

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) Thoonthukudi
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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

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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. Vasantha
Instructor

Lucia Rosa

Principal

St. Mary's College (Autonomous),
Thoothukudi - 628 004

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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

Course Title: NUTRITIONAL FOOD SCIENCE																	
Course Instructor: T.VASANTHI																	
Course Incharge: DR.A.PARVEEN SULTHANA																	
			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
			05.07.20	06.07.20	07.07.20	08.07.20	09.07.20	12.07.20	13.07.20	14.07.20	15.07.20	16.07.20	19.07.20	20.07.20	22.07.20	23.07.20	26.07.2021
No	Name	Reg.No.	2.00 4.00 p.m.(2 hours)	2.00 4.00 p.m.(2 hours)	2.00 4.00 p.m.(2 hours)	2.00 4.00 p.m.(2 hours)	2.00 4.00 p.m.(2 hours)	2.00 4.00 p.m.(2 hours)	2.00 4.00 p.m.(2 hours)	2.00 4.00 p.m.(2 hours)	2.00 4.00 p.m.(2 hours)	2.00 4.00 p.m.(2 hours)	2.00 4.00 p.m.(2 hours)	2.00 4.00 p.m.(2 hours)	2.00 4.00 p.m.(2 hours)	2.00 4.00 p.m.(2 hours)	2.00 4.00 p.m.(2 hours)
1	AARTHI S	19AUCH01	x	x	x	x	x	a	x	x	x	x	x	x	x	x	x
2	ALPHONSE RAJAM T	19AUCH02	x	x	x	x	x	a	x	x	x	x	x	x	x	x	x
3	PACKIA JEYA A	19AUCH03	x	x	x	a	x	x	x	x	x	a	x	x	x	x	a
4	ANUSH KAMALAM B	19AUCH04	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
5	AROCKIYA MASHINA J	19AUCH05	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
6	ARUL PRIYA C	19AUCH06	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
7	CRAYNA J	19AUCH09	x	x	x	x	x	x	x	a	x	a	x	x	x	x	a
8	CROSSINIE J	19AUCH10	x	x	x	x	x	x	x	x	x	x	x	x	x	x	a
9	DELOSINI A	19AUCH11	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
10	DEVA THARSHINI A	19AUCH12	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
11	DIVYADHARSHINI K	19AUCH13	a	a	a	x	x	a	x	x	x	a	x	x	x	x	a
12	EBCIBA JESMILA J	19AUCH14	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a
13	FRANCIS VINISTA A	19AUCH15	a	a	x	x	x	x	x	x	x	x	x	x	x	x	x
14	INDHU MATHI S	19AUCH16	x	x	x	a	x	x	x	x	x	x	x	x	x	x	x
15	INFANT JENOVIYA A	19AUCH17	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
16	JACKULIN S	19AUCH18	a	a	x	a	a	x	x	x	a	a	a	x	a	a	a
17	JANAKI J	19AUCH19	x	x	x	x	x	a	x	x	x	x	x	x	x	x	x
18	KARTHIKA S	19AUCH21	x	x	x	a	a	x	x	x	a	x	x	a	a	a	a
19	KAVITHA M	19AUCH22	x	a	x	x	a	a	a	a	x	a	x	x	a	x	x
20	KAVITHA PRIYA J	19AUCH23	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
21	KAVITHA R	19AUCH24	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
22	KAYATHIRI M	19AUCH25	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
23	MADHAVANSHI H V	19AUCH26	a	a	a	a	a	x	x	x	x	x	a	x	x	x	a

