



**BHARATI VIDYAPEETH**  
**(DEEMED TO BE UNIVERSITY), PUNE (INDIA)**

**Reaccredited with 'A+' Grade by NAAC**



**VALUE ADDED COURSE – FOOD AND NUTRITION**  
**MANAGEMENT**

**INFORMATION BROCHURE 2022-23**

## About the Institute

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**Dr. S. B. Sawant**  
Director, AKIMSS, Solapur

Abhijit Kadam Institute of Management and Social Sciences is a premier leading institute of Western Maharashtra, located at Solapur. The institute is approved by AICTE, recognized by UGC and functions under the umbrella of Bharati Vidyapeeth (Deemed to be University), Pune. It has a well-established history and is proud of its academic reputation. Having been set up in 1981, AKIMSS has emerged as a citadel of learning and research with a symbiotic relationship with the world of business and industry.

The institute creates an environment within which actionable learning takes place and thus it provides the breeding ground for managerial leadership of the future.

The institute presently offers two post graduate programmes (MBA and MCA) and two under graduate programmes (BBA and BCA).



The institute has excellent full time faculty members with proven track records and a group of visiting faculty members who bring the experience of real world to classroom discussion. Specialist scholars come and deliver lectures enabling the student to expand their horizons of *gyan* (knowledge), *buddhi* (intelligence) and *vivek* (the consciousness to discern).

## Programme Offered

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The institute offers following programmes.

Sr. No.	Programme	Duration	Semesters	Intake Capacity
1.	MBA	Two Years	Four	60
2.	MCA	Two Years	Four	30
3.	BBA	Three Years	Six	180
4.	BCA	Three Years	Six	240

## Salient Features

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- Category – I Deemed to be University; Graded by UGC
- Re-accreditation with 'A+' Grade by NAAC
- Approved by All India Council for Technical Education (AICTE), New Delhi
- Ph.D. Centre under the Faculty of Management Studies
- Life Member of Association of Indian Management Schools (AIMS)
- State-of-the-Art Infrastructure
- Wi-Fi enabled Campus
- Qualified and dedicated Faculty Members
- Corporate Resource Center
- Excellent inputs for overall development of professional competencies and personality of the students.
- Placement Assistance Cell; Centralized Placement Cell at Pune
- Well-equipped library with more than 23000 books and subscription of 24 national and international Research Journals
- Facility of Online Research Journals (J-Gate, EBSCO, DELNET), NDLI, INFLIBNET resources and other Open Access Resources; more than 500 Management CD's; Night Reading Room Facility.
- Video-conferencing, Excellent Internet Laboratory, Computer Laboratory
- Sport Facility (Indoor and outdoor)
- NSS Wing, Tutor Word Group , Co-curricular and Extracurricular Activities
- In-house banking facility
- Registered Alumni Association

<b>Course Title : Food and Nutrition Management</b>			
<b>Type of Course</b>	<b>Credits</b>	<b>Evaluation</b>	<b>Marks</b>
<b>Value Added</b>	<b>02</b>	CCA	100
<b>Course Objective:</b>			
<ol style="list-style-type: none"> <li>1. To provide students with the knowledge of basic terminology and several aspects of nutrition and the functions of food in healthy life sustenance;</li> <li>2. To ensure that students are familiar with the food classification, nutrition during special conditions and role of special functional food;</li> <li>3. To equip students with knowledge and understanding of modern aspects of nutritional science and novel food usage and diet plans.</li> </ol>			
<b>Course Outcome:</b>			
<ul style="list-style-type: none"> <li>• A successful completion of this course will enable students to: summarize and critically discuss/ understand both fundamental and applied aspects of food science.</li> <li>• They will be able to explain functions of specific nutrients in maintaining health, identifying nutrient specific foods and apply principles from the various facets of food science and related disciplines to solve practical as well as real-world problems.</li> </ul>			

