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Department of Home Science
Semester – III

B.A (Prog) with Nutrition and Health Education (NHE)

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B.A (Prog) with Nutrition and Health Education (NHE) as Major

Category-II

DISCIPLINE SPECIFIC CORE COURSE – DSC-5-NHE: FOOD REPORTING AND WRITING

CREDIT DISTRIBUTION, ELIGIBILITY AND PREREQUISITES OF THE COURSE

Course Title & Code	Credits	Credit distribution of the course			Eligibility Criteria	Prerequisite of the course
		Lecture	Tutorial	Practical/ Practice		
Food Reporting and Writing	4	3	0	1	Class XII	Nil

LEARNING OBJECTIVES:

1. To introduce students to the concept and prospects of food reporting.
2. To make the students learn to creatively write their own food stories for different forms of food media.
3. To help students gain an understanding of the wide-ranging and pervasive nature of food reporting and writing.
4. To make the students understand the importance of food reporting and writing for creating a sustainable food future.

LEARNING OUTCOMES:

After completion of the course, the students will be able to:

1. Hone food reporting skills and critical analysis of different forms of food media.
2. Create original food writing appraising the sustainable essence of food.
3. Articulate how food writing and reporting can be used as a medium for attaining a sustainable food future.

SYLLABUS OF DSC-5

THEORY

(Credits 3: 45 Hours)

Unit 1: Food Reporting

(10 Hours)

- *Unit Description:* This unit will introduce the concept of food reporting, different steps involved, skills required to become a good food reporter and the future prospects of food reporting.
- *Subtopics:*
 - Concept of food reporting
 - Steps of reporting
 - Skills of a good food reporter
 - Prospects of food reporting

Unit 2: Food Writing**(15 Hours)**

- *Unit Description:* This unit will train the students to become a good café/restaurant critic as well as help in developing their writing skills for different forms of food media.
- *Subtopics:*
 - Guidelines to write a good food review
 - How to become a good café/restaurant critic
 - Recipe writing
 - Food writing in newspapers, magazines, social media, food blogs

Unit 3: Food Reporting and Writing on Sustainability Issues**(20 Hours)**

- *Unit Description:* This unit will lay emphasis on food reporting and writing on sustainability issues for achieving nutrition security and a sustainable food future.
- *Subtopics:*
 - Importance of food reporting and writing on sustainability issues
 - Food writing and reporting on sustainability issues:
 - Shifting to healthier and more sustainable foods/diets
 - Reduce food loss and waste
 - Consumption of millets for sustainable agriculture and attaining nutrition security
 - Smart farming – the next green revolution
 - Going green – demand for organic food
 - Growing local – going global

PRACTICAL
(Credits 1: 30 Hours)

Unit 1: Food Reporting**(15 Hours)**

- *Subtopics:*
 - Interview a cook/chef
 - Critical reporting of food related information across various forms of media

Unit 2: Food Writing**(15 Hours)**

- *Subtopics:*
 - Visiting a café/restaurant and writing a review
 - Authentic ethnic food essay
 - Crafting food memoir
 - Travel related food story
 - Food blog on sustainability issues

ESSENTIAL/RECOMMENDED READINGS:

1. Jacob, D. (2010) Will Write for Food. 2nd edition. Cambridge: Da Capo Press.
2. Hughes, H. (2017) Best food writing. 1st edition. New York, NY, Da Capo Lifelong.
3. Siniauer, P. (2015) Writing about Food – a guide to good food journalism. Freie Universität Berlin Helsingin Sanomat Foundation. https://www.hssaatio.fi/wp-content/uploads/2015/07/Siniauer_WRITE-ABOUT-FOOD-a-guide-to-good-food-journalism.pdf
4. Gilbert, S. & Porter, R. (Eds). (2015). Eating Words: The Norton Anthology of Food Writing. New York: W. W. Norton & Company.

