

GURUKUL EDUCATIONAL AND RESEARCH INSTITUTE

DIPLOMA IN FOOD PRODUCTION

Subject and Syllabus



2022-23

Syllabus

DIPLOMA IN FOOD PRODUCTION

DURATION:- 1 YEAR

800 COOKERY THEORY

UNIT I

1. Origin of hotel industry 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. Methods of cooking with special Application to meat, fish, vegetables, cheese, pulses and egg. Conventional and non-conventional methods of cooking, solar cooking, microwave cooking, fast food operation.
3. Eggs – Structure, selection of quality, various ways of cooking eggs with example in each method and prevention of blue ring formation. Varieties of fish, meat and vegetables. Accompaniments, garnishes and rechauffe.
4. Balancing of recipes, standardization of recipes, standard yield, maintaining recipe files. Menu planning, portion control, brief study of how portions are worked out. Invalid cookery. Purchase Specifications, quality control, Indenting and Costing
5. Description and use of the following : Basic stocks, Aspics & Jellies. Roux blanc, Roux blonde and Roux brun, Recipes and quantities required to produce 10 litres of stock, white & brown. Recipes required to produce one litre of the following: Béchamel sauce, tomato sauce, Veloute sauce, espagnole sauce, Hollandaise and mayonnaise sauce with the necessary precautions to be observed while preparing these, with minimum five derivatives of each. Soup – Definition, classification of soups with example in each group, recipe for one litre consommé, 10 popular consommés with their garnishes.
6. Vegetables – Effect of heat on different vegetables in acid/alkaline medium and reaction with metals. Method of cooking different vegetables with emphasis on cooking asparagus, artichokes, brussel sprouts
7. Theory of Bread making, Bread rolls, Bread sticks, Indian Breads.
8. Pastry – Recipes of short crust pastry, puff pastry, flaky pastry choux paste, Danish pastry and their derivatives. Recipes and method of preparation of plain ice cream.

9. Kitchen stewarding and upkeep of equipment.
10. Staff organization of Kitchen, coordination with the Departments.

LARDER THEORY

UNIT

- Larder organization and layout. Larder control- maintenance and care of larder equipment
- Hors d'oeuvre and salads- classification
- Fish – classification, cleaning, basic cuts and uses and storage
- Butchery – cuts of beef, lamb, mutton and pork-uses and weights
- Types of force meat and uses
- Assembling cold buffet, sandwiches and canapés, decorative work with ice, vegetable, butter/fat and fruit
- Cleaning and care of larder equipment and tools

HYGIENE AND SANITATION

1.FOOD MICROBIOLOGY

- Introduction
- Microorganism groups important in food
- microbiology
- Viruses
- Bacteria - Fungi (Yeast & Molds)
- Algae - Parasites Factors affecting the growth of microbes
- Beneficial role of Microorganisms

FOOD CONTAMINATION AND SPOILAGE

- Classification Of Food
- Contamination And Cross
- Contamination
- Spoilages Of Various Food With The Storing Method

SANITARY PROCEDURE FOLLOWED DURING FOOD HANDLING

- Receiving
- Storage
- Preparation

- Cooking
- Holding
- Service Of The Food

SAFE FOOD HANDLER

- Personal Hygiene discussing all the
- standard. Hand Washing Procedure
- First Aid definition, types of cuts,
- wounds, lacerations with reasons and precautions.

