

### MFT306 Specialty Foods

Teaching Scheme	Examination Scheme
Lectures:2hrs./week Credits:2	Internal Assessment Marks[IAM]:30 [Class Test: 12, Teachers assessment:6, Attendance: 12 ] End Semester Marks[ESM]:70

#### Course Objective:

1. To make students understand the need, importance and process of developing healthy and nutritious foods for special category of population groups.

#### Detailed Syllabus

<b>Module1</b>
Need and scope of specialty foods: Specialty food based on ease in preparation cost health benefits; Functional foods, Convenience food, Health care and medical benefits, Nutritional status, Low cost foods.
<b>Module2</b>
Specialty foods based on sources; Cereals and millets, Legumes and pulses, Fruits and vegetables, Animal food sources, By product based, Non conventional foods.
<b>Module3</b>
Specialty foods based on process; Innovative process technology, Food additives basis, Bioactive components, Novel nutraceuticals products, Packaging techniques, Adaptable technology basis, Fast and PET foods.
<b>Module4</b>
Specialty food based on genetics; Genetically modified foods, Transgenic foods Biotechnological aspects of detoxification. Proprietary foods. Supplementary foods.
<b>Module5</b>
Therapeutic foods; Specific consumer oriented foods; Defence persons, Space / astronaut, High altitude mountain climbers, Disaster situation – crises, care, maintenance. Specialty foods based on growing condition -organic, inorganic farming.



<b>Suggested Readings</b>
---------------------------

- |  |
|--|
| 1. Gibson GR & William CM. 2000. Functional Foods - Concept to Product.          |
| 2. Robert EC. 2006. Handbook of Nutraceuticals and Functional Foods.Ed. Wildman. |
| 3. Manson P.2001. Dietary Supplements. 2nd Ed. Pharmaceutical Press.             |
| 4. Bamji MS, Rao NP & Reddy V. 2003. Textbook of Human Nutrition. Oxford & IBH.  |

**CourseOutcomes**

- |  |
|--|
| 1.After completion of course the students would have an understanding of various specialty foods.                      |
| 2.Understandbasicof various specialty foods and their sources,non conventional foods.                                  |
| 3.Understand principles of process technologies behind specialty foods.  |
| 4.UnderstandSpecialty food based on genetics; Genetically modified foods, Transgenic foods like GMOs, transgenics etc. |
| 5.Will have knowledge of therapeutic foods and customized food for target groups.                                      |

