

AC –20/04/2024
Item No. – 8.30 (N) Sem II (2a)

As Per NEP 2020

University of Mumbai



Syllabus for Basket of OE	
Board of Studies in <u>Hospitality Studies</u>	
UG First Year Programme	
Semester	II
Title of Paper	Credits
I) Food Safety & Nutrition	2
From the Academic Year	2024-25

Sr. No.	Heading	Particulars
1	Description the course : Including but Not limited to :	Food Safety & Nutrition The importance of food safety in the hospitality industry lies in the creation of integrated information systems based on HACCP principles to ensure the safety of food products at all stages of production, storage, transportation, sale, and disposal. Nutrition being on priority today. The course is very relevant in this era. As Nutritionist in hospitals. Diet Planner , Chef, Cruise Liner
2	Vertical :	Open Elective
3	Type :	Theory
4	Credit:	2 credits
5	Hours Allotted :	30 Hours
6	Marks Allotted:	50 Marks
7	Course Objectives: <ol style="list-style-type: none"> 1. To learn about the hygiene and sanitation in the catering industry. 2. To minimize food poisoning and infections. 3. To gain knowledge of nutrition and acquaint with food standards. 4. To understand the changes brought about in food nutrients during processing. 	

<p>8</p>	<p>Course Outcomes:</p> <p>1 Summarize importance of Hygiene and explain the importance of effective waste disposal.</p> <p>2 Recognize critical points to maintain highest standards in food safety and identifying microbes and its impact on food and its impact on nutrients</p> <p>3 Recognize the importance to store food appropriately and identify the problems that evolve with food toxins and microbial contamination and differentiate food adulterants used in the food.</p> <p>4 State the relation between food and various factors influencing Malnutrition, under nutrition and over nutrition and summarize the basic need of vitamins, minerals, water colloids and their functions. Sources, deficiency, excess balance, importance and sources in food.</p> <p>5 Identify the various factors influencing eating habits and state the breakup of proteins, carbohydrates and fats components and discuss the balance diet, food groups, food pyramids, and explain the special nutritional diet requirements.</p>
<p>9</p>	<p>Modules:-</p> <p>Module 1:</p> <p>Introduction to Hygiene</p> <p>1.1 Rules & Introduction to Hygiene</p> <p>1.2 Personal Hygiene</p> <p>1.3 Cleaning of premises(Pest Control, Dish washing methods, waste disposal)</p> <p>MICROBES</p> <p>2.1 Classification</p> <p>2.2 Introduction (Bacteria, Yeast, Mould)</p> <p>2.3 Role of microbes in foods</p> <p>2.4 Factors for growth and elimination of Microbes</p> <p>FOOD BORNE ILLNESS</p> <p>3.1 Natural toxins (Mushrooms, Shell Fish) Chemical Toxin(Benzoic acid, Lead)</p> <p>3.2 Bacterial toxin in perishable foods & water (staphylococcus, salmonella, Clostridium perfringens, Clostridium botulinum)</p> <p>3.3 Food Poisoning & infections</p> <p>3.4 Definitions, types and differentiation • Modes of contamination, & Spoilage</p> <p>FOOD ADULTRATION</p>

4.1 Definition and types

4.2 Case Study (Adulteration of Oil, Tea, Pulses, Milk)

FOOD PRESERVATION

5.1 Definition & Importance

5.2 Methods of Preservation (Natural & Chemical preservations- any 2)

5.3 High Temperature(Pasteurization, Sterilization, Canning)

FOOD STORAGE

6.1 Low temperature (Refrigeration, Freezing)

6.2 Dry food store

6.3 Holding at High Temperature

6.4 Stock rotation & cross contamination

Module 2:

7 HACCP

7.1 Introduction & Importance

7.2 Food standards in India (PFA, FPO, FSSAI, BIS- ISI, AGMARK, ISO)

7.3 VII Critical Control Points

8 INTRODUCTION TO NUTRITION

8.1 Definitions(Food, balanced diet, nutrition, over nutrition, under nutrition, malnutrition, health)

8.2 Balanced diet-Food pyramid

8.3 Carbohydrates, Proteins, Fats & Oils

8.4 Introduction, Definition, Sources

8.5 Uses in food preparation Gelatinization, Dextrinization, Caramelisation Coagulation and Rancidity)

9 VITAMINS, MINERALS, WATER

9.1 Introduction, Classification

9.2 A, D, E, K & B complex

9.3 Minerals (Ca, P, Na, K, Fe, I, F)

9.4 New trends in water based Beverages (Kada, Detox water, green tea, fruit infused water)

11 Reference Books:

1. Knowles Tim Butterworth Heinemann Oxford Food Safety in the Hospitality Industry Butterworth Heinemann

12 Internal Continuous Assessment: 40%

**External, Semester End Examination
60% Individual Passing in Internal and
External Examination**

13 Continuous Evaluation through:

Class Tests, presentation, project writing, assignment etc.

14 Format of Question Paper:

Theory Courses Evaluation Scheme for First Year (UG) under NEP
For theory courses with 2 credit points total marks Allotted would be 50
Internal Assessment: 20 marks
External Assessment: 30 marks

Nature of Examination	Bifurcation of Marks			Time	Total Marks	
I. Internal Assessment for Theory Courses						
Continues Internal Assessment (CIA) Assignment	Sr. No	Examination	Module	Marks	Time	Total Marks
	1	Class Test	Module I or on	10	30 Min	
	2	Assignments / Case Study / Presentations / Project / Group Discussion / Ind. Visit. / Tutorial	Completed syllabus	10	30 Min	

Note: Class Test

1. MCQ's – 5 marks.
2. Answer in One line -10 marks.
3. Answer in brief (3 out of 6 questions) -15 marks.

II. External Assessment for Theory Courses

Semester End Examination	Question No	Paper Pattern (Theory question paper pattern: All questions are compulsory.)	Unit	Marks	Time	Total Marks
	Q. 1	Match the Column/Fill in the blanks/Multiple Choice Questions (1/2 Mark each)	From All modules	5	1 Hour	30
	Q. 2	Answer in one sentence (1 Mark each)	From All modules	10		
	Q. 3	Short Notes (Attempt any 3 out of 6)	3 questions per module to be set. Each student will choose 1 question per module.	15		

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Chairman
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**Sign of the
Offg. Associate Dean
Name of the Associate
Dean
Name of the Faculty**

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