HAZARD ANALYSIS CRITICAL CONTROL POINT

- Introduction to HACCP
- History
- Principles of HACCP

FOOD SAFETY STANDARDS AUTHORITY OF INDIA (FSSAI)

- Introduction to FSSAI
- Role of FSSAI
- FSSAI compliance

GARBAGE DISPOSAL

Different Methods

- Advantages and disadvantages
- Municipal Laws and Swachh Abhiyan

NUTRITION

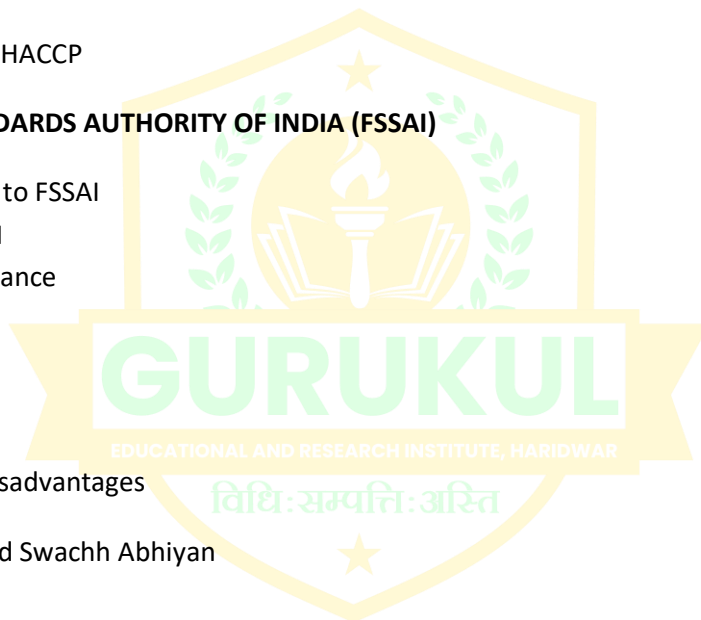
UNIT I

1.BASIC ASPECTS

1. Definition of Food and Nutrition
2. Importance of Food
3. Physiological,
4. Psychological and
5. Social Functions of food (in maintaining good health)

2.CLASSIFICATION OF NUTRIENTS

- Macro Nutrients



- Carbohydrates
- Simple Monosaccharides
- Disaccharides
- Complex Polysaccharides

- Fats
 - Saturated
 - Unsaturated Monounsaturated
 - Polyunsaturated
- Proteins
 - Based on structure
 - Fibrous
 - Globular
 - Intermediate
 - Based on composition
 - Conjugated
 - Simple
 - Water Micro Nutrients
- Vitamins
 - Water soluble
 - Fat soluble



3.Minerals

- Macro elements
- Trace or
- Carbohydrates
- Functions of Carbohydrates
- Sources - Recommended Daily Allowances (RDA)
- Effects of Deficiency and excess intake of Carbohydrates

- Fats
 - Functions of Fats
 - Sources
 - Recommended Daily Allowances (RDA)
 - Effects of Deficiency and excess intake of Fats

➤ Proteins

- Functions of Proteins
- Sources
- Recommended Daily Allowances(RDA)
- Effects of Deficiency and excess intake of Proteins

➤ Water –

- Functions
- Source
- Recommended Daily Allowance (RDA)

4.MICRO NUTRIENT

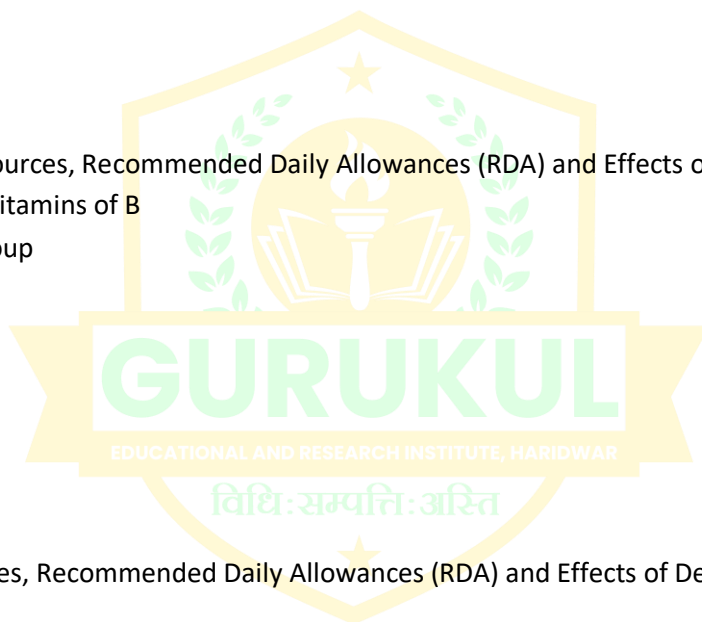
- Vitamins
- Functions, sources, Recommended Daily Allowances (RDA) and Effects of Deficiency / Excess intake of; - Vitamins of B
- Complex Group
- Vitamin C
- Vitamin A
- Vitamin D
- Vitamin E
- Vitamin K
- Minerals

