

SYLLABUS FOR FOOD PRODUCTION (GENERAL) TRADE			
DURATION: ONE YEAR			
Duration	Reference Learning Outcome	Professional Skills (Trade Practical) With Indicative Hours	Professional Knowledge (Trade Theory)
Professional Skill 60 Hrs.;	Maintain hygiene and cleanliness of kitchen, kitchen equipments and cooking utensils following safety precautions.	1. Visit main kitchen and understand the process flow. (03 hrs.)	Introduction to catering/ hotel industry.
Professional Knowledge 12 Hrs.		2. Visit various sections of kitchen in the institute. (04 hrs.)	Introduction of kitchen.
		3. Demonstrate & practice the kitchen operation process. (06 hrs.)	Objective of Cooking
		4. Identify kitchen service equipment. (05hrs.)	An orientation programme on the course and related job/ career opportunities.
		5. Familiarize & understand the usage of equipment & tools. (06 hrs.)	Organizational hierarchy of Kitchen Department, Attributes, Duties and responsibilities of kitchen services personnel.
		6. Practice safe methods of using the kitchen knife and hand tools. (06hrs.)	Small, medium & large equipment and their handling in kitchen.
		7. Practice elementary first aid. (05hrs.)	Safety rules for using different types of knives & other equipment. (06 hrs.)
		8. Demonstrate safety practices to be observed in kitchen. (05 hrs.)	First-aid for cuts/ burns and its importance.
		9. Practice use of personal protective dresses. (05hrs.)	Fire hazards, contents of first aid.
		10. Practice on hygiene/ cleanliness and procedure to maintain it.(5hrs.)	Personal safety and industrial safety.
		11. Practice disposal procedure of waste	Personal hygiene& Care of Skin, Hand, Feet, Food handlers. Hygienic protective clothing.
			Grooming and Etiquettes.
			Working area hygiene and its

		<p>materials.(05hrs.)</p> <p>12. Identify emergency exit route, practice firefighting and use of fire extinguishers. (05hrs.)</p>	<p>importance.</p> <p>Preparedness for emergency situations.</p> <p>Waste management. (06 hrs.)</p>
<p>Professional Skill 60 Hrs.;</p> <p>Professional Knowledge 12 Hrs.</p>	<p>Work with head cook in menu planning and menu engineering.</p>	<p>13. Identify/ familiarize commonly used raw vegetables. (10hrs.)</p> <p>14. Demonstrate and identify commonly used pulses & fruits. (10hrs.)</p> <p>15. Demonstrate and identify commonly used Continental vegetables. (10hrs.)</p> <p>16. Demonstrate and identify commonly used spices, condiments & herbs. (10hrs.)</p> <p>17. Demonstrate and identify commonly used meat products. (10hrs.)</p> <p>18. Demonstrate/ video presentation on other raw materials used in kitchen. (10hrs.)</p>	<p>Classification of raw materials, Preparation of ingredients, Method of mixing foods, Effect of heat on various foods, Weighing and measures texture of food. (12 hrs.)</p>
<p>Professional Skill 120 Hrs.;</p> <p>Professional Knowledge 24 Hrs.</p>	<p>Undertake various vegetable cuts which will help in cooking to a specific perfection as desired by the Industry.</p>	<p>19. Practice the julienne cuts of vegetables & prepare a dish. (18hrs.)</p> <p>20. Practice the jardinière, brunoise cuts of vegetables & prepare a dish. (18hrs.)</p> <p>21. Practice the Macedoine cutsof vegetables & prepare a dish. (18hrs.)</p> <p>22. Practice the Payssane cuts of vegetables & prepare a dish. (18hrs.)</p> <p>23. Practice the Mirepoix cuts</p>	<p>Culinary terms</p> <p>French word for basic food items.</p> <p>Cutting techniques.</p> <p>Yield management/Wastage control (24 hrs.).</p>

		<p>of vegetables & prepare a dish. (16hrs.)</p> <p>24. Practice the shredding cuts of vegetables & prepare a dish. (14hrs.)</p> <p>25. Demonstrate and practice other cuts of vegetables used in the kitchen. (18hrs.)</p>	
<p>Professional Skill 120 Hrs.;</p> <p>Professional Knowledge 24 Hrs.</p>	<p>Work with head cook in preparation of mise-en-place and foods, prepare, season and cook soup, meat, vegetable and other foodstuff.</p>	<p>26. Practice cooking methods: Boiling - potatoes & rice. (08hrs.)</p> <p>27. Practice cooking methods: Blanching-tomatoes, vegetables. (08hrs.)</p> <p>28. Practice cooking methods: Sautéing – vegetables. (08hrs.)</p> <p>29. Practice cooking methods: Frying-Shallow and deep frying. (08hrs.)</p> <p>30. Practice cooking methods: Fat frying e.g. fritters, patties etc. (08hrs.)</p> <p>31. Practice cooking methods: Steaming – rice & pudding. (08hrs.)</p> <p>32. Practice cooking methods: Stewing-mutton & vegetables. (08hrs.)</p> <p>33. Practice cooking methods: Poaching-fish & egg. (08hrs.)</p> <p>34. Practice cooking methods: Roasting/searing -potatoes & chicken. (10hrs.)</p> <p>35. Practices cooking methods: Grilling – vegetables& fish. (10 hrs.)</p>	<p>Layout of the Kitchen and different Sections.</p> <p>Methods of cooking with special application of meat, fish, vegetables, cheese, pulses and egg etc.</p> <p>Conventional & non-conventional method of cooking;</p> <ul style="list-style-type: none"> - Solar cooking - Microwave cooking - Fast food operation <p>Variety of fish, meat &vegetable.</p> <p>Cuts of fish, meat etc. (24 hrs.)</p>

