

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) Thoothukudi
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Certificate Course 2022-2023

Name of the Department : Chemistry

Title of the Course : Nutritional Food Science

Offered to : III B.Sc Chemistry Course Code: 21CACH51

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



ST. MARY'S COLLEGE (Autonomous), THOOTHUKUDI – 628001

III B.Sc. Chemistry

Career Oriented Certificate Course 2022-2023

Nutritional Food Science

Course Schedule

Time: 2.00 - 4.00 p.m

S.No	Date	Day
1.	29.8.22	Monday
2.	1.9.22	Thursday
3.	2.9.22	Friday
4.	5.9.22	Monday
5.	6.9.22	Tuesday
6.	8.9.22	Thursday
7.	12.9.22	Monday
8.	13.9.22	Tuesday
9.	27.9.22	Tuesday
10.	28.9.22	Wednesday
11.	29.9.22	Thursday
12.	6.10.22	Thursday
13.	10.10.22	Monday
14.	11.10.22	Tuesday
15.	12.10.22	Wednesday

St.Mary's College (Autonomous), Thoothukudi

III B.Sc Chemistry 2022-2023

Nutritional Food Science

Reg No	Name	Test (15)	Practicals (30)	Attendance (5)	Total (50)	Grade
20AUCH01	ABI RAJASEELI D	15	23	5	43	O
20AUCH02	ABISHA EVANGELIN S	15	21	5	41	O
20AUCH03	ANCLIN M	15	28	5	48	O+
20AUCH04	ANNITE BENCY S	15	21	4	40	O
20AUCH05	ANTO MARIA SHERENA M	15	26	5	46	O+
20AUCH06	ANTONY MERA P	15	28	5	48	O+
20AUCH07	ANTONY RATHINA SUGUNA L	15	24	5	44	O
20AUCH08	AROCKIA SMILIN B	15	20	5	40	O
20AUCH09	CEENITHAI A	15	29	5	49	O
20AUCH11	GAYATHRI M	15	29	5	49	O
20AUCH12	HELEN SUSAN MOHA A	15	20	5	40	O
20AUCH13	JESU ABHIYA J	15	20	5	40	O
20AUCH14	KALAI SELVI U	15	20	5	40	O
20AUCH15	KALAI SNOWLIN G	15	24	5	44	O
20AUCH17	KRISHNAVENI A	15	27	5	47	O+
20AUCH18	MACDELIN BELSIYA S	15	20	5	40	O
20AUCH19	MAHESHWARI M	15	20	5	40	O
20AUCH20	MALATHI A	15	21	5	41	O
20AUCH21	MAREESHWARI S	15	21	5	41	O
20AUCH22	MARY LEESIA K	15	20	4	39	A
20AUCH23	MAYEESWARI E	15	23	5	43	O
20AUCH24	MICHEAL BENIL A	15	29	5	49	O
20AUCH25	MUTHARASI C	15	24	5	44	O
20AUCH26	MUTHU NAGESHWARI T	15	29	5	49	O
20AUCH27	MUTHUKAVITHA M	15	24	5	44	O
20AUCH28	MUTHULAKSHMI @LATHA M	15	20	5	40	O
20AUCH30	NANDHINI S	15	21	5	41	O
20AUCH31	NIRMALA KUJUR	15	23	5	43	O
20AUCH32	PON SANTHINI R	15	25	4	44	O
20AUCH34	RAHINA P	15	25	4	44	O
20AUCH36	ROJA V	14	20	4	38	O+
20AUCH37	SAKTHI PRIYA M	15	20	5	40	A
20AUCH38	SHALINI M	15	20	4	39	A
20AUCH39	SHIVA SANKARI R	15	20	4	39	A
20AUCH40	SHRUTHI S S	15	23	5	43	O
20AUCH41	SPINOLA ROMY A	15	20	5	40	O
20AUCH43	SUDHARSINI A	15	20	5	40	O
20AUCH44	SUMALAH M	15	24	5	44	O
20AUCH45	SWETHA @ KIRUBA S	15	29	5	49	O

Above 90% O+ Grade

Between 80-89% O Grade

Between 70-79% A Grade

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CAREER ORIENTED PROGRAMME

CERTIFICATE

This is to certify that Ms. Shalini. M of III B.Sc. Chemistry
has actively participated and successfully completed a course on Nutritional Food
Science conducted during the academic year
2022 - 2023 with A Grade.

T. Vasanthi
Instructor

Lucia Rose
Principal
St. Mary's College (Autonomous)
Thoothukudi - 623 001