SUGGESTED READINGS:

1. Fusté-Forné, Francesc & Masip, Pere. (2019). *Food and journalism*. 10.4324/9781351123389-11.
2. Searchinger, T., Waite, R., & Hanson, C., & Ranganathan, J. (2019). World Resources Institute. World Resources Report. Creating a sustainable food future – a menu of solutions to feed nearly 10 billion people by 2050. Matthews, E (Ed.). https://research.wri.org/sites/default/files/2019-07/WRR_Food_Full_Report_0.pdf
3. Cox, A. M., & Blake, M. K. (2011). Information and food blogging as serious leisure. *Aslib Proceedings*, 63 (2/3). pp. 204-220. ISSN 0001-253X <http://dx.doi.org/10.1108/00012531111135664>
4. David, B., Branigin H, Beurle, C. The future of food feeding the world – the coming food revolution. *Future IQ*. <https://future-iq.com/wp-content/uploads/2016/03/Future-iQ-Partners-Future-of-Food.pdf>

DISCIPLINE SPECIFIC CORE COURSE – DSC-6-NHE: BASICS OF FOOD SAFETY**CREDIT DISTRIBUTION, ELIGIBILITY AND PREREQUISITES OF THE COURSE**

Course Title & Code	Credits	Credit distribution of the course			Eligibility Criteria	Prerequisite of the course
		Lecture	Tutorial	Practical/ Practice		
Basics of Food Safety	4	3	1	0	Class XII	Nil

LEARNING OBJECTIVES:

1. To introduce students to the basic concepts of food safety, hygiene, and types of microorganisms associated with food.

2. To equip them with the knowledge of food adulteration and contamination, food borne diseases, and role of microbes in food spoilage.

LEARNING OUTCOMES:

After completion of the course students will be able to:

1. Understand the important genera of microorganisms associated with food and their characteristics.
2. Explain the role of microbes in food spoilage and food borne diseases.
3. Describe food safety and hygiene, types of hazards associated with food.
4. Understand current food safety and standard regulations.

SYLLABUS OF DSC-6

THEORY (Credits 3: 45 Hours)

Unit 1: Introduction to Food Safety (7 Hours)

- *Unit Description:* This unit will introduce the concept of food safety, hazards and factors affecting food safety.
- *Subtopics*
 - Definitions
 - Importance of food safety
 - Factors affecting food safety
 - Types of hazards
 - Safe-Unsafe food for consumption

Unit 2: Microorganisms in Food (16 Hours)

- *Unit Description:* This unit will introduce the important genera of microorganisms associated with food, their characteristics and factors affecting it.
- *Subtopics:*
 - Bacteria, yeast, mold and virus
 - Role of microbes in food spoilage
 - Food infection and intoxication
 - Food poisoning

Unit 3: Food Safety and Quality Assurance (12 Hours)

- *Unit Description:* This unit will introduce the food additives, adulteration and food regulations.
- *Subtopics:*
 - Food additives
 - Food adulteration
 - Nutritional labelling
 - Food safety and standard regulation

- HACCP, GMP, GHP

Unit 4: Recent Concerns of Food Safety

(10 Hours)

- *Unit Description:* This unit will introduce the emerging concerns and new challenges to food safety.
- *Subtopics:*
 - Emerging concerns for food safety
 - Street food safety
 - New challenges to food safety

ESSENTIAL/RECOMMENDED READINGS:

1. Forsythe, S J. (1987) Microbiology of Safe Food. USA: Blackwell Science, Oxford.
2. Frazier, William C. and Westhoff, Dennis C. (2004). Food Microbiology. New Delhi: TMH.
3. Garbutt, John. (1997). Essentials of Food Microbiology. London: Arnold.
4. Jay, James M. (2000). Modern Food Microbiology. New Delhi: CBS Publication.
5. Mathur, P. (2018). Food Safety and Quality Control. Hyderabad: Orient Black Swan Pvt. Ltd.
6. Sethi, P., & Lakra P. (2015). Aahaar Vigyaan, Poshan evam Suruksha, Elite Publishing House.
7. Suri, S., & Malhotra A. (2014). Food Science, Nutrition and Safety. Delhi: Pearson.

SUGGESTED READINGS:

1. De Vries. (1997). Food Safety and Toxicity. New York: CRC.
2. Lawley, R., Curtis L. & Davis, J. (2004). The Food Safety Hazard Guidebook. RSC Publishing.
3. Publishing.
4. Marriott, Norman G. (1985). Principles of Food Sanitation. New York: AVI.
5. Pelczar, M.J., Chan E.C.S & Krieg, Noel. R. (1993) Microbiology, 5th Ed. New Delhi: TMH.

