

JNTE-DIPLOMA IN FOOD PRODUCTION SYLLABUS

<u>SEMESTER-I (18 Weeks)</u>	MARKS	
THEORY	MARKS	
	THEORY	
1. Fundamentals of Food Production	50	
2. Kitchen Hygiene And Food Safety	50	
<u>PRACTICAL</u>		
3. Fundamentals of Food Production Practical	50	
4. Communicative English Practical	50	
<u>SEMESTER-II (12 Weeks)</u>		
<u>THEORY</u>	50	
5. Advanced culinary Arts	50	
6. Food costing		
<u>PRACTICAL</u>		
7. Advanced culinary Arts Practical	50	
8. Food Costing	50	
I.E.T(12 Weeks)	100	100
I.E.T Marks split up		
Report - 50 Marks		
Viva - 50 Marks		

SEMESTER-I

1. FUNDAMENTALS OF FOOD PRODUCTION

Objectives for Fundamentals of Food Production:-

After the completion of Fundamentals of Food Production theory subject, the students will be able to:

1. Explain the Kitchen Organizational structure.
2. Plan a Kitchen Layout.
3. Understand the characteristics of the Ingredients used in the Kitchen.
4. Cook different Meat dishes
5. Prepare Popular South Indian Breakfast.
6. Prepare dishes with Small Grains.
7. Operate different modern equipments in the kitchen.

UNIT-I

1. Introduction to Fundamentals of Food Production
 - 1.1. Hierarchy of the Kitchen Brigade.
 - 1.1.1. Layout of the Main kitchen-Different sections and their functions.
 - 1.1.2. Duties and Responsibilities of the Kitchen staff.
 - 1.1.3. Light and Heavy equipments used in the kitchen.
 - 1.2. Characteristics of -Raw materials, Foundation ingredients, Fats & Oils, Pulses & Cereals.
 - 1.3. Aims and Objectives of cooking and Mise-en-place.

UNIT-II

2. Introduction to Meat cookery
 - 2.1. Types of Fish-Selection-Cleaning-Cuts of Fish and Cooking of Fish.
 - 2.2. Selection of Chicken-Cleaning-Cuts of Chicken and Cooking of Chicken.
 - 2.3. Selection of Lamb/Mutton-Cleaning-Cuts of Lamb and Cooking of Lamb.
 - 2.4. Structure of Egg-Selection-Various Ways of cooking Eggs-Prevention of Blue ring formation.

UNIT-III

3. Different Methods of cooking.
 - 3.1. Introduction to Basic methods of cooking.
 - 3.2. Boiling-Poaching-Steaming-Stewing-Braising-Roasting-Grilling-Baking-Frying-Griddling or Broiling.
 - 3.4. Recent Trends in cooking methods-Infrared cooking-Microwave cooking-Convection cooking-Solar cooking.

UNIT-IV

4. South Indian Breakfast and Accompaniments.
 - 4.1. Ingredients and preparation of Breakfast dishes-Idly, Idiappam, Poori, Pongal, Upma, Aapam, Paniaram, Puttu, Adai and Dosa varieties.
 - 4.2. Accompaniments for the South Indian Breakfast dishes.
 - 4.3. Introduction to Vegetable cookery.
 - 4.3.1. Selection of Vegetables.
 - 4.3.2. Pigments and color changes.

UNIT-V

- 5.1. Indian Masalas and Gravies:-
 - 5.1.1. Masalas- Biryani masala, Chole masala, Coastal Fish masala, Garam masala, Kala(Goda) masala, Meat masala, Pav Bhaji masala, Rajmah masala.
 - 5.1.2. Basic gravies used in Indian cuisine.
 - a) Preparation and storage of White gravy.
 - b) Preparation and storage of Brown gravy.
 - c) Preparation and storage of Green gravy.
 - d) Preparation and storage of Yellow gravy.
 - e) Preparation and storage of Shahi gravy.
 - f) Preparation and storage of Red gravy.
- 5.2. Care and Maintenance of Kitchen equipments.
 - 5.2.1. Seasoning of Tandoor pot, Temperature maintenance, Maintenance of Tandoor pot.

5.2.2. Seasoning of Dosa Plate.

5.2.3. Operation of Steam generator and Steam vessels.

5.2.4. Operation of Vegetable cutter, Dough kneader, Potato peeler, Meat mincer, Bone cutter, Microwave oven, Pasta machine, Salamander, Food processor, Meat Slicer, Convection oven.

