIETETICS INTERNSHIP – PROJECT

Upon the completion of the course, the students will be able to

1. Gain knowledge in hospital administration.
2. Acquire skills in maintaining medical records.
3. Develop the skills in effective planning, production and distribution at the hospital dietary department.
4. Compile the functions of the hospital dietary food service.
5. Plan and counsel patients effectively.

Subject Code: 17SEN61

Course Name: FRONT OFFICE MANAGEMENT

Upon the completion of the course, the students will be able to

1. Understand the importance of front office management.
2. Identify the independent components of the lodging front office system.
3. Comprehend the functions of basic reservation procedures in front desk.
4. Gain knowledge to use basic amenities functions in lodging organization.
5. Apply skills in front office supervision and check in & check out management.