

# Chhatrapati Shahu Ji Maharaj University Kanpur

## **Institute of Hotel & Tourism Management**

Course- Diploma in Food Production

Duration – 6 Months

### Theory & Internal

Semester	Subject Code	Subject Name	Int. Marks	Ext. Marks	Total
Semester I	DFP- 101	Cookery	30	70	100
	DFP- 102	Larder	30	70	100
	DFP- 103	Hygiene	30	70	100
Grand Total			90	210	300

### Viva Voce

Semester	Subject Code	Subject Name	Viva Marks	Total
Semester I	DFP- 101	Cookery	100	100
	DFP- 102	Larder	100	100
Grand Total			200	200

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## **Institute of Hotel & Tourism Management**

Course- Diploma in Food Production

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Semester	Subject Code	Subject Name	Int. Marks	Ext. Marks	Total
Semester II	DFP- 201	Nutrition	30	70	100
	DFP- 202	Commodities and Costing	30	70	100
	DFP- 203	Computer Awareness	30	70	100
Grand Total			90	210	300

### Viva Voce

Semester	Subject Code	Subject Name	Viva Marks	Total
Semester II	DFP- 203	Computer Awareness	100	100
Grand Total			100	100

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# Semester - First

## DFP- 101, Cookery

- ❖ Importance of kitchen in Hotel & Catering establishments
- ❖ Methods of cooking with special application to meat, fish, vegetables, cheese, pulses and egg
- ❖ Balancing of recipes, standardisation of recipes, standard yield, maintaining recipe files
- ❖ Roux balance, Roux blond and Roux Bruno
- ❖ Eggs
- ❖ Vegetables
- ❖ Theory of Bread making
- ❖ Pastry
- ❖ Kitchen stewarding and upkeep of equipment

## DFP- 102, Larder

- ❖ Larder - Organisation & layout. Larder control
- ❖ salads - classification
- ❖ Fish
- ❖ Butchery
- ❖ Poultry and Game
- ❖ Assembling of cold buffets, sandwiches.
- ❖ Different types of forcemeat and their uses
- ❖ Cleaning and care of Larder equipment

## DFP- 103, Hygiene

- ❖ Personal hygiene
- ❖ Dishwashing methods
- ❖ Garbage disposal
- ❖ Food Poisoning
- ❖ Food Storage
- ❖ Municipal health laws
- ❖ Pest Control

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## Semester- Second

### DFP- 201, Nutrition

- ❖ Definition of nutrition
- ❖ Carbohydrates and proteins
- ❖ Fats
- ❖ Minerals
- ❖ Vitamins in diet
- ❖ First aid and treatment for cuts, wounds, burns
- ❖ Health Foods & Menus for diabetic, heart, blood pressure patients

### DFP- 202 Commodities and Costing

- ❖ Cereals - Wheat, rice, maize
- ❖ Pulses - Types and uses of pulses
- ❖ Fresh fruits and vegetables
- ❖ Dairy products
- ❖ Prevailing food standards in India
- ❖ Importance of costing and cost dynamics
- ❖ Brief introduction of Tea, Coffee, Cocoa
- ❖ Methods of food preservation
- ❖ Herbs, spices and condiments

### DFP- 203, Computer Awareness

- ❖ Concepts and processing
- ❖ Elements of a computer processing system
- ❖ Hardware, features and uses
- ❖ Input/output devices
- ❖ Software concepts
- ❖ Introduction to Windows
- ❖ Introduction of computers for accounting records and controls
- ❖ Cost control procedure through Purchasing
- ❖ Elements of cost

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## DFP- 101

### COOKERY

#### THEORY:

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.

Unit-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. Varieties of fish, meat and vegetables. Accompaniments, garnishes and reshuffle.

Unit-3 : 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. Purchasing specifications, quality control, Indenting and Costing.

Unit-4 : Description and use of the following :

Basic stocks, Aspics & Jellies.

Roux balance, Roux blond and Roux brun.

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

Recipes required to produce one litre of the following:

Bechamel sauce, tomato sauce, veloute sauce, espagnole sauce, Hollandaiac 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 consomme, 10 popular consommés with their garnishes.