Reference Books

Prashad cooking with Indian masters - Inder singh Kalra

Modern cookery Vol-I&Vol-II - Thangam Philip

Theory of cookery - Aurora

Food production - K.Damodharan

2. KITCHEN HYGIENE AND FOOD SAFETY

UNIT-I

FOOD QUALITY

- 1.1. Definition of foods
- 1.2. Classification of foods in terms of spoilage-High Risk Foods and Low Risk Foods.
- 1.3. Factors responsible for food spoilage, Role of microbes in food spoilage and the ways to prevent their growth (Control of growth factors).
- 1.4. Food preservation and simple preservation methods with their principles, commercial preservation (Class I, Class II preservatives)
- 1.5. Types of storage and good storage techniques (FIFO, Cross-Stocking, Room Hygiene, Temp-control)

UNIT-II

FOOD SAFETY

- 2.1. Definition of food poisoning.
- 2.2. Types of food poisoning, Food Infection and food Intoxication and their causative agents.
- 2.3. Prevention and control of food poisoning.
- 2.4. Food safety methods. (HACCP, COSHH, Danger zone temp, Cross contamination, Colour coding).
- 2.5. Food Laws for food safety (PFA, FPO, BIS, AGMARK, FOOD SAFETY ACT).
- 2.6. General rules of Hygienic food handling.

UNIT-III

PREMISES HYGIENE

- 3.1. Good structural details for a hygienic kitchen. (Floors, Walls, Ceiling, Drainage, plumbing, lighting and ventilation)
- 3.2. Ill effects of Garbage and Eco-friendly methods of Garbage disposal.
- 3.3. Pests and diseases, Pest control techniques.
- 3.4. Equipment Hygiene

- 3.4.1. Definition of Disinfection, Sterilization and sanitation
- 3.4.2. Cleaning methods for electrical, large and small equipments.
- 3.5. Two and Three sink dish washing methods.

UNIT-IV

PERSONNEL SAFETY

- 4.1. Good grooming standards and Care of body parts for Personal Hygiene.
- 4.2. Importance of Oral Hygiene.
- 4.3. Comfortable and protective clothing.
- 4.4. Causes of Accidents and their preventive methods.
- 4.5. Basic first aid for minor Injuries (Burns, Scalds, Cuts and Wounds, Insect bites)

UNIT-V

HEALTH FOODS

- 5.1. Balanced diet for healthy living.
- 5.2. Importance of balanced menu.
- 5.3. List of deficiency diseases – Causative Nutrients – Symptoms and Food sources.

References:

McSWANE DAVID, NANCY RUE, RICHARD LINTON, Essentials of Food safety and Sanitation, prentice hall, upper saddle river 07458, 1998, ISBN 0-13-532136-0.

S.RODAY, Food hygiene & Sanitation, Tata McGraw Hill, 1999, ISBN 0-07-463178-0. JOAN LOKEN, The HACCP Food safety Manual, John Wiley, 1994.

FHRAI, Food safety and HACCP manuals for hotels and restaurants in India, Prentice Hall.

John C Birvhfield, Design and Layout of Food service Facilities

Regina s Baraban , successful restaurant

Theory of catering – Victor cessarani

Preventive medicine – Park and park

FUNDAMENTALS OF FOOD PRODUCTION PRACTICAL

1. Identification of Raw materials, Fruits and Vegetables.
2. Identification of tools and equipments and their use.
3. South Indian breakfast dishes- 10 varieties–Dosas 6 varieties
4. Variety Rice-4 varieties
5. Pulao- 6 varieties
6. Indian Bread-6 varieties
7. Dal -5 varieties
8. Chutney- 5 varieties
9. Raitha- 6- varieties
10. Egg dishes -8 varieties
11. Tandoori dishes: Tandoori chicken, Tandoori Fish, Naan, Kulcha, Tandoori Roti, Sheek Kabab, Boti Kabab (2 Practicals)
12. Indian Sweets -10 varieties
13. Indian dishes from Basic gravies- 10 Vegetarian dishes, 20 Non-Vegetarian dishes
14. 103 dishes out of 30 practical classes

COMMUNICATIVE ENGLISH-THEORY

UNIT-I

Communication– Communication Process-Verbal communication–Non-Verbal Communication–Pros Cons of Communication.

UNIT-II

Phonetics–Organs of Speech–Vowels–Spelling areas–Consonants–Stress–Word Accent–The Parts of Speech in English.

UNIT-III

Communicative grammar–Classification of Nouns and their functions–Verbs–Symbols–Pronouns–Auxiliary Verbs–Articles–Use of the indefinite article – Use of the definite article – Tenses – Prepositions – Phrasal verbs and adverb particles – Verbs Patterns and structures.

UNIT-IV

Patterns of Sentences–Direct and indirect speech–Degrees of Comparison

UNIT-V

Simple,Complex and compound sentences–Basics of Inter–personal skills–Basics of Body language.

COMMUNICATIVE ENGLISH PRACTICAL

1. Practice of writing essays
2. Practice of letter writing
3. Speech improvement: Pronunciation, Stress, Accent, Common phonetic Difficulties
4. Self introduction
5. Speaking to superiors
6. Speaking to celebrity
7. Speaking to subordinates
8. Long Sentence Formation & Dialogues
Dialogues In – Kitchen - Food & Beverage Outlet -Banquets – Railway Station – Bank – Airport.
9. Preparing a speech
10. Public speaking
11. Etiquettes and manners
12. Group discussion.

