

DIPLOMA IN FOOD & BEVERAGE PRODUCTION

PAPER- I (FUNDAMENTALS OF FOOD PRODUCTION-I)

Unit	Course Contents	Hours
I	Intro. To Cookery: - <ul style="list-style-type: none"> ❖ Level of Skills and experience Attitudes and Behavior in the kitchen ❖ Personal hygiene, Uniforms, Safety Procedure in handling equipment. ❖ Origin of Modern Cookery 	5
II	Hierarchy and department Staffing: - <ul style="list-style-type: none"> ❖ Classical Brigade, Modern Staffing in various category hotels ❖ Role of Executive Chef, Duties & Responsibility of various chefs ❖ Co-operation with other departments. 	5
III	Aims and Objectives of Cooking & Method of Cooking: - Importance of cooking food with reference to the catering industry <ul style="list-style-type: none"> ❖ Various Textures, Consistencies ❖ Action of heat on foods-Color Pigments, Flour, Meats ❖ Basic Principles of F.P. ❖ Method _____ of _____ Cooking- Boiling,roasting,Poaching,braising,grilling,baking,broling, Stewing, Sautéing, Blanching, Steaming, Micro-Wave etc. 	5
IV	Basic Preparation & Method of Cooking: - <ul style="list-style-type: none"> ❖ Knife handling, Technique used in preparation ❖ Classification of Vegetables, Vegetables Cuts, MirePoix, Bouquet garni ❖ Classification of fruits & their uses, ❖ Selection of Fruit/vegetable for different types of cookery method ❖ Stocks- Definition, Types, Care & Precaution ❖ Sauces- Classification, Recipes for mother sauces, derivatives ❖ Classification, Principles, Equipment Required 	5
V	Bakery & Confectionary: - <ul style="list-style-type: none"> ❖ Principle of Baking, Uses of different types of Oven ❖ Role of Ingredients and menu example ❖ Principle of bread making ingredients used, ❖ Steps & different method of bread making ❖ Temperature variation and Its importance ❖ Pastries:-Short crust, Laminated, Choux, Hot water/Rough puff, Recipes and method of preparation 	5
	Total	25

Course Learning Outcomes

After completion of this course, the student will:

1. Determine the different positions and function of kitchen production.
2. Identify and properly operate equipment & common culinary hand tools.
3. Productively apply appropriate cooking skills
4. Identify various cooking techniques.
5. Comply with and practice safe work habits, identify safety hazards, employ preventative safety measures.
6. Maintain positive relations with others, cooperate through teamwork and group participation.
7. Exhibit appropriate work habits and attitudes; demonstrate a willingness to compromise.
8. Identify behaviors for establishing successful working relationships
9. Demonstrate a positive attitude, conversation skills, & personal hygiene
10. Prepare, clarify and utilize basic stocks, sauces.

PRACTICAL- FUNDAMENTALS OF FOOD PRODUCTION-I

Unit	Contents of the Subject	Hours
I	Identification of Vegetables/ Equipments/ Fuels used : - <ul style="list-style-type: none">❖ Varieties of vegetables/fruits/fish/chicken❖ Cuts of Vegetable❖ Methods of cooking -10 methods❖ Large/ Small/ Hand Held❖ Types of fuels/ Advantages & Disadvantages❖ Conservation	14 hrs
II	Preparation of Stocks & Sauces: - <ul style="list-style-type: none">❖ Demonstration + Preparation of White Stock, Brown Stock, Fish Stock❖ Demonstration+ Preparation of basic mother sauces & 2-3 derivatives of each.	14 hrs
III	Bakery & Confectionary: - <ul style="list-style-type: none">❖ Demonstration + Preparation of simple and enriched bread recipes❖ Bread loaf (white & brown)❖ Bread rolls (various shapes)❖ Morning breakfast rolls any 6	14 hrs
IV	Basic Pastry : - <ul style="list-style-type: none">❖ Choux Paste, Puff Paste, Short Crust, Laminated, Rough❖ Sponge- Basic/ Victoria/ Genoise/ Muffins	14 hrs
V	Rice & Pasta: - <ul style="list-style-type: none">❖ Identification of rice varieties/ Pasta shapes❖ 5 types of rice preparations (Draining/ Absorption)❖ 5 types of pasta preparation	12 hrs
	Total	68

