

## Semester I

### Food Hygiene and Sanitation

#### Objectives

**This course will enable the students to**

1. Identify critical control points
2. Describe food borne illness symptoms and preventative methods.
3. Describe personal hygiene and health habits.
4. Describe how to prepare potentially hazardous food according to safe time and temperature principles.
5. Recognize signs of food spoilage
6. Recognize safe receiving, storing and handling raw and prepared foods.

	Subject	Total Credits	Th	Pr	Int	Ext	Total
	<b>Food Hygiene and Sanitation</b>	<b>4</b>	<b>4</b>	<b>-</b>	<b>25</b>	<b>75</b>	<b>100</b>

Module No.	Objectives	Contents	Assessment
1	<p>This module will enable the students to</p> <ol style="list-style-type: none"> <li>1) Identify the sources of food contamination</li> <li>2) Have an understanding of food borne illness and its prevention</li> </ol>	<p><b>Food contamination and spoilage</b></p> <ol style="list-style-type: none"> <li>1) Sources of contamination</li> <li>2) Characteristics of microbes</li> <li>3) Conditions leading to food spoilage</li> <li>4) Signs of spoilage in different food categories</li> <li>5) Bacterial food intoxication- Staphylococcus aureus, Bacillus cereus</li> <li>6) Bacterial food infection- E.coli, Salmonella</li> <li>7) Parasitic infestations</li> <li>8) Source and control of food borne illness</li> </ol>	<p style="text-align: center;"><b>25 marks</b></p> <p>Quiz</p> <p>Objective</p> <p>Descriptive</p>

2	<p>This module will enable the students to</p> <ol style="list-style-type: none"> <li>1) Comprehend the importance of sanitation in every phase of food handling</li> <li>2) Have a deeper knowledge of clean food practices</li> </ol>	<p><b>Sanitation and food</b></p> <ol style="list-style-type: none"> <li>1) Sanitary aspects to be observed during food purchase and storage</li> <li>2) Sanitary procedures to be followed while preparation, cooking and holding food</li> <li>3) Need for an efficient cleaning program</li> <li>4) Sanitary practices to be observed by food handlers</li> </ol>	<p>25 marks</p> <p>Multiple choice questions</p>
3	<p>This module will enable the students to</p> <ol style="list-style-type: none"> <li>1. Develop awareness of the importance of following operating and cleaning procedures strictly</li> <li>2. Gain an insight into the importance of pest control</li> </ol>	<p><b>Plant sanitation</b></p> <ol style="list-style-type: none"> <li>1) Sanitary requirements for equipments</li> <li>2) Cleaning agents and tests for sanitization strength</li> <li>3) Importance of water in the cleaning process</li> <li>4) Pest control</li> </ol>	<p>25 marks</p> <p>Descriptive</p>
4	<p>This module will enable the students to</p> <ol style="list-style-type: none"> <li>1. Comprehend the need for personal hygiene &amp; sanitary food handling</li> <li>2. Examine the necessity for properly planned and executed training programmes</li> </ol>	<p><b>Personal hygiene, management and sanitation</b></p> <ol style="list-style-type: none"> <li>1) Sanitary practices to be observed by food holders</li> <li>2) Importance of good habits exercise and recreation</li> <li>3) Need for training in sanitation</li> <li>4) Planning a training in program</li> <li>5) Role of management in ensuring safe working conditions</li> </ol>	<p>25 marks</p> <p>Descriptive</p>

**References**

- 1) Roday. S. (1999) Food Hygiene and Sanitation, Tata McGraw Hill
- 2) Marriot. N.G., (1995) Principles of Food Sanitation
- 3) Hobbes B.C. and Gylbert R.J. (1974) Food Poisoning and Food Hygiene 4th Edition, Edward Arnold
- 4) Hobbs, Betycad JS McLintock Hygiene Food handling St. Johns Ambulance Association, London, 1999