B.A (Prog) with Nutrition and Health Education (NHE) as Non-Major
Category-III

DISCIPLINE SPECIFIC CORE COURSE – DSC-6-NHE: BASICS OF FOOD SAFETY

CREDIT DISTRIBUTION, ELIGIBILITY AND PREREQUISITES OF THE COURSE

Course Title & Code	Credits	Credit distribution of the course			Eligibility Criteria	Prerequisite of the course
		Lecture	Tutorial	Practical/ Practice		
Basics of Food Safety	4	3	1	0	Class XII	Nil

LEARNING OBJECTIVES:

1. To introduce students to the basic concepts of food safety, hygiene, and types of microorganisms associated with food.
2. To equip them with the knowledge of food adulteration and contamination, food borne diseases, and role of microbes in food spoilage.

LEARNING OUTCOMES:

After completion of the course students will be able to:

1. Understand the important genera of microorganisms associated with food and their characteristics.
2. Explain the role of microbes in food spoilage and food borne diseases.
3. Describe food safety and hygiene, types of hazards associated with food.
4. Understand current food safety and standard regulations.

SYLLABUS OF DSC-6

THEORY
(Credits 3: 45 Hours)

Unit 1: Introduction to Food Safety

(7 Hours)

- *Unit Description:* This unit will introduce the concept of food safety, hazards and factors affecting food safety.
- *Subtopics:*
 - Definitions
 - Importance of food safety
 - Factors affecting food safety
 - Types of hazards

- Safe-Unsafe food for consumption

Unit 2: Microorganisms in Food**(16 Hours)**

- *Unit Description:* This unit will introduce the important genera of microorganisms associated with food, their characteristics and factors affecting it.
- *Subtopics:*
 - Bacteria, yeast, mold and virus
 - Role of microbes in food spoilage
 - Food infection and intoxication
 - Food poisoning

Unit 3: Food Safety and Quality Assurance**(12 Hours)**

- *Unit Description:* This unit will introduce the food additives, adulteration and food regulations.
- *Subtopics:*
 - Food additives
 - Food adulteration
 - Nutritional labelling
 - Food safety and standard regulation
 - HACCP, GMP, GHP

Unit 4: Recent Concerns of Food Safety**(10 Hours)**

- *Unit Description:* This unit will introduce the emerging concerns and new challenges to food safety.
- *Subtopics:*
 - Emerging concerns for food safety
 - Street food safety
 - New challenges to food safety

ESSENTIAL/RECOMMENDED READINGS:

1. Forsythe, S J. (1987) Microbiology of Safe Food. USA: Blackwell Science, Oxford.
2. Frazier, William C. and Westhoff, Dennis C. (2004). Food Microbiology. New Delhi: TMH.
3. Garbutt, John. (1997). Essentials of Food Microbiology. London: Arnold.
4. Jay, James M. (2000). Modern Food Microbiology. New Delhi: CBS Publication.
5. Mathur, P. (2018). Food Safety and Quality Control. Hyderabad: Orient Black Swan Pvt. Ltd.
6. Sethi, P., & Lakra, P. (2015). Aahaar Vigyaan, Poshan evam Suruksha, Elite Publishing House.
7. Suri, S., & Malhotra A. (2014). Food Science, Nutrition and Safety. Delhi: Pearson.

SUGGESTED READINGS:

1. De Vries. (1997). Food Safety and Toxicity. New York: CRC.
2. Lawley, R., Curtis L. & Davis, J. (2004). The Food Safety Hazard Guidebook. RSC Publishing.
3. Publishing.
4. Marriott, Norman G. (1985). Principles of Food Sanitation. New York: AVI.
5. Pelczar, M.J., Chan E.C.S & Krieg, Noel. R. (1993) Microbiology, 5th Ed. New Delhi: TMH.

