



## INDEX

### Department of Home Science Semester – III

#### **B.A (Prog) with Nutrition and Health Education (NHE)**

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## B.A (Prog) with Nutrition and Health Education (NHE) as Major

## Category-II

## DISCIPLINE SPECIFIC CORE COURSE – DSC-5-NHE: FOOD REPORTING AND WRITING

## CREDIT DISTRIBUTION, ELIGIBILITY AND PREREQUISITES OF THE COURSE

Course Title & Code	Credits	Credit distribution of the course			Eligibility Criteria	Prerequisite of the course
		Lecture	Tutorial	Practical/ Practice		
Food Reporting and Writing	4	3	0	1	Class XII	Nil

## LEARNING OBJECTIVES:

1. To introduce students to the concept and prospects of food reporting.
2. To make the students learn to creatively write their own food stories for different forms of food media.
3. To help students gain an understanding of the wide-ranging and pervasive nature of food reporting and writing.
4. To make the students understand the importance of food reporting and writing for creating a sustainable food future.

## LEARNING OUTCOMES:

After completion of the course, the students will be able to:

1. Hone food reporting skills and critical analysis of different forms of food media.
2. Create original food writing appraising the sustainable essence of food.
3. Articulate how food writing and reporting can be used as a medium for attaining a sustainable food future.

## SYLLABUS OF DSC-5

## THEORY

(Credits 3: 45 Hours)

## Unit 1: Food Reporting

(10 Hours)

- *Unit Description:* This unit will introduce the concept of food reporting, different steps involved, skills required to become a good food reporter and the future prospects of food reporting.
- *Subtopics:*
  - Concept of food reporting
  - Steps of reporting
  - Skills of a good food reporter
  - Prospects of food reporting

**Unit 2: Food Writing****(15 Hours)**

- *Unit Description:* This unit will train the students to become a good café/restaurant critic as well as help in developing their writing skills for different forms of food media.
- *Subtopics:*
  - Guidelines to write a good food review
  - How to become a good café/restaurant critic
  - Recipe writing
  - Food writing in newspapers, magazines, social media, food blogs

**Unit 3: Food Reporting and Writing on Sustainability Issues****(20 Hours)**

- *Unit Description:* This unit will lay emphasis on food reporting and writing on sustainability issues for achieving nutrition security and a sustainable food future.
- *Subtopics:*
  - Importance of food reporting and writing on sustainability issues
  - Food writing and reporting on sustainability issues:
    - Shifting to healthier and more sustainable foods/diets
    - Reduce food loss and waste
    - Consumption of millets for sustainable agriculture and attaining nutrition security
    - Smart farming – the next green revolution
    - Going green – demand for organic food
    - Growing local – going global

**PRACTICAL**  
**(Credits 1: 30 Hours)**

**Unit 1: Food Reporting****(15 Hours)**

- *Subtopics:*
  - Interview a cook/chef
  - Critical reporting of food related information across various forms of media

**Unit 2: Food Writing****(15 Hours)**

- *Subtopics:*
  - Visiting a café/restaurant and writing a review
  - Authentic ethnic food essay
  - Crafting food memoir
  - Travel related food story
  - Food blog on sustainability issues



**ESSENTIAL/RECOMMENDED READINGS:**

1. Jacob, D. (2010) Will Write for Food. 2nd edition. Cambridge: Da Capo Press.
2. Hughes, H. (2017) Best food writing. 1<sup>st</sup> edition. New York, NY, Da Capo Lifelong.
3. Siniauer, P. (2015) Writing about Food – a guide to good food journalism. Freie Universität Berlin Helsingin Sanomat Foundation. [https://www.hssaatio.fi/wp-content/uploads/2015/07/Siniauer\\_WRITE-ABOUT-FOOD-a-guide-to-good-food-journalism.pdf](https://www.hssaatio.fi/wp-content/uploads/2015/07/Siniauer_WRITE-ABOUT-FOOD-a-guide-to-good-food-journalism.pdf)
4. Gilbert, S. & Porter, R. (Eds). (2015). Eating Words: The Norton Anthology of Food Writing. New York: W. W. Norton & Company.

