

2024 FYUGP Admission –Second Semester (A 25) Programmes with Courses, Marks and Credit Particulars

5. FOOD TECHNOLOGY (SF)

Course code	Course Name	Course Type	CE	ESE	Tot.	Pass Min.	Credit	Exam. Hrs
CC24UFTL2CJ102	Food Microbiology 1 (Binu George)	Core Course- 2 in Major	30	70	100	35	4	2
CC24UFTL2FM106	Food and Health (Anna Maria VD)	Multi- DisciplinaryCo urse-2	25	50	75	27	3	1½

Verified SECOND SEMESTER FYUGP-24 Syllabus and found to correct

Name and Signature of HOD/ COORDINATOR – Binu George

Food and Health (Multi-Disciplinary Course-2)		
Module	Unit	Content
1	1	Definition of physical health, mental health, social health and spiritual health
	2	Determinants of health
	3	Definition of terms: Nutrition, under Nutrition and Malnutrition
	4	Health & Nutritional status – adequate, optimum & good nutrition.
	5	Food Groups, Food Pyramid
	6	Balanced diet and BMI
2	7	Functional Foods, Prebiotics, Probiotics, Nutraceuticals.
	8	Organic Foods, GM Foods and their Advantages and Disadvantages
	9	Fortified Food
	10	Heritage Foods
	11	Nutrigenetics and Nutrigenomics
3	12	Food allergy , symptoms and Common food allergens
	13	Anti nutritional factors in foods
	14	Food poisoning: food infection and intoxication : Sources, symptoms, preventive measures

4	15	Obesity, diabetics, Hypertension, CVD and Constipation - Causes, symptoms and prevention
	16	HFSS foods and its impact on health
	17	Types of diets :Low-carbohydrate diet and low-fat diet, Mediterranean diet, DASH diet
	18	Diet therapy
	19	Physical Activity and Health- Importance of exercise for overall well- being.
5	Open ended module	
	Healthy food for wealthy nation	