		<p>36. Practice cooking methods: Braising – chicken & vegetables. (10 hrs.)</p> <p>37. Practice cooking methods: Baking – potatoes & vegetables. (08hrs.)</p> <p>38. Practice cooking methods: Microwave – rice & vegetables. (08hrs.)</p> <p>39. Practice cooking methods: Broiling of spices, grinding processes. (10hrs.)</p>	
<p>Professional Skill 120 Hrs.;</p> <p>Professional Knowledge 24 Hrs.</p>	Plan and prepare basic Indian food recipes.	<p>40. Prepare and practice different menus. (120hrs.)</p> <p>(i) Dal -05 variety</p> <p>(ii) Vegetables-10 variety</p> <p>(iii) Chutney-05 variety</p> <p>(iv) Raita-05 variety</p> <p>(v) Rice-05 variety</p> <p>(vi) Indian Bread-05 variety</p>	<p>Balancing of recipes</p> <p>Standardization of recipe</p> <p>Maintaining recipe files</p> <p>Menu planning</p> <p>Brief study of Portion control</p> <p>Purchasing specification, quality control, indenting & costing Rechauffe. (24 hrs.)</p>
<p>Professional Skill 30 Hrs.;</p> <p>Professional Knowledge 06 Hrs.</p>	Prepare foods for breakfast buffet/ ala carte menu.	<p>41. Prepare and practice the Breakfast -egg preparation: (18hrs.)</p> <p>(i) Boiled</p> <p>(ii) Omelet</p> <p>(iii) Poached</p> <p>(iv) Steamed</p> <p>(v) Fried (Sunny side up)</p> <p>(vi) Scrambled etc.</p> <p>42. Practice egg cookery including classical preparation. (12Hrs.)</p>	<p>Egg Structure and their correlation to heat.</p> <p>Selection of quality</p> <p>Various ways of cooking eggs with examples in each.</p> <p>Method & prevention of blue ring formation. (06 hrs.)</p>
<p>Professional Skill 30 Hrs.;</p> <p>Professional Knowledge 06 Hrs.</p>	Work in the Garde manger of various food preparing organizations and prepare salads, sandwiches, fruit	43. Prepare different types of Simple Salad - 05 varieties. (30Hrs.)	<p>Salads and their classification</p> <p>Accompaniments & Garnishes. (06 hrs.)</p>

	juices and other cold foods.		
Professional Skill 150 Hrs.;	Work with head cook in preparation of mise-en-place and foods, prepare, season and cook soup, meat, vegetable and other foodstuff.	44. Prepare different stocks: (15hrs.) (i) White stock, (ii) Brown stock (iii) Fish stock	Basic stocks, Aspic & jellies. Roux blanc, Roux blonde, Roux burn. Recipes and quantities required to produce 1ltr of stocks white & brown. Recipes required to produce 1 ltr of the different sauce with the necessary precaution to be observed while preparing. - Bechamel Sauce - Tomato sauce - Veloute sauce - Espagnole sauce - Hollandaise sauce - Mayonnaise sauces Soup:- definition, classification with example in each group, Recipe for one litre consomme, 10 Nos popular consommés with their garnishes. Famous national soups of some countries. Butter: History, types, butter making procedure. (18 hrs.)
Professional Knowledge 30 Hrs.		45. Demonstrate & prepare Basic mother Sauce along with 5 derivative of each. (30hrs.) 46. Prepare & practice compound butter- 3 Nos. (10 hrs.) 47. Prepare & practice Soups- 5 Nos. (10hrs.) 48. Prepare & practice Purees- 2 varieties. (10 hrs.) 49. Prepare & practice Cream - 3 varieties. (10hrs.) 50. Prepare & practice International soups - 5 variety. (10hrs.)	
		51. Prepare and practice cooking: (i) Vegetables - 10 varieties. (30hrs.) (ii) Potatoes - 10 varieties. (25hrs.)	Vegetables: Effect of heat on different vegetables Reaction with metal, In acid/ alkaline medium. Method of cooking of different vegetables. (12 hrs.)
Professional Skill 60 Hrs.;	Prepare exotic Indian foods and plan menu according to own judgment or as per	52. Prepare and practice Festive Menus based on regional cuisine - 05 Nos. (30 hrs.)	Larder organization & Lay-Out. Larder control, maintenance & upkeep of Larder equipment & supplies. (12 hrs.)
Professional Knowledge		53. Prepare and practice -	

