



Shrimathi Devkunvar Nanalal Bhatt Vaishnav College For Women (Autonomous)

Owned and Managed by Cork Industries Charities Trust
Affiliated to University of Madras - Re-Accredited with 'A+' Grade by NAAC - 4th Cycle

COURSE DATA SHEET

SEMESTER	I	BATCH	2026
COURSE NAME	Food Safety in Daily Life	COURSE CODE	26UFMGE1001
COURSE UNITS	5	COURSE TYPE	Generic Elective(GE) - I
CONTACT HOURS (L-T-P)	4-0-0	CREDITS	4
OFFERED BY	Department of Home science – Nutrition, Food Service Management & dietetics	SHIFT (I) Shift I - 8:15 am - 12:50 pm	Shift - I

COURSE OBJECTIVES

1	To understand food safety concepts, hazards, contamination, and their impact on health.
2	To develop awareness of personal hygiene, sanitation, and safe food handling practices.
3	To learn food preservation and quality assessment methods for maintaining safe food.
4	To interpret food labels and make informed choices regarding food safety and nutrition
5	To gain knowledge of food safety laws, consumer rights, and food safety management systems.

COURSE OUTCOMES: On completion of the course the students will be able to...

	CO Statement	Cognitive Level
CO1	Recall the basic concepts, principles, importance of food safety, food hazards, and foodborne illnesses in daily life.	K1 – K2 (Understand and Remember)
CO2	Explain the causes, sources, symptoms, and prevention of food contamination and foodborne diseases, and describe the role of personal hygiene in food safety.	K1 – K2 (Understand and Remember)
CO3	Apply safe food purchasing, handling, preparation, storage, and waste management practices to ensure food safety in household and community settings.	K1-K3 (Understand, Apply)



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CO4	Analyze food labels, food quality attributes, and common food adulterants to make informed and safe food choices.	K1-K4 (Understand, Apply, Analyse)
CO5	Evaluate food safety regulations, consumer rights, food safety certification systems, and contemporary food safety issues for promoting consumer protection and public health.	K1-K5 (Understand, Apply, Analyse, Evaluate)

SYLLABUS

UNIT	TOPICS	HOURS
1	Introduction to Food Safety and Food Hazards Introduction to food safety, food hazards, contamination, and foodborne diseases. Learn about causes, prevention, allergens, and the importance of food safety for health.	12 Hours
2	Personal Hygiene and Safe Food Handling Personal hygiene, safe food purchasing, preparation, cooking, storage, and prevention of cross-contamination. Learn safe handling of leftovers and the importance of clean water and sanitation.	12 Hours
3	Food Safety and Preservation Principles and importance of food preservation using traditional and modern methods. Learn safe storage, spoilage prevention, packaging, and reducing food waste.	12 Hours
4	Unit IV: Food Quality and Food Labeling Food quality attributes and interpretation of food labels, including nutrition facts, ingredients, allergens, and expiry dates. Develop skills to make safe and informed food choices.	12 Hours
5	Unit V: Food Safety Regulations Overview of food safety laws, regulatory authorities, food inspection, quality assurance systems, and consumer rights. Learn about GHP, GMP, HACCP, and their role in ensuring safe food	12 Hours
Note (if any)		



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TEXT/REFERENCE BOOKS/E - RESOURCES:

Text Books	1. Essentials of Food Safety and Sanitation, McSwane, D., Rue, N., & Linton, R. <i>Essentials of Food Safety and Sanitation</i>. 6th Edition, Pearson Education, 2019. 2. Food Safety: Theory and Practice, Knechtges, P. L. <i>Food Safety: Theory and Practice</i>. Jones & Bartlett Learning, 2015. 3. Food Hygiene and Sanitation, Roday, S. <i>Food Hygiene and Sanitation</i>. McGraw Hill Education, New Delhi, 2018. 4. Fundamentals of Foods, Nutrition and Diet Therapy, Mudambi, S. R., & Rajagopal, M. V. <i>Fundamentals of Foods, Nutrition and Diet Therapy</i>. New Age International Publishers, 2017. Food Science, Potter, N. N., & Hotchkiss, J. H. <i>Food Science</i>. 5th Edition, Springer Publications, 2012
Books For Reference	1. Food Microbiology, Frazier, W. C., & Westhoff, D. C. <i>Food Microbiology</i>. Tata McGraw-Hill, 2017. 2. Food Laws and Regulations, Sharma, R. <i>Food Laws and Regulations in India</i>. CBS Publishers & Distributors, 2020. 3. Food Safety and Standards Authority of India Manuals, Guidance Documents, and Food Safety Handbooks published by the Food Safety and Standards Authority of India (FSSAI).
E-Learning Resources	1. https://www.fssai.gov.in 2. https://foscoss.fssai.gov.in 3. https://eatrightindia.gov.in 4. https://www.who.int/health-topics/food-safety 5. https://www.fao.org/food-safety/en 6. https://www.codexalimentarius.org 7. https://www.nin.res.in 8. https://www.icmr.gov.in



