

FACULTY OF SCIENCES

SYLLABUS

FOR

DIPLOMA IN FOOD PRODUCTION

(One Year and Six Months)

(Semester: I & II)

Examinations: 2013-14



GURU NANAK DEV UNIVERSITY

AMRITSAR

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SCHEME (Semester-I)

Duration of Course: One Year and Six Months in Hotel Training.

Sr. No.	Subject	Distribution of Time			Distribution of Marks			
		Hours per week			Time of Examination			
		TH.	PR.	Total	TH.	HRS.	PR.	HRS.
1.	Cookery	3	16	19	50	3	65	6
2.	Larder	2	8	10	25	2	60	6
3.	Hygiene and Nutrition	2		2	50	3		
4.	Commodities & Costing	3		3	50	3		
5.	*Computer Awareness		01	01				
	Total	10	25	35	175		125	

Grand Total : 300

***Note: This paper carries no marks.**

SCHEME (Semester-II)

Sr. No.	Subject	Distribution of Time			Distribution of Marks			
		Hours per week			Time of Examinations			
		TH.	PR.	Total	TH.	HRS.	PR.	HRS.
1.	Cookery	3	16	19	50	3	60	6
2.	Larder	2	8	10	25	2	65	6
3.	Hygiene and Nutrition	2		2	50	3		
4.	Commodities & Costing	3		3	50	3		
5.	*Computer Awareness		01	01				
	Total	10	25	35	175		125	

Grand Total : 300

***Note: This paper carries no marks.**

**COOKERY
(THEORY)****Time: 3 Hrs.****Max. Marks: 50****Instructions for the Paper Setters:**

- 1. The paper setter is required to set 8 questions from all units of the paper.**
- 2. The candidates will be required to answer any 5 questions. All questions carry equal marks.**

UNIT-I

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.

UNIT-III

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 rechauffe.

UNIT-III

Balancing of recipes, standardization of recipes, standard yield, maintaining recipe files. Menu planning, portion control, belief study of how portions are worked out. Invalid cookery. Purchasing specifications, quality control, indenting and Costing.

UNIT-IV

Eggs; Structure, selection of quality, various ways of cooking eggs with example in each method and prevention of blue ring formation.

UNIT-V

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, brussel sprouts.

**COOKERY
(PRACTICAL)****Time: 6 Hrs.****Max. Marks: 65****Note:- Paper will be set on the spot by the Examiner.**

Familiarization of tools & equipment and their use.

Indian

Rice - 08 varieties

Indian Bread (Wheat) - 10 varieties

Dal - 10 varieties

Vegetables - 15 varieties

Chutney - 05 varieties

Raita - 05 varieties

Egg dishes- 03 varieties

Fish dishes - 05 varieties

Meat dishes - 08 varieties

Chicken dishes - 08 varieties

Shorba - 02 varieties

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

Snacks 10 varieties

Sweets 08 varieties

Special dishes for festivals - 5 festival menus (Note: emphasis on regional cuisines)

**LARDER
(THEORY)**

Time: 2 Hrs.

Max. Marks: 25

Instructions for the Paper Setters:

1. The paper setter is required to set eight questions from all units of the paper.
2. The candidates will be required to answer any 5 questions. All questions carry equal marks.

UNIT-I

Larder Organization & layout.

Larder control Maintenance & upkeep of larder equipment and supplies.

UNIT-II

Cleaning and care of Larder equipment.

UNIT-III

Hors d'oeuvre and salads classification

UNIT-IV

Different types of forcement and their uses.

Decorative work including sculptures, ice carvings, vegetables and fruit carvings.

**LARDER
(PRACTICAL)**

Time: 6 Hrs.

Max. Marks: 60

Note:- Practical paper will be set on the spot by the Examiner.

