

Name of Faculty	:	Faculty of Hospitality & Tourism
Name of Program	:	Bachelors in Hotel & Tourism Management (BHTM)
Course Code	:	1BHT06
Course Title	:	Food Safety and Nutrition
Type of Course	:	Value Added (VA)
Year of Introduction	:	2023-24

Prerequisite	:	Having a foundational understanding of basic biology concepts, including cell structure, microbiology, and metabolism, will provide a solid background for comprehending the principles of food safety and nutrition covered in this course.
Course Objective	:	Provide undergraduate students with a comprehensive understanding of food safety and nutrition principles, enabling them to apply critical thinking and knowledge to ensure the safety of food and make informed dietary choices for optimal health and well-being.
Course Outcomes	:	At the end of this course, students will be able to:
	CO1	Analyze the fundamental principles of food safety and nutrition.
	CO2	Apply knowledge of microbiological hazards to analyze and evaluate food safety practices.
	CO3	Differentiate and assess the risks associated with chemical hazards in food.
	CO4	Analyze and apply food safety regulations and management systems to ensure compliance and mitigate risks.
	CO5	Evaluate and integrate knowledge of nutrition and health to make informed dietary choices and promote well-being.

Teaching and Examination Scheme

Teaching Scheme (Contact Hours)			Credits	Examination Marks				
L	T	P		Theory Marks		Practical Marks		Total Marks
SEE	CIA	SEE	CIA					
2	0	0	2	50	25	0	0	75

Legends: L-Lecture; T-Tutorial/Teacher Guided Theory Practice; P-Practical, C - Credit, SEE - Semester End Examination, CIA - Continuous Internal Assessment (It consists of Assignments/Seminars/Presentations/MCQ Tests, etc.)

Course Content

Unit No.	Topics	Teaching Hours	Weightage	Mapping with COs
1	Introduction to Food Safety and Nutrition	6	20%	CO1
	Basics of Food Safety and Nutrition Foodborne Illnesses and Outbreaks			
2	Microbiological Hazards in Food	9	30%	CO2
	Microorganisms in Food Foodborne Pathogens and Control Measures			
3	Chemical Hazards in Food	6	20%	CO3
	Chemical Contaminants in Food Food Additives and Preservatives			
4	Food Safety Regulations and Management	6	20%	CO4
	Food Safety Regulations and Standards HACCP (Hazard Analysis and Critical Control Points)			
5	Nutrition and Health	3	10%	CO5
	Nutritional Requirements and Dietary Guidelines Diet-Related Diseases and Health Conditions			

Suggested Distribution of Theory Marks Using Bloom's Taxonomy

Level	Remembrance	Understanding	Application	Analyse	Evaluate	Create
Weightage	20	35	20	10	10	5

NOTE: This specification table shall be treated as a general guideline for the students and the teachers. The actual distribution of marks in the question paper may vary slightly from above table.

Suggested Learning Websites

Sr. No.	Name of Website
1	www.fsis.usda.gov
2	www.cdc.gov/foodsafety
3	www.foodsafety.gov



4	www.who.int/foodsafety
5	www.food.gov.uk
6	www.eatright.org

Reference Books

Sr. No.	Name of Reference Books
1	"Food Safety: A Practical and Case Study Approach" by P. Michael Davidson, Oxford University Press
2	"Food Safety Management: A Practical Guide for the Food Industry" by Yasmine Motarjemi and Huub Lelieveld, Academic Press
3	"Foodborne Pathogens: Microbiology and Molecular Biology" by Pina M. Fratamico, Arun K. Bhunia, and James L. Smith, Caister Academic Press
4	"Nutrition: Science and Applications" by Lori A. Smolin and Mary B. Grosvenor, Wiley
5	"Food Microbiology: Fundamentals and Frontiers" by Michael Doyle, Robert Buchanan, and Ailsa Hocking, ASM Press
6	"Understanding Food: Principles and Preparation" by Amy Christine Brown, Wadsworth Publishing