

**COURSE TITLE: FOOD SCIENCE AND NUTRITION**

**COURSE CODE: HOS 412**

**CREDIT: TWO HOURS**

**LEVEL: 300**

**SEMESTER: THREE**

#### **AREAS OF COVERAGE**

The students will be able to apply the basic knowledge in science and its application to real things. The other areas include: digestive systems and the processes of digestions and absorption of food; functions of nutrients and their contribution to a balanced diet; effects of cooking on nutrients. Nutritional needs of group of people such; manual workers, office workers, children, the aged, invalid and convalescents. Influence of food properties on the processing of food for preservation.

#### **Methodology**

Lecture,

- group discussions
- demonstrations
- practical/ project work.

#### **REFERENCE**

- R. Kintan, V. Ceserani and D. Foskett: Theory of catering 9th Ed.
- P.M. Gaman and K.B Sherrington - The Science of Food 2nd Ed
- K.Y. Mehas & S.L. Rodjers: - Food Science 3rd Ed. Publishers: Glencoe, McGraw Hill, N.Y. USA
- P. Fisher & A. Bender - Food. Oxford University. Press
- Internet
- Journals