Reference:

1. Business Communication - Rhoda Doctor & Aspi Doctor
2. Communication Media - Angela Wadia
3. Business English - Bal & Nagamia

SEMESTER-II
ADVANCED CULINARY ARTS

UNIT- I

STOCKS AND SAUCES

1.1. STOCKS

- 1.1.1. Meaning – Types of Stocks and Uses.
- 1.1.2. Characteristics of Good Stock.
- 1.1.3. Recipe for One Liter of each type of Stock
- 1.1.4. Roux- Beurre manie – Fecules -Blood-Egg Yolk

1.2. SAUCE

- 1.2.1. Meaning-Types of sauces and Uses
- 1.2.2. Recipes for 1 liter of Foundation sauces,
- 1.2.3. Derivatives of each Foundation sauces

UNIT-II

2. SOUPS

- 2.1. Classification of soups – Example of each type
- 2.2. Consommé and its variations
- 2.3. International soups
- 2.4. Cold soups
- 2.5. Garnishes/Accompaniments

UNIT-III

3. FRENCH CUISINE

- 3.1. Introduction to French Cuisine
- 3.2. Ingredients of French Cuisine- Vegetables, Meats, Herbs
- 3.3. Classic French menu -Sample

UNIT-IV

4. CHINESE CUISINE

- 4.1. Introduction
- 4.2. Regions
- 4.3. Equipments of Chinese Cuisine
- 4.4. Ingredients of Chinese Cuisine – Vegetables, Fruits, Meats, Soy Products, Condiments
- 4.5. Regional Chinese Food

UNIT-V

5.1. GARDE MANGER or LARDER KITCHEN

- 5.1.1. Sandwich
- 5.1.2. Salads
- 5.1.3. Forcemeat
- 5.1.4. Sausage

5.2. CHARCUTERIE PRODUCTS

- 5.2.1. Roulade, Galantine and Ballotine
- 5.2.2. Pate, Terrine and Foie Gras
- 5.2.3. Ham and Bacon
- 5.2.4. Aspic Jelly and Chaud Froid

FOOD COSTING

UNIT-I

1. COSTING

- 1.1. Definition of costing
- 1.2. Importance of food costing
- 1.3. Methods of costing
- 1.4. Costing techniques

UNIT-II

2. FOOD COST CONTROL

- 2.1. Introduction to Cost Control
- 2.2. Definition of Cost Control.
- 2.3. The Objectives and Advantages of Cost Control
- 2.4. Basic costing
- 2.5. Food Costing

UNIT-III

3.PURCHASE SPECIFICATION

- 3.1. Definition of Standard Purchase Specification
- 3.2. Advantages of Standard Purchase Specification
- 3.3. Purchasing Procedure
- 3.4. Different Methods of Food Purchasing
 - 3.4.1. Sources of Supply
 - 3.4.2. Purchasing by Contract
 - 3.4.3. Periodical Purchasing
 - 3.4.4. Open Market Purchasing
 - 3.4.5. Standing Order Purchasing

UNIT-IV

4. FOOD CONTROL CYCLE

- 4.1. Types of Food Purchase
- 4.2. Quality Purchasing
- 4.3. Food Quality Factors for different commodities
- 4.4. Definition of Yield
 - 4.4.1. Butchers yield
 - 4.4.2. Cooking yield

UNIT-V

5. PRODUCTION CONTROL

- 5.1. Aims and Objectives
- 5.2. Fixing of Standards
- 5.3. Definition of standards (Quality & Quantity)
 - 5.3.1. Standard Recipe (Definition, Objectives)
 - 5.3.2. Standard Portion Size (Definition, Objectives)
 - 5.3.3. Standard Portion Cost (Objectives & Cost Cards)
 - 5.3.4. Computation of staff meals

ADVANCED CULINARY ARTS PRACTICAL

CONTINENTAL DISHES:

Stock: White stock, Brown stock, fish stock, vegetable stock and emergency stock(Demo)

Sauces: Mother sauces and derivatives(Demo)

Soups: Purees 2 varieties – Cream 2 varieties – Veloute 2 varieties – Bisques 1 variety – Consommés 5 varieties – Cold soups 2 varieties

Fish: Baked 1 variety – Grilled 1 variety - Shallow fried 2 varieties – Deep fried 3 varieties – Poached 1 variety.

Chicken / Meat: Stew 2 varieties – Casseroles 2 varieties – Hot pots 2 varieties – Roast 2 varieties – Braised 2 varieties – Chicken Sautes 3 varieties

Vegetables: Preparation and cooking of vegetables 5 varieties – Potatoes 3 varieties – Egg, cheese and farinaceous dishes 2 varieties each.

Desserts: Mousse 3 varieties – Souffles 3 varieties – Steamed 3 varieties.

CHINESE DISHES:

Soups 2 varieties – Noodles and rice 4 varieties – Chicken 2 varieties – Prawns 2 varieties – Fish 1 dish.

LARDER

Sandwiches-5 varieties

Simple Salads-5 varieties

Compound Salads-Fruit based-2 varieties, Meat based-2 varieties, Vegetable based-2 varieties

Preparation of Salad dressings- 4 varieties

Roughly 82 dishes to be prepared in 24 practical classes