



MANGALORE UNIVERSITY

DEPARTMENT OF BIOSCIENCES

MSc Food Science & Nutrition

FNP 457 VITAMINS IN HUMAN NUTRITION

Course outcome:

- Describe the various techniques to estimate different vitamins from their natural sources.
- Identify the effect of processing on vitamin losses during processing.
- Create awareness about recent food fortification and its importance.
- Preparation of vitamin rich foods based on nutritional demand.

- 1) Estimation of carotene of any 03 samples
- 2) Analysis of food for thiamine and riboflavin (03 samples)
- 3) Estimation of vitamin C by EDTA method (03 samples)
- 4) Estimation of vitamin C losses during processing
- 5) Preparation of vitamin rich foods
- 6) Fortification with any 02 vitamin rich foods