Functions, Sources, Recommended Daily Allowances (RDA) and Effects of Deficiency / excess intake of;

- Calcium
- Iron
- Iodine
- Sodium
- Phosphorous

5.CONSERVING NUTRIENTS

- During Storing
- During Food Preparation (Pre-cooking e.g. Washing, Peeling, Cutting, Chopping, Slicing, Pounding, Grinding, Soaking, Sprouting, Fermentation, Mixing)
- During Cooking



6.BALANCED DIET

- Definition and its importance
- Factors Affecting Balanced Diet (Age, Gender and Physiological state)

6. MENU PLANNING

- Nutritionally balanced meals as per three food group system Factors
- affecting meal planning
- Calculation of Nutritive value of dishes and meals
- Critical evaluation of a given meal

7.MENU PLANNING – FOR SPECIAL NEEDS

- Obesity
- Diabetes
- Hypertension
- Cardiac

8.COMMODITIES THEORY

UNIT

1.Cereals- wheat rice maize Breakfast cereals like cornflakes, rice flakes, Choco flakes and pressed rice uses and storage

2 Pulses –its types and uses

3 Fruits and vegetables- classification and uses

4 Dairy products- milk –its uses composition and storage, classification and uses of cheese, butter, cream

5 Prevailing food standards in INDIA, food adulterations as public health hazard, and common adulterants, simple tests in detection of common food adulterants, ISI, AGMARK and FSSAI

6.Herbs spices and condiments- classification and uses of different types

7 Fruits and vegetables; classification and uses

8 Tea, coffee, coco and their sources, storage and uses. Food flavours, essences and food colours with brand names.

9 Food Preservation – long term and short term methods. Convenience food, sugar preserves and confectionery gums

9.FOOD COSTING

UNIT

1.Pricing

- Menu pricing style
- Types of menu
- Different methods in pricing

2.Costing

- Importance of food costing
- Methods of costing
- Costing techniques

3.Standard recipes

- Use of standardized recipes
- Developing standardized recipes
- Adjustment factor

4.Material costing

- Through purchasing
- receiving
- issuing
- production
- sales and accounting

5.Control of food cost

- labour cost
- overhead cost
- miscellaneous cost

6.Yield

- butchers yield
- cooking yield
- portion control

7.Costs



- determining standard food cost
- calculating portion cost
- calculating dinner cost

801 BASIC FOOD OPERATIONS

802 COMMODITIES AND COSTING

803 HYGIENE AND SANITATION

804 BASIC COMPUTER SKILLS

805 LARDER THEORY

806 FOOD SCIENCE AND NUTRITION

807 COOKERY PRACTICAL

INDIAN

Rice	08	-	varieties
Indian Bread	-	10	varieties
Dal	-	10	varieties
Vegetables	-	15	varieties
Chutney	-	05	varieties

- Raita - 05 varieties
- Egg dishes - 03 varieties
- Fish dishes - 05 varieties (including two local cuisine dishes)
- Meat dishes - 08 varieties (including two local cuisine dishes)
- Chicken dishes - 08 varieties (including two local cuisine dishes)
- Shorba - 02 varieties

Tandoor dishes Tandoori chicken, tandoori fish, seek kabab, boti kabab.