**SUGGESTED READINGS:**

1. Fusté-Forné, Francesc & Masip, Pere. (2019). *Food and journalism*. 10.4324/9781351123389-11.
2. Searchinger, T., Waite, R., & Hanson, C., & Ranganathan, J. (2019). World Resources Institute. World Resources Report. Creating a sustainable food future – a menu of solutions to feed nearly 10 billion people by 2050. Matthews, E (Ed.). [https://research.wri.org/sites/default/files/2019-07/WRR\\_Food\\_Full\\_Report\\_0.pdf](https://research.wri.org/sites/default/files/2019-07/WRR_Food_Full_Report_0.pdf)
3. Cox, A. M., & Blake, M. K. (2011). Information and food blogging as serious leisure. *Aslib Proceedings*, 63 (2/3). pp. 204-220. ISSN 0001-253X <http://dx.doi.org/10.1108/00012531111135664>
4. David, B., Branigin H, Beurle, C. The future of food feeding the world – the coming food revolution. *Future IQ*. <https://future-iq.com/wp-content/uploads/2016/03/Future-iQ-Partners-Future-of-Food.pdf>

**DISCIPLINE SPECIFIC CORE COURSE – DSC-6-NHE: BASICS OF FOOD SAFETY****CREDIT DISTRIBUTION, ELIGIBILITY AND PREREQUISITES OF THE COURSE**

Course Title & Code	Credits	Credit distribution of the course			Eligibility Criteria	Prerequisite of the course
		Lecture	Tutorial	Practical/ Practice		
Basics of Food Safety	4	3	1	0	Class XII	Nil

**LEARNING OBJECTIVES:**

1. To introduce students to the basic concepts of food safety, hygiene, and types of microorganisms associated with food.

2. To equip them with the knowledge of food adulteration and contamination, food borne diseases, and role of microbes in food spoilage.

### LEARNING OUTCOMES:

After completion of the course students will be able to:

1. Understand the important genera of microorganisms associated with food and their characteristics.
2. Explain the role of microbes in food spoilage and food borne diseases.
3. Describe food safety and hygiene, types of hazards associated with food.
4. Understand current food safety and standard regulations.

### SYLLABUS OF DSC-6

#### THEORY (Credits 3: 45 Hours)

#### Unit 1: Introduction to Food Safety (7 Hours)

- *Unit Description:* This unit will introduce the concept of food safety, hazards and factors affecting food safety.
- *Subtopics*
  - Definitions
  - Importance of food safety
  - Factors affecting food safety
  - Types of hazards
  - Safe-Unsafe food for consumption

#### Unit 2: Microorganisms in Food (16 Hours)

- *Unit Description:* This unit will introduce the important genera of microorganisms associated with food, their characteristics and factors affecting it.
- *Subtopics:*
  - Bacteria, yeast, mold and virus
  - Role of microbes in food spoilage
  - Food infection and intoxication
  - Food poisoning

#### Unit 3: Food Safety and Quality Assurance (12 Hours)

- *Unit Description:* This unit will introduce the food additives, adulteration and food regulations.
- *Subtopics:*
  - Food additives
  - Food adulteration
  - Nutritional labelling
  - Food safety and standard regulation

- HACCP, GMP, GHP

#### Unit 4: Recent Concerns of Food Safety

(10 Hours)

- *Unit Description:* This unit will introduce the emerging concerns and new challenges to food safety.
- *Subtopics:*
  - Emerging concerns for food safety
  - Street food safety
  - New challenges to food safety

#### ESSENTIAL/RECOMMENDED READINGS:

1. Forsythe, S J. (1987) Microbiology of Safe Food. USA: Blackwell Science, Oxford.
2. Frazier, William C. and Westhoff, Dennis C. (2004). Food Microbiology. New Delhi: TMH.
3. Garbutt, John. (1997). Essentials of Food Microbiology. London: Arnold.
4. Jay, James M. (2000). Modern Food Microbiology. New Delhi: CBS Publication.
5. Mathur, P. (2018). Food Safety and Quality Control. Hyderabad: Orient Black Swan Pvt. Ltd.
6. Sethi, P., & Lakra P. (2015). Aahaar Vigyaan, Poshan evam Suruksha, Elite Publishing House.
7. Suri, S., & Malhotra A. (2014). Food Science, Nutrition and Safety. Delhi: Pearson.