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Resolution No. 14-1 (14-1-6)

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Department of Home Science

B.A (Prog) with Nutrition and Health Education (NHE)

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SEMESTER-IV

B.A (Prog.) with Nutrition and Health Education (NHE) as Major

Category-II

DISCIPLINE SPECIFIC CORE COURSE

DSC- 7-NHE: Food Hygiene Sanitation and Quality Control

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title and Code	Credits	Credit distribution of the course			Eligibility Criteria	Pre-requisite of the course
		Lecture	Tutorial	Practical/ Practice		
Food Hygiene Sanitation and Quality Control	4	3	1	0	XII Pass	NIL

Learning Objectives

- To introduce students to the basic concepts of food hygiene, quality control, WASH and Swachh Bharat Abhiyan
- To equip them with the knowledge of basic principles of hygienic storage and preservation of food, microbiological safety at various food operations
- To enable students to understand the concept of quality control and sanitation standards/regulations

Learning Outcomes

After completion of the course students will be able to:

- Explain the concept of hygiene and sanitation at different levels of food handling
- Understand the microorganisms involved in food spoilage, food infection and intoxication, mode of transmission of microorganisms, methods of food preservation
- Understand the concept of total quality management, WHO five keys to safer food, sanitation standards and regulations

SYLLABUS OF DSC-7

THEORY
(Credits 3; Hours 45)

UNIT I: Concept of Hygiene and Sanitation**8 Hours**

This unit will introduce the concept of WASH, various adverse health effects related to sanitation and hygiene; Swachh Bharat Abhiyan.

- Water, Sanitation and Hygiene (WASH)
- Sanitation and hygiene health effects
- Swachh Bharat Abhiyan

UNIT II: Food Hygiene and Sanitation**15 Hours**

This unit will acquaint the students with the concept of food hygiene and sanitation at different levels of food handling.

- Personal hygiene
- Environmental hygiene
- Sanitation and hygiene during food handling practices (preparing, cooking and holding food)
- Food hygiene at food service institutions
- Food waste management

UNIT III: Food Borne Microbial Diseases**10 Hours**

This unit will introduce the concept of public health hazard, mode of transmission of microorganisms, principles of food preservation, food storage.

- Public health hazards
- Food infection, intoxication and poisoning – symptoms, mode of transmission, and prevention
- Food storage (selection, purchase and storage of perishable, semi-perishable and non-perishable foods)
- Principles and methods of food preservation

UNIT IV: Quality Management**12 Hours**

This unit will introduce the concept of total quality management, WHO five keys to safer food, hygiene and sanitation regulations/standards.

- Characteristics of quality
- Quality control, quality assurance
- Total Quality Management (TQM)
- Risk analysis
- HACCP, GMP, GHP
- WHO five keys to safer food
- Hygiene and sanitation regulations/standards

TUTORIALS
(Credits 1; Hours 15)

Tutorial classes will involve:

1. Q&A sessions/ Group Discussions/ Problem Solving exercises with the Students
2. Presentation of project/ research activity by students
3. Any other scholastic work related to application of conceptual understanding of the subject
4. Evaluation and feedback by the teacher

ESSENTIAL/RECOMMENDED READINGS

- Roday, S. (2011). *Food hygiene and sanitation* (2nd ed.). Tata Mc Graw Hill.
- Mathur, P. (2018). *Food safety and quality control*. Orient Black Swan Pvt. Ltd.
- Marriott, N. G., Schilling, M. W., & Gravani, R. B. (2018). *Principles of food sanitation*. (6th ed.). Springer International Publishing.
- Sethi, P., & Lakra, P. (2015). *Aahaar vigyaan, poshan evam suruksha*, Elite Publishing House.
- Suri, S. & Malhotra A. (2014). *Food science, nutrition and safety*. Pearson.
- Frazier, W. C., Westhoff, D. C. (2017). *Food microbiology*. (5th edn.). McGraw Hill Education.
- Swachh Bharat Mission-Grameen, Department of Drinking Water and Sanitation, Ministry of Jal Shakti, Government of India. <https://swachhbharatmission.gov.in> (Accessed on 10 March 2023).
- UNICEF. *Water, Sanitation and Hygiene (WASH)*. <https://www.unicef.org/wash>. (Accessed on 10 March 2023).