Continental:

Stock – white stock, brown stock, fish stock.

Sauce – Béchamel sauce, Veloute sauce, tomato, espagnole, hollandaise and mayonnaise with 5 derivatives of each. Demi-glace, Mint sauce, horse radish, bread sauce and apple sauce.

Compound Butters – 3 varieties.

Soups:

- Purees 2 varieties
- Cream 3 varieties
- Veloute 2 varieties
- Broths 2 varieties
- Bisques 1 varieties
- Consommés 5 varieties
- Cold Soups 2 varieties

International soups 2 varieties

Fish:

- Baked 2 varieties
- Grilled 2 varieties
- Shallow fried 2 varieties
- Deep fried 4 varieties

Poached 2 varieties

Chicken and other Meats:

Stew 2 varieties

Casseroles 2 varieties

Roast 2 varieties

Braised 2 varieties

Grilled/Baked 2 varieties

Chicken (Sautés) 5 varieties

Vegetables:

Preparation and cooking of vegetables – 10 varieties.

Potatoes – 10 varieties.

Farinaceous dishes:

Spaghetti and macaroni dishes – 6 varieties.

Egg: Breakfast egg preparation – 5 varieties

Sweets:

Mousse 3 varieties विधि:सम्पत्ति:अस्ति

Soufflés 3 varieties

Baked 3 varieties

Steamed (Pudding) 3 varieties

Chinese:

Soups 2 varieties

Noodles & Rice 4 varieties

Chicken 2 varieties

Pork 2 varieties

Meat 2 varieties

Prawns 2 varieties

Fish 1 dish

Vegetables 3 varieties

808 LARDER PRACTICAL

1. Preparation of various simple and compound hors d'oeuvres
2. Sandwiches - 5 varieties
3. Simple salads - 5 varieties
4. Cold Soups - 3 varieties
5. Compound Salads: Fruit based - 2 varieties
7. Fish based - 2 varieties
8. Meat based - 2 varieties
9. Vegetable based - 2 varieties
10. Preparation of salad dressings – 3 varieties
11. Butchery:
 - i) Lamb and Mutton – Demonstration of jointing mutton carcasses. Deboning of mutton leg and shoulder. Curry cuts and boti kababs.
 - ii) Pork – Demonstration and preparation of pork chops, deboning of pork leg.
 - iii) Fish – cuts of fish and its use in cold buffets.
 - iv) Poultry – Dressing, trussing and deboning
12. Decorative Work:
 - i) Demonstration of Ice & Butter Sculpture
 - ii) Hand on Training on Vegetable & Fruit Carving
12. Demonstration and Preparation of Galantine, Ballottine, Mousse etc.

COMPUTER AWARENESS

UNIT I

1.KNOWING COMPUTER

- What is computer?
 - Basic Applications of Computer
- Components of Computer System
 - Central Processing Unit

- Keyboard, mouse and VDU
- Other Input devices
- Other Output devices
- Computer Memory
- Concept of Hardware and Software
 - Hardware
 - Software
 - Application Software
 - Systems software
- Concept of computing, data and information
- Applications of IECT
 - e-governance
 - Entertainment
- Bringing computer to life
 - Connecting keyboard, mouse, monitor and printer to CPU
 - Checking power supply

2.OPERATING COMPUTER USING GUI BASED OPERATING SYSTEM

- Basics of Operating System
 - Operating system
 - Basics of popular operating system (LINUX, WINDOWS)
- The User Interface
 - Task Bar
 - 4 National Council for Hotel Management & To Add Or Remove A Windows
 - Changing Display Properties
 - Changing System Date And Time
- Operating System Simple Setting
 - Running an Application
 - Menu
 - Icons

3.UNDERSTANDING

- WORD PROCESSING
 - Border and shading
 - Delete / Insertion of row and column
 - Alignment of Text in cell
 - Changing cell width and height
 - Draw Table