#### SUGGESTED READINGS:

1. De Vries. (1997). Food Safety and Toxicity. New York: CRC.
2. Lawley, R., Curtis L. & Davis, J. (2004). The Food Safety Hazard Guidebook. RSC Publishing.
3. Publishing.
4. Marriott, Norman G. (1985). Principles of Food Sanitation. New York: AVI.
5. Pelczar, M.J., Chan E.C.S & Krieg, Noel. R. (1993) Microbiology, 5th Ed. New Delhi: TMH.



**B.A (Prog) with Nutrition and Health Education (NHE) as Non-Major**  
**Category-III**

**DISCIPLINE SPECIFIC CORE COURSE – DSC-6-NHE: BASICS OF FOOD SAFETY**

**CREDIT DISTRIBUTION, ELIGIBILITY AND PREREQUISITES OF THE COURSE**

Course Title & Code	Credits	Credit distribution of the course			Eligibility Criteria	Prerequisite of the course
		Lecture	Tutorial	Practical/ Practice		
Basics of Food Safety	4	3	1	0	Class XII	Nil

**LEARNING OBJECTIVES:**

1. To introduce students to the basic concepts of food safety, hygiene, and types of microorganisms associated with food.
2. To equip them with the knowledge of food adulteration and contamination, food borne diseases, and role of microbes in food spoilage.

**LEARNING OUTCOMES:**

After completion of the course students will be able to:

1. Understand the important genera of microorganisms associated with food and their characteristics.
2. Explain the role of microbes in food spoilage and food borne diseases.
3. Describe food safety and hygiene, types of hazards associated with food.
4. Understand current food safety and standard regulations.

**SYLLABUS OF DSC-6**

**THEORY**  
**(Credits 3: 45 Hours)**

**Unit 1: Introduction to Food Safety**

**(7 Hours)**

- *Unit Description:* This unit will introduce the concept of food safety, hazards and factors affecting food safety.
- *Subtopics:*
  - Definitions
  - Importance of food safety
  - Factors affecting food safety
  - Types of hazards

- Safe-Unsafe food for consumption

**Unit 2: Microorganisms in Food****(16 Hours)**

- *Unit Description:* This unit will introduce the important genera of microorganisms associated with food, their characteristics and factors affecting it.
- *Subtopics:*
  - Bacteria, yeast, mold and virus
  - Role of microbes in food spoilage
  - Food infection and intoxication
  - Food poisoning

**Unit 3: Food Safety and Quality Assurance****(12 Hours)**

- *Unit Description:* This unit will introduce the food additives, adulteration and food regulations.
- *Subtopics:*
  - Food additives
  - Food adulteration
  - Nutritional labelling
  - Food safety and standard regulation
  - HACCP, GMP, GHP

**Unit 4: Recent Concerns of Food Safety****(10 Hours)**

- *Unit Description:* This unit will introduce the emerging concerns and new challenges to food safety.
- *Subtopics:*
  - Emerging concerns for food safety
  - Street food safety
  - New challenges to food safety

**ESSENTIAL/RECOMMENDED READINGS:**

1. Forsythe, S J. (1987) Microbiology of Safe Food. USA: Blackwell Science, Oxford.
2. Frazier, William C. and Westhoff, Dennis C. (2004). Food Microbiology. New Delhi: TMH.
3. Garbutt, John. (1997). Essentials of Food Microbiology. London: Arnold.
4. Jay, James M. (2000). Modern Food Microbiology. New Delhi: CBS Publication.
5. Mathur, P. (2018). Food Safety and Quality Control. Hyderabad: Orient Black Swan Pvt. Ltd.
6. Sethi, P., & Lakra, P. (2015). Aahaar Vigyaan, Poshan evam Suruksha, Elite Publishing House.
7. Suri, S., & Malhotra A. (2014). Food Science, Nutrition and Safety. Delhi: Pearson.

**SUGGESTED READINGS:**

1. De Vries. (1997). Food Safety and Toxicity. New York: CRC.
2. Lawley, R., Curtis L. & Davis, J. (2004). The Food Safety Hazard Guidebook. RSC Publishing.
3. Publishing.
4. Marriott, Norman G. (1985). Principles of Food Sanitation. New York: AVI.
5. Pelczar, M.J., Chan E.C.S & Krieg, Noel. R. (1993) Microbiology, 5th Ed. New Delhi: TMH.