Preparation of various simple and compound Horsd'oeuvres:

Simple Salads - 5 varieties

Compound Salads:

Fruit based - 2 varieties

Fish based - 2 varieties

Meat based - 2 varieties

Vegetables based - 2 varieties

Preparation of salad dressings - 3 varieties

HYGIENE & NUTRITION**Time: 3 Hrs.****Max. Marks: 50****Instructions for the Paper Setters:**

- 1. The paper setter is required to set eight questions from all units of the paper.**
- 2. The candidates will be required to answer any 5 questions. All questions carry equal marks.**

HYGIENE**UNIT-I**

Personal hygiene care of skin, hand and feet. Food handlers hygiene, protective clothing.

UNIT-II

Dishwashing methods - manual and machine dish washing merits and demerits.

UNIT-III

Garbage disposal - different methods advantage and disadvantages.

UNIT-IV

Food Poisoning - Causative factor and the precautions to be taken by food handlers.

UNIT-V

Food Storage -Techniques of correct storage, storage temperature of different commodities to prevent bacterial manifestation or contamination.

UNIT-VI

Pest Control - Rodents and insect control techniques, special stress on control of flies, rats and cockroaches.

UNIT-VII

Municipal health laws.

UNIT-VIII

Golden rules of first aid and treatment for cuts, wounds, burns.

**COMMODITIES AND COSTING
(THEORY)****Time: 3 Hrs.****Max. Marks: 50****Instructions for Paper Setter (Theory):**

- 1. The paper setter is required to set eight questions from all units of the paper.**
- 2. The candidates will be required to answer any 5 questions. All questions carry equal marks.**

UNIT-I

Cereals; Wheat, rice, maize

Breakfast Cereals Uses and storage of cornflakes, puffed rice, pressed rice.

UNIT-II

Pulses Types and uses of pulses.

UNIT-III

Fresh fruits and vegetables, classification of fruit and vegetables and its use.

UNIT-IV

Dairy products Milk and its composition and storage, classification and use of cheese, butter & cream,

UNIT-V

Herbs, spices and condiments classification and uses of different types of herbs and condiments,

UNIT-VI

Brief introduction of Tea, Coffee, Cocoa and its procurement, storage and use. Food flavors, essences and colors with brand names.

COMPUTER APPLICATIONS IN FOOD PRODUCTION

Note: This paper carries no marks.

Computer fundamentals

History

Information concepts and processing

Elements of a computer processing system

Hardware, features and uses

Input/output devices

Software concepts MS DOS, MS OFFICE (use).

**COOKERY
(THEORY)****Time: 3 Hrs.****Max. Marks: 50****Instructions for the Paper Setters:**

- 1. The paper setter is required to set eight questions from all units of the paper.**
- 2. The candidates will be required to answer any 5 questions. All questions carry equal marks.**

UNIT-I

Description and use of the following:

Basic stocks, Aspics & Jellies.

Roux blanc, Roux blond and Roux brun.

Recipes and quantities required to produce 10 litres of stocks, white & brown.

Recipes Required to Produce One Litre of the Following:

Bechamel sauce, tomato, sauce, veloute sauce, espagnole sauce. Hollandise 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.

UNIT-II

Theory of Bread making. Bread rolls, Bread sticks, Indian Breads

UNIT-III

Pastry, Recipes of short crust pastry, puff pastry, flaky pastry choux pastry, Danish pastry and their derivatives. Recipes and method of preparation of plain ice cream.

UNIT-IV

Kitchen stewarding and upkeep of equipment.

UNIT-V

Staff organization of Kitchen, coordination with the department.

**COOKERY
(PRACTICAL)**

Time: 6 Hrs.

Max. Marks: 60

Note:- Paper will be set on the spot by the Examiner.

Continental: Stock - white stock, brown stock, fish stock.