### Syllabus Structure

<b>Sr.NO</b>	<b>Content</b>	<b>Total Session</b>
1	<b>BASIC FOOD SCIENCE</b> Basic concept on Food, Nutrition and Nutrients. Classification of Food, Classification of Nutrients. Proteins- Definition, Classification, Structure & properties. Amino acids Classification, types, functions. Proteins - Sources, daily requirements, functions. Minerals & Trace Elements, Vitamins -Water - Functions, daily requirements, Water balance. Determination of calcium, iron, and Vitamin C content in foods	3
2	<b>FOOD AND NUTRITION</b> Concept and definition of terms-Nutrition, Malnutrition and Health: Scope of Nutrition. Minimum Nutritional Requirement and RDA, <b>Vegetables and Fruits:</b> Variety, Selection, purchase, storage, availability causes and nutritional aspects of raw and processed products and use in different preparations. <b>Fats and Oils:</b> Types and sources (animal and vegetable), Processing, uses in different preparations, storage, cost and nutritional aspects. <b>Beverages:</b> Tea;	6

	Coffee, Chocolate and Cocoa Powder-Processing, cost and nutritional aspects, other beverages-Aerated beverages, juices.	
3	<b>HUMAN –HEALTH and NUTRITION-</b> Preparation of food from different food groups and their significance in relation to health. Preparation of supplementary food plan for different age group and their nutritional significance. <b>FOOD PRESERVATION</b> Food preservation: definition, objectives and principles of food preservation. Different methods of food preservation.	4
4	<b>FOOD AND DIET-</b> Diet survey: Need and importance, methods of dietary survey, Interpretation - concept of consumption unit, individual and total distribution of food in family. <b>Diet Counseling and Patient Care</b> , Preparation of dishes suitable for older person, Childrens, Adults, Women , soft, semisolid and easily digestible balanced diet.	6
5	<b>DIET AND MEAL PLANNING</b> age gender, physiological state, planning nutritionally balanced diets based on food groups. : <b>MEAL PLANNING</b> Definition, Factors affection meal planning, Principles of meal planning, Critical evaluation of meal planning and food intake according to Gender and Diagnosis wise(Practical Assignment for preparation of meal Chart)	11

### Reference Books:

1. SrilakshmiB(2014): Dietetics, 7th Multicolour Ed. New Age International (P) Ltd.
2. Guthrie AH(1986):Introductory Nutrition, 6th Revised Ed., McGraw-Hill Inc., US.
3. Robinson CH and Lawler M(1990): Normal and Therapeutic Nutrition. 17th Revised Ed.
4. Macmillan USA.
5. SrilakshmiB( 2017): Nutrition Science,6th Multicolour Ed. New Age International (P) Ltd.
6. RodayS(2012): Food Science and Nutrition, 2nd Ed. Oxford University Press.
7. Mann J and TruswellsS(2017) : Essentials of Human Nutrition, 5th Ed. Oxford University Press.

### MOOCS:

- ❖ <https://www.my-mooc.com/en/categorie/foodandnutrition>
- ❖ <https://www.mooc.org>
- ❖ <https://www.mooc-list.com/tags/nutritution>

## Evaluation Criteria (CCA)

Respective Institute evaluate the Student and Course completion Certificate given at Institute Level with Signature of (Course Co-ordinator and Director)

## Certificate Specimen

**BHARATI VIDYAPEETH** Reg. No.:2022FDP222311-BV001  
**(DEEMED TO BE UNIVERSITY), PUNE (INDIA)**  
Reaccredited with 'A+' Grade by NAAC  
Category-I University Status by UGC, 'A' Grade by MHRD  
Ranked 76<sup>th</sup> by NIRF 2022 under University Category

5th 104  
Celebrating  
**and Beyond**  
BHARATI VIDYAPEETH  
Foster Creativity in Dr. P. V. Narayana Murthy

**Abhijit Kadam Institute of Management and Social Sciences, Solapur**

This is to certify that,  
**Name of the Student :** \_\_\_\_\_  
has successfully completed Value Added course of  
**Course Title:** \_\_\_\_\_  
**Date:** \_\_\_\_\_

Course Co-ordinator  
(Signature )

Director  
(Signature )

**Certificate**