

### **fundamentals of foods and pdf**

in foods such as meat, fish, and milk, and it is often added to processed foods in the form of the flavor enhancer monosodium glutamate (MSG). Despite the frequent description of umami as meaty, many foods, including mushrooms, tomatoes, and Parme-san cheese, have a higher level of glutamate than an equal amount of beef or pork.

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The course "Fundamentals of Food and Nutrition" aims at developing basic understanding about nutrition, its effect on human health and newer advances in food technology. This course encompasses physiological, biochemical and social aspects of food and discusses relationship between metabolites and human health.

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relationship between foods, nutrients, phytonutrients and food marketing and trends. Prerequisites: Organic chemistry or concurrent registration Course Objectives: 1. To provide basic fundamentals of food chemistry. 2. To provide basic information on culinary techniques or methods of food preparation. 3.

### **NSC 351 –“ FUNDAMENTALS OF FOOD SCIENCE**

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Diet: (a) the foods that a person eats most frequently; (b) food considered in terms of its qualities and effects on health; (c) a particular selection of food, usually prescribed to cure a disease or to gain or lose weight. Dietary Guidelines for Americans: dietary recommendations to promote health and to prevent or delay the onset of chronic diseases.

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