Sauce Bechamel sauce, veloute sauce, tomato, espagnole, hollandaise and mayonnaise with 5 derivatives of each, Demi glass, Mint sauce, horse raddish, 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

Potages - 2 varieties

Fish:

Baked - 2 varieties

Grilled - 2 varieties

Shallow fried - 2 varieties

Deep fried - 4 varieties

Poaches - 2 varieties

Chicken and other Meats:

Stew - 2 varieties

Casseroles - 2 varieties

Roasts - 2 varieties

Braised - 2 varieties

Grilled/Baked - 2 varieties

Chicken (Sautes) - 5 varieties

Entrees - 3 varieties

Pork - 2 varieties

Steaks - 3 varieties

Vegetables: Preparation and cooking of vegetables 10 varieties

Potatoes - 10 varieties

Farinaceous Dishes: Spaghetti and macaroni dishes 2 varieties.

Egg: Breakfast egg preparation 5 varieties

Sweets:

Mousse - 3 varieties

Souffles - 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

**LARDER
(THEORY)****Time: 2 Hrs.****Max. Marks: 25****Instructions for the Paper Setters:**

- 1. The paper setter is required to set eight questions from all units of the paper.**
- 2. The candidates will be required to answer any 5 questions. All questions carry equal marks.**

UNIT-I

Fish classification, scalling, cleaning, preparation, basic cuts and its uses and storage.

UNIT-II

Butchery Cuts of beef, lamb, mutton and pork, its uses and weights.

UNIT-III**Poultry and Game:**

Poultry Classification, preparation, dressing and cuts with its uses.

Game Fured game and feathered game, preparation cuts with its uses.

UNIT-IV

Assembling of cold buffets, sandwiches and canapes. Proper storage of leftovers.

**LARDER
(PRACTICAL)****Time: 6 Hrs.****Max. Marks: 65****Note:- Practical paper will be set on the spot by the Examiner.****Butchery:**

- Lamb and mutton Demonstration of jointing mutton carcasses.
Deboning of mutton leg and shoulder.
Curry cuts and boti kabab.
- Pork Demonstration and preparation of pork chops, debonding of pork leg.
- Fish cuts of fish and its use in cold buffets.
- Poultry Dressing, trussing and debonding.

HYGIENE & NUTRITION**Time: 3 Hrs.****Max. Marks: 50****Instructions for the Paper Setters:**

- 1. The paper setter is required to set eight questions from all units of the paper.**
- 2. The candidates will be required to answer any 5 questions. All questions carry equal marks.**

NUTRITION**UNIT-I**

Definition of nutrition, definition of calorie, daily calorie requirement for different age groups, factors. Food groups and their role in balance diet.

UNIT-II

Carbohydrates and proteins Classification source, functions Recommendatory Daily Allowance (RDA), excess and deficiency.

UNIT-III

Fats classification according to sources, difference between animal fat and vegetable fat, functions, Recommendatory Daily Allowance (RDA), excess and deficiency.

UNIT-IV

Minerals Importance of Minerals with special emphasis on calcium and iron (function & sources.)

UNIT-V

Vitamins in diet Fat soluble A, D, E & K water soluble, B-complex, Thiamin, Niacin, Riboflavin and Vitamin C, sources, function Recommendatory Daily Allowance, excess and deficiency.

UNIT-VI

Health food & Menus for diabetic, heart, blood pressure patients, specific requirements for sports man & woman.

COMMODITIES AND COSTING**Time: 3 Hrs.****Max. Marks: 50****Instructions for the Paper Setters:**

- 1. The paper setter is required to set eight questions from all units of the paper.**
- 2. The candidates will be required to answer any 5 questions. All questions carry equal marks.**

UNIT-I

Prevailing food standards in India, food adulteration as a public health hazard, simple tests in the detection of common food adulterants, Essential Commodities Act-BIS Agmark.

UNIT-II

Methods of food preservation long term and short term methods.
Convenience food sugar preserves and confectionery gums.

UNIT-III

Importance of costing and cost dynamic variable and semi-variable and fixed cost.

UNIT-IV

Elements of cost material, labour and overhead.

UNIT-V

Cost control procedure through Purchasing, Receiving, Storing issuing and preparation, portion control.

COMPUTER APPLICATIONS IN FOOD PRODUCTION

Note: This paper carries no marks.

Introduction of Windows.

Introduction of computers for accounting records and controls.