12 Hrs.	instructions.	Ethnic royal Cuisine-05 varieties (30 hrs.)	
Professional Skill 30 Hrs.;	Work in the Garde manger of various food preparing organizations and prepare salads, sandwiches, fruit juices and other cold foods.	54. Prepare and practice different Compound salad - 5 varieties (15hrs.)	Classification of <i>Horsdoeuvre</i> . Composition of salads and salad dressings. (06 hrs.)
Professional Knowledge 06 Hrs.		55. Prepare & practice Salad dressing - 05 varieties. (15hrs.)	
Professional Skill 180 Hrs.;	Carry out duties associated with preparation of meals.	56. Demonstrate various cuts of fishes. (20 hrs.)	Fish classification, scaling, cleaning & preparation Basic cuts and its uses & storage. (12 hrs.)
		57. Prepare and practice fish dishes. (40hrs.) (i) Snacks - 4 Nos. (ii) Indian main preparation- 4 Nos. (iii) Continental preparations - 4 Nos.	
		58. Demonstrate various cuts: (30 hrs.) (i) Lamb, (ii) Mutton (iii) Pork 59. Prepare and practice meat dishes. (30 hrs.) (i) Indian - 4 Nos. (ii) Continental - 4 Nos. (iii) Snacks - 4 Nos.	
Professional Knowledge 36Hrs.		60. Demonstrate cuts of chicken. (10hrs.) 61. Practice preparations of Chicken. (38hrs.) (i) Indian - 5 Nos. (ii) Continental - 5 Nos. 62. Demonstrate poultry and Game bird. (12hrs.)	Poultry: Classification Preparation, dressing & cuts with its uses. Classification of game birds Preparation and cuts with its uses. (12 hrs.)

Professional Skill 30 Hrs.;	Work in the Garde manger of various food preparing organizations and prepare salads, sandwiches, fruit juices and other cold foods.	63. Practice preparation of the following: (i) Sandwiches -10 varieties (ii) Canapés -10 varieties (30hrs.)	Assembling of: - Cold buffets - Sandwiches - Canapés Proper storage of leftovers. Classification of Cheese and their uses. Variety of pasta and their cooking methods. (06 hrs.)
Professional Skill 90 Hrs.;	Work in the bakery of various food preparing organizations and prepare various desserts and sweet dishes.	64. Prepare and practice various type of Bread and Bread rolls. (15hrs.)	Characteristics & types of Leavening/ Raising agent. Theory of bread Making Bread rolls, Bread Slices, Indian Breads.(06 hrs.)
Professional Knowledge 18 Hrs.		65. Prepare Soup Sticks/ Garlic breads/ Cheese sticks. (15 hrs.)	
		66. Prepare and practice of: (60 hrs.) (i) Pastries (ii) Jam tort (iii) Lemon Tort (iv) Swiss roll (v) Puff (vi) Pastries/Vegetables (vii) Patties (viii) Cookies (ix) Cakes	Recipes of Pastry; - Short crust pastry, - Puff Pastry, Flaky Pastry, - Choux Pastry, - Danish pastry and their derivatives. Kitchen stewarding & upkeep of equipment & its role. (12 hrs.)
Professional Skill 60 Hrs.;	Prepare foods in Continental/Chinese kitchen of various foods preparing organization.	67. Identify Pasta and prepare Farinaceous dishes. (30 hrs.) (i) Spaghetti-2 varieties (ii) Marconi-2 varieties (iii) Penne-2 varieties	Prevailing food standards in India. Food adulteration as a public health hazard. Sample tests in the detection of common food. HACCP/ISO22001 Role and scope of FSSAI. (12 hrs.)
Professional Knowledge 12 Hrs.		68. Prepare and practice Chinese dishes. (30hrs.) (i) Soups-4 Nos. (ii) Noodle & rice-4 Nos. (iii) Meat dishes- 2 Nos. (iv) Vegetables-2 Nos.	

Professional Skill 60 Hrs.; Professional Knowledge 12 Hrs.	Work in many establishments such as restaurants, hotels, coffee shops, healthcare resident facilities and hospitals etc.	69. On-the- Job Training (OJT). (60 hrs) <i>Note: During OJT, students have to maintain a log book on daily basis indicating activities performed during the day which shall also be countersigned by section/department supervisor.</i>	(12 hrs.)
<p>Project work/ Industrial visit</p> <p>Broad Areas:</p> <ul style="list-style-type: none"> a) Prepare special meals/medical meals for people under medical restrictions. b) Prepare special menu for special festive occasions with an ethnic touch. c) Plan & prepare different types of Oriental/ Continental food according to own judgement. 			