

### Lesson Plan

**Name of Faculty** : Dr. Rubrinder Singh Sandhu  
**Discipline** : Food Technology  
**Semester** : 3<sup>rd</sup>  
**Subject** : Introduction to Food Technology (PC/FT/33-T)  
**Lesson Plan Duration:** 15 Weeks (from August, 2024 to November, 2024)  
 Work Load (Lecture/Practical) per week (in hours): **Lectures 03 hours**

Theory			Topic covered Date and Remarks		
Week	Lecture Day	Topic (Including Assignment/Test)	Date	HOD	Director-Principal
1 <sup>st</sup>	1	Introduction to food, food technology and food processing.			
	2	Functions of foods			
	3	Types of food- energy giving, body building.			
2 <sup>nd</sup>	4	Types of food- protecting and regulating foods			
	5	Status of food industry in Haryana and India			
	6	Nutritive value of food-food energy			
3 <sup>rd</sup>	7	Nutritive value of carbohydrates			
	8	Nutritive value of fats			
	9	Nutritive value of vitamins.			
4 <sup>th</sup>	10	Nutritive value of minerals			
	11	Nutritive value of proteins.			
	12	Additional food constituents			
5 <sup>th</sup>	13	Unit operations in food technology-material handling			
	14	Cleaning & Separation			
	15	Mixing & disintegration			
6 <sup>th</sup>	16	Heating & cooling			
	17	Evaporation, types of evaporators			
	18	Drying, types of dryers			
7 <sup>th</sup>	<b>1<sup>st</sup> Minor Test</b>				
8 <sup>th</sup>	19	Packaging- primary, secondary, tertiary			
	20	Introduction to food deterioration			
	21	Classification of food on the basis of shelf life			
9 <sup>th</sup>	22	Causes of food deterioration			
	23	Types of food spoilage- physical & chemical			
	24	Types of food spoilage- chemical			
10 <sup>th</sup>	25	Control of food deterioration- temp, light, RH			
	26	Control of food deterioration- bacteria, fungus			
	27	Control of food deterioration- enzymes			
11 <sup>th</sup>	28	Control of food deterioration- other factors			
	29	Introduction to food processing & preservation.			
	30	Principles of food processing & preservation.			
12 <sup>th</sup>	31	Principles of food processing & preservation.			
	32	Methods of food processing.			
	33	Refrigeration & cold storage			

13 <sup>th</sup>	34	Refrigeration & cold storage			
	35	Freezing and frozen storage			
	36	IMF (intermediate moisture foods)			
<b>14<sup>th</sup></b>	<b>2<sup>nd</sup> Minor Test</b>				
15 <sup>th</sup>	37	Introduction to canning			
	38	Canning process			
	39	Pickling process.			