



**DHARAMPETH M. P. DEO MEMORIAL SCIENCE COLLEGE,
NAGPUR**

B. Sc. (Home Science Department) SEMESTER- II

**Paper I
(FUNDAMENTAL OF FOOD SCIENCE NUTRITION-II)**

Unit I

Vitamins -Classification of Vitamins

Fat Soluble Vitamins:

https://www.youtube.com/playlist?list=PLJoALJA_KMOBAEWK_2o3knrfvqEuOFSkx

Unit II

Water Soluble Vitamins:

https://www.youtube.com/playlist?list=PLJoALJA_KMOBAEWK_2o3knrfvqEuOFSkx

Unit III

Minerals

Functions, Sources and Deficiency

https://www.youtube.com/playlist?list=PLJoALJA_KMOBAEWK_2o3knrfvqEuOFSkx

Unit IV

Water: Functions of water in human body, water balance, sources of water, effect of dehydration and its prevention.

Methods of Cooking and Objectives of cooking food

https://www.youtube.com/playlist?list=PLJoALJA_KMOBAEWK_2o3knrfvqEuOFSkx