PAPER- II (COOKERY)

S.No	Unit	Topic
1	Unit-1	Importance of kitchen in Hotel & Catering establishments; Aims and objectives of cooking, classification of raw materials, preparation of ingredients, methods of mixing foods, effect of heat on various foods weighing and measure, texture of food, Culinary terms.
2	Unit-2	Methods of cooking with special application of meat, fish, vegetables, cheese, pulses and egg. Conventional and non-conventional methods of cooking, solar cooking, microwave cooking, fast food operation. Variety of fish, meat and vegetables. Accompaniments, garnishes and reshuffle.
3	Unit-3	Eggs Structure, selection of quality, various ways of cooking eggs with example in each method and prevention of blue ring formation.
4	Unit-4	Vegetables Effect of heat on different vegetables in acid/alkaline medium and reaction with metal. Method of cooking different vegetables with emphasis on cooking asparagus, Brussels sprouts.
5	Unit-5	History of cookery

PAPER- III (HYGIENE & NUTRITION)

UNIT	TOPIC
Unit-1	BASIC ASPECTS A. Definition of the terms Health, Nutrition and Nutrients B. Importance of Food – (Physiological, Psychological and Social function of food) in maintaining good health. C. Classification of nutrients, ENERGY A. Definition of Energy and Units of its measurement (Kcal) B. Energy contribution from macronutrients (Carbohydrates, Proteins and Fat) C. Factors affecting energy requirements D. Concept of BMR, SDA, Thermodynamic action of food E. Dietary sources of energy F. Concept of energy balance and the health hazards associated with Underweight, Overweight

Unit-2	<p>MACRO NUTRIENTS Carbohydrates • Definition • Classification (mono, di and polysaccharides) • Dieteary Sources • Functions • Significance of dietary fibre (Prevention/treatment of diseases) Lipids • Definition • Classification : Saturated and unsaturated fats • Dietary Sources • Functions • Significance of Fatty acids (PUFAs, MUFAs, SFAs, EFA) in maintaining health • Cholesterol – Dietary sources and the Concept of dietary and blood cholesterol Proteins • Definition • Classification based upon amino acid composition • Dietary sources • Functions • Methods of improving quality of protein in food (special emphasis on Soya proteins and whey proteins)</p>
Unit-3	<p>MACRO NUTRIENTS A. Vitamins • Definition and Classification (water and fats soluble vitamins) • Food Sources, function and significance of: 1. Fat soluble vitamins (Vitamin A, D, E, K) 2. Water soluble vitamins (Vitamin C, Thiamine, Riboflavin, Niacin, Cyanocobalamin Folic acid B. MINERALS • Definition and Classification (major and minor) • Food Sources, functions and significance of : Calcium, Iron, Sodium, Iodine & Flourine, WATER • Definition • Dietary Sources (visible, invisible) • Functions of water • Role of water in maintaining health (water balance)</p>
Unit-4	<p>BALANCED DIET • Definition • Importance of balanced diet • RDA for various nutrients – age, gender, physiological state MENU PLANNING • Planning of nutritionally balanced meals based upon the three food group system • Factors affecting meal planning • Critical evaluation of few meals served at the Institutes/Hotels based on the principle of meal planning. • Calculation of nutritive value of dishes/meals.</p>
Unit-5	<p>MASS FOOD PRODUCTION • Effect of cooking on nutritive value of food (QFP) NEWER TRENDS IN FOOD SERVICE INDUSTRY IN RELEVANCE TO NUTRITION AND HEALTH • Need for introducing nutritionally balanced and health specific meals • Critical evaluation of fast foods • New products being launched in the market (nutritional evaluation)</p>

PAPER- IV (COMMODITY AND FOOD COSTING)

S. No	Unit	Topic
1	Unit-1	Cereals Wheat, rice, maize Breakfast Cereals Uses and storage of Corn flakes, puffed rice, pressed rice.
2	Unit-2	Pulses Types and uses of pulses.
3	Unit-3	Fresh fruits and vegetables, classification of fruit and vegetables and its use.
4	Unit-4	Dairy products Milk and its composition and storage, classification and use of cheese, butter& cream.
5	Unit-5	Herbs, spices and condiments classification and uses of different types of herbs and condiments,