SUGGESTED READINGS

- Lawley, R., Curtis L. & Davis, J. (2012). *The food safety hazard guidebook*. RSC Publishing.
- Forsythe, S.J. (2010). *The microbiology of safe food*. (2nd ed.). Wiley-Blackwell.
- Blackburn, C. D.W. & Mc Clure, P.J. (2005). *Food borne pathogens. Hazards, risk analysis & control*. CRC Press.
- Mortimore, S., & Wallace, C. (1995). *HACCP – A practical approach*. Chapman
- Jay, J. M. (2012). *Modern food microbiology*. (4th edn.). Springer.
- WHO. *Water Sanitation and Health*. <https://www.who.int/health-topics/water-sanitation-and-hygiene-wash>. (Accessed on 10 March 2023).

DISCIPLINE SPECIFIC CORE COURSE

DSC-NHE-8: Nutrition Entrepreneurship

CREDIT DISTRIBUTION, ELIGIBILITY AND PREREQUISITES OF THE COURSE

Course Title & Code	Credits	Credit distribution of the course			Eligibility Criteria	Prerequisite of the course
		Lecture	Tutorial	Practical/ Practice		
Nutrition Entrepreneurship	4	3	0	1	XII Pass	NIL

Learning Objectives

- To introduce the concept and explain the opportunities in the field of nutrition entrepreneurship
- To equip the students with the necessary knowledge and skills to develop a nutritious

- product and set up an entrepreneurial venture for the same
- To provide information regarding Government of India's initiatives to encourage entrepreneurship and other mandatory requirements in order to facilitate start-up ventures by the students

Learning Outcomes

After completing this course, the learner will be able to:

- Understand the significance of nutrition entrepreneurship in today's times
- Identify nutritious products for different target consumers and draw up a business plan for the production of the same
- Know the funding agencies/ institutions which can be approached for getting assistance in an entrepreneurial venture

SYLLABUS OF DSC-NHE-8

THEORY (Credits 3; Hours 45)

UNIT I: Introduction to Nutrition Entrepreneurship 9 Hours

This unit will introduce the concept of nutrition entrepreneurship and apprise the students of the opportunities in the field

- Meaning, concept and scope of nutrition-entrepreneurship
- Food and nutrition start-up: trends, opportunities and challenges
- Start-up life cycle

UNIT II: Nutrition Based Enterprise 18 Hours

This unit will impart knowledge regarding steps to be undertaken for setting up a nutrition based food business.

- Qualities/ traits of an entrepreneur
- Development of innovative nutritious products
- Computation of nutritive value of the product
- Development of business plan for a nutritious food
- Resource management

UNIT III: Guidelines for an Entrepreneurial Venture 18 Hours

This unit will familiarize the students with Government of India's initiatives to promote entrepreneurship and necessary requirements to become nutrition-entrepreneur.

- Intellectual property rights
- Government schemes/ initiatives to support start-ups and promote entrepreneurship
- Food Safety Compliance System (FoSCoS) by FSSAI
- FSSAI guidelines for a food start-up

PRACTICAL
(Credit 1; Hours 30)

1. Planning of innovative nutrient rich products
2. Computation of nutritive value of the products and justifying their nutritional superiority in comparison to existing products
3. Formulation of a hypothetical business proposal for a funding agency
4. Advertising for the products planned
5. Preparation of food product acceptance checklist

ESSENTIAL/ RECOMMENDED READINGS

- Taneja, S. (2014). *Entrepreneur development*. Delhi: Himalaya Publishing House.
- FSSAI. *Food Safety Compliance System (FoSCoS)*. <https://foscos.fssai.gov.in>. (Accessed on 10 March 2023).
- Start-up India. (2022). *Schemes*. Department for Promotion of Industry and Internal Trade, Ministry of Commerce and Industry, Government of India. <https://www.startupindia.gov.in/content/sih/en/government-schemes.html> (Accessed on 10 March 2023).
- FSSAI. *Guide for food start-ups*. <https://fostac.fssai.gov.in/assets/docs/guide-for-food-startup.pdf> (Accessed on 10 March 2023).
- FSSAI. *Food start-up in India – opportunities and challenges* https://www.fssai.gov.in/upload/media/FSSAI_News_Startup_FNB_26_02_2019.pdf. (Accessed on 10 March 2023).
- Sudheer, K. P., & Indira, V. (Eds.) (2022). *Entrepreneurship development in food processing*. New India Publishing Agency.