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PEDAGOGY(TEACHING METHODOLOGY):

- Lecture (Chalk and talk, LCD presentation)
- E-contents
- Case study
- Group discussion
- Peer learning
- Videos
- Quiz Rubrics for Continuous Assessment

CO-PO AND CO-PSO MAPPING:

	PO1	PO2	PO3	PO4	PO5	PO6		PSO1	PSO2	PSO3
CO1	3	1	0	2	1	0		3	1	2
CO2	3	2	1	2	2	1		3	2	2
CO3	2	3	2	2	2	2		3	3	2
CO4	2	3	2	2	2	2		2	3	2
CO5	2	3	3	2	3	3		2	3	3
Average (Use only filled in cells for calculation)	2.4	2.4	1.6	2	2	1.6		2.6	2.4	2.2

Correlation Level: 1-Low 2-Moderate 3-Strong



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JUSTIFICATION OF CO-PO/PSO MAPPING			
CO	PO/PSO	Level of correlation	Justification
CO1	PO1	3	Understanding the fundamental concepts of food safety and hazards strengthens domain knowledge and builds confidence in applying basic food safety principles.
	PO2	1	Knowledge of food safety concepts enables students to make logical decisions regarding safe food practices in daily life.
	PO3	0	Awareness of food hazards helps identify common food safety challenges affecting society.
	PO4	2	Provides foundational knowledge required for advanced studies in nutrition, food science, and food safety.
	PO5	1	Encourages continuous learning about emerging food safety practices and consumer awareness.
	PO6	0	Promotes ethical responsibility towards ensuring safe food consumption and protecting public health.
	PSO1	3	Develops core knowledge of food safety principles essential for promoting healthy living in the community.
	PSO2	1	Enhances critical thinking by understanding food hazards and their prevention.
	PSO3	2	Establishes a strong academic foundation for higher education and careers in food safety and healthcare.
CO2	PO1	3	Enables students to understand food contamination and hygiene practices using domain-specific knowledge.
	PO2	2	Encourages analytical thinking to identify causes and preventive measures for food borne illnesses.
	PO3	1	Supports development of practical solutions to minimize food contamination in households and communities.
	PO4	2	Builds competencies essential for specialized learning in food hygiene and public health.
	PO5	2	Motivates learners to stay updated on food hygiene and disease prevention practices.
	PO6	1	Instills ethical responsibility for maintaining personal hygiene and protecting consumer health.



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	PSO1	3	Strengthens knowledge of food hygiene and safe food handling practices.
	PSO2	2	Develops communication and problem-solving skills related to food safety education.
	PSO3	2	Prepares students for professional roles in healthcare, food service, and food quality sectors.
CO3	PO1	2	Applies food safety principles during food purchasing, preparation, storage, and waste management.
	PO2	3	Enhances life skills by adopting safe food handling practices and making informed decisions.
	PO3	2	Encourages practical solutions to reduce foodborne risks and improve community food safety.
	PO4	2	Supports practical competency development required for advanced professional learning.
	PO5	2	Promotes lifelong adoption of safe food handling and sustainable food management practices.
	PO6	2	Encourages responsible behaviour and ethical food handling practices.
	PSO1	3	Applies scientific knowledge to ensure food safety in domestic and community settings.
	PSO2	3	Develops practical, interpersonal, and problem-solving skills through food safety applications.
	PSO3	2	Improves employability by developing competencies relevant to food service and healthcare industries.
CO4	PO1	2	Enhances knowledge by interpreting food labels, food quality, and adulteration.
	PO2	3	Develops analytical thinking for selecting safe and quality food products.
	PO3	2	Supports informed decision-making to address food adulteration and consumer safety issues.
	PO4	2	Strengthens analytical skills required for advanced studies in food quality and food regulation.
	PO5	2	Encourages continuous learning about evolving food standards and consumer awareness.



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	PO6	2	Promotes ethical consumer behaviour and responsible food purchasing decisions.
	PSO1	2	Enhances knowledge of food quality assessment and adulteration detection.
	PSO2	3	Develops critical thinking and decision-making skills for evaluating food products.
	PSO3	2	Provides essential competencies for careers in food quality assurance, food industry, and research.
CO5	PO1	2	Applies comprehensive knowledge of food safety regulations and certification systems.
	PO2	3	Evaluates food safety policies and consumer rights using logical reasoning and critical thinking.
	PO3	3	Recommends solutions for improving food safety standards and consumer protection.
	PO4	2	Strengthens professional knowledge for higher education and specialization in food safety and public health.
	PO5	3	Encourages lifelong learning by understanding emerging food safety regulations and global standards.
	PO6	3	Promotes ethical responsibility, consumer protection, and commitment to public health.
	PSO1	2	Integrates food safety regulations with professional knowledge to promote community health.
	PSO2	3	Develops leadership, critical thinking, and problem-solving skills related to food safety management.
	PSO3	3	Builds competencies required for higher education, research, food regulatory agencies, healthcare, and food service industries.