

FOOD SCIENCE

Is the study of the chemical, physical and microbiological nature of foods and any transformation that food undergoes as reflected in its characteristics and properties.



FOOD

Is any matter eaten by men to sustain life and nourish the body. Any article whether simple, mixed or compound which is used as food or drink, confectionery or condiment.



BRANCHES OF FOOD SCIENCE


- Food Technology
- Food Chemistry
- Food Microbiology
- Food Engineering
- Food Processing or Manufacturing



RELATED FIELDS

- Nutrition
- Psychology
- Biology
- Sociology
- Anthropology
- Fisheries
- Physics
- Economics
- Agriculture





WHAT IS FOOD
QUALITY AND HOW TO
DETERMINE FOOD
QUALITY?



FOOD QUALITY

It is a composite of several criteria determined by the stimuli coming from the food attitudes or value attached by the consumer to the food. Food is considered good to eat if it is nutritious, palatable, sanitary, digestible and economical.



NUTRITIONAL QUALITY

Food are source of substance called nutrients which are responsible for the physiological rules of food to give energy, build and repair tissues and regulate bodily processes



MAIN GROUP OF NUTRIENTS

*Water

*Protein

*Fats

*Carbohydrates

*Minerals

*Vitamins



DIGESTIBILITY

It refers not only to completeness of digestion and absorption but also the general feeling and the after effect of eating.



**PALATABILITY FACTORS OR EATING
QUALITIES OF FOOD JUDGED BY
HUMAN SENSES:**

VISUAL PERCEPTION

This refers to the external characteristics of food as seen by the naked eye which includes size, shape, volume, texture and color. The mere sight of a food may stimulate or damper the appetite



ODOR DETECTION

The nerves of the nose are sensitive to volatile substance emitted by aromatic compounds in food characteristic smell of fresh us spoiled fish burnt sugar.



CHEMICAL COMPOSITION OF FOODS

Food contains mainly:

- ✓ Water
- ✓ Protein
- ✓ Carbohydrates
- ✓ Fats

Substances present in food in small amounts:

- ✓ minerals
- ✓ vitamins
- ✓ non-nutritional components (pigments, enzymes, gum organic acids, tannins, esters, ketones and other flavoring compounds)