SUGGESTED READINGS

- Narayan, J., & Bala, P. (2016). *Start up your own restaurant*. Harper Collins.
- Green, K. (2017). *Recipe for success – the ingredients of a profitable food business*. Troubador Publishing Limited.

**B.A (Prog.) with Nutrition and Health Education (NHE) as Non-Major
Category-III**

**DISCIPLINE SPECIFIC CORE COURSE
DSC-8-NHE: Nutrition Entrepreneurship**

CREDIT DISTRIBUTION, ELIGIBILITY AND PREREQUISITES OF THE COURSE

Course Title & Code	Credits	Credit distribution of the course			Eligibility Criteria	Prerequisite of the course
		Lecture	Tutorial	Practical/ Practice		
Nutrition Entrepreneurship	4	3	0	1	XII Pass	NIL

Learning Objectives

- To introduce the concept and explain the opportunities in the field of nutrition entrepreneurship
- To equip the students with the necessary knowledge and skills to develop a nutritious product and set up an entrepreneurial venture for the same
- To provide information regarding Government of India's initiatives to encourage entrepreneurship and other mandatory requirements in order to facilitate start-up ventures by the students

Learning Outcomes

After completing this course, the learner will able to:

- Understand the significance of nutrition-entrepreneurship in today's times
- Identify nutritious products for different target consumers and draw up a business plan for the production of the same
- Know the funding agencies/ institutions which can be approached for getting assistance in an entrepreneurial venture

SYLLABUS OF DSC-NHE-8

**THEORY
(Credits 3; Hours 45)**

UNIT I: Introduction to Nutrition-Entrepreneurship 9 Hours

This unit will introduce the concept of nutrition entrepreneurship and apprise the students of the opportunities in the field

- Meaning, concept and scope of nutrition-entrepreneurship
- Food and nutrition start-up: trends, opportunities and challenges
- Start-up life cycle

UNIT II: Nutrition Based Enterprise 18 Hours

This unit will impart knowledge regarding steps to be undertaken for setting up a nutrition based food business.

- Qualities/ traits of an entrepreneur
- Development of innovative nutritious products

- Computation of nutritive value of the product
- Development of business plan for a nutritious food
- Resource management

UNIT III: Guidelines for an Entrepreneurial Venture

18 Hours

This unit will familiarize the students with Government of India's initiatives to promote entrepreneurship and necessary requirements to become nutrition-entrepreneur.

- Intellectual property rights
- Government schemes/ initiatives to support start-ups and promote entrepreneurship
- Food Safety Compliance System (FoSCoS) by FSSAI
- FSSAI guidelines for a food start-up

PRACTICAL (Credit 1; Hours 30)

6. Planning of innovative nutrient rich products
7. Computation of nutritive value of the products and justifying their nutritional superiority in comparison to existing products
8. Formulation of a hypothetical business proposal for a funding agency
9. Advertising for the products planned
10. Preparation of food product acceptance checklist

ESSENTIAL/ RECOMMENDED READINGS

- Taneja, S. (2014). *Entrepreneur development*. Delhi: Himalaya Publishing House.
- FSSAI. *Food Safety Compliance System (FoSCoS)*. <https://foscoss.fssai.gov.in>. (Accessed on 10 March 2023).
- Start-up India. (2022). *Schemes*. Department for Promotion of Industry and Internal Trade, Ministry of Commerce and Industry, Government of India. <https://www.startupindia.gov.in/content/sih/en/government-schemes.html> (Accessed on 10 March 2023).
- FSSAI. *Guide for food start-ups*. <https://fostac.fssai.gov.in/assets/docs/guide-for-food-startup.pdf> (Accessed on 10 March 2023).
- FSSAI. *Food start-up in India – opportunities and challenges* https://www.fssai.gov.in/upload/media/FSSAI_News_Startup_FNB_26_02_2019.pdf. (Accessed on 10 March 2023).
- Sudheer, K. P., & Indira, V. (Eds.) (2022). *Entrepreneurship development in food processing*. New India Publishing Agency.

SUGGESTED READINGS

- Narayan, J., & Bala, P. (2016). *Start up your own restaurant*. Harper Collins.
- Green, K. (2017). *Recipe for success – the ingredients of a profitable food business*. Troubador Publishing Limited.