Unit-5: Eggs – Structure, selection of quality, various ways of cooking eggs with example in each method and prevention of blue ring formation.

Unit-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.

Unit-7 : Theory of Bread making, Bread rolls, Bread sticks, Indian Breads.

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Unit-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.

Unit-9 : Kitchen stewarding and upkeep of equipment.

Unit-10: Staff organisation of Kitchen, coordination with the Departments.

### **COOKERY - PRACTICALS**

Familiarization of tools / equipment and their use.

#### **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

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 a regional cuisines)

#### **Continental:**

Stock – white stock, brown stock, fish stock.

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## Sauce -

Bechamel sauce, veloute sauce, tomato, espagnole, hollandaise and mayonnaise with 5 derivatives of each. Demi glace, 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

Poached 2 varieties

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## **Chicken and other Meats:**

Stew 2 varieties

Casseroles 2 varieties

Roast 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

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

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## DFP- 102

### LARDER

#### THEORY:

Unit-1 : Larder - Organisation & layout.

Larder control – Maintenance & upkeep of larder equipment and supplies.

Unit-2 : Hors d'oeuvre and salads – classification.

Unit-3 : Fish - Classification, sealing, cleaning, preparation, basic cuts and its uses and storage.

Unit-4 : Butchery – Cuts of beef, lamb, mutton and pork, its uses and weights.

Unit-5 : Poultry and Game :

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

Game – Furred game and feathered game, preparation cuts with its uses.

Unit-6 : Assembling of cold buffets, sandwiches and canapes. Proper storage of leftovers.

Unit-7 : Different types of forcemeat and their uses.

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

Unit-8 : Cleaning and care of Larder equipment.

#### PRACTICALS:

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

Vegetable based - 2 varieties

Preparation of salad dressings - 3 varieties

Butchery :

a) Lamb and Mutton – Demonstration of jointing mutton carcasses.

Deboning of mutton leg and shoulder.

Curry cuts and boti kababs.

b) Pork – Demonstration and preparation of pork chops, deboning of pork leg.

c) Fish – cuts of fish and its use in cold buffets.

d) Poultry – Dressing, trussing and deboning.

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## HYGIENE & NUTRITION

### DFP- 103

#### HYGIENE

**Unit-1 :** Personal hygiene, care of skin, hand and feet. Food handlers hygiene, protective clothing.

**Unit-2 :** Dishwashing methods – manual and machine dish washing – merits and demerits.

**Unit-3 :** Garbage disposal – different methods –advantage and disadvantages.

**Unit-4 :** Food Poisoning – Causative factors and the precautions to be taken by food handlers.

**Unit-5 :** Food Storage – Techniques of correct storage, storage temperature of different commodities to prevent bacterial manifestation or contamination.

**Unit-6 :** Pest Control - Rodents and insect control techniques, special stress on control of flies, rats and cockroaches.

**Unit-7 :** Municipal health laws.

**Unit-8 :** Golden rules of first aid and treatment for cuts, wounds, burns.

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## DFP- 201

### NUTRITION

**UNIT-1:** Definition of nutrition, definition of a calorie, daily caloric requirements for different age groups, factors. Food groups and their role in balance diet.

**UNIT-2 :** Carbohydrates and proteins – Classification, sources, functions, Recommended Daily Allowance (RDA), excess and deficiency.

**UNIT-3 :** Fats - classification according to sources, difference between animal fat and vegetable fat, functions, Recommended Daily Allowance (RDA), excess and deficiency.

**UNIT-4 :** Minerals – Importance of Minerals with special emphasis on calcium and iron (function & sources).

**UNIT-5 :** Vitamins in diet – Fat soluble – A, D, E & K water soluble, B-complex, Thiamin, Niacin, Riboflavin and Vitamin C, sources, functions, Recommended Daily Allowance, excess and deficiency.

**UNIT-6 :** Health Foods & Menus for diabetic, heart, blood pressure patients, specific requirements for sports men/women.

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## COMMODITIES AND FOOD COSTING

Breakfast Cereals – Uses and storage of Cornflakes, puffed rice, pressed rice.

**Unit-3** : Fresh fruits and vegetables, classification of fruit and vegetables and its use.

**Unit-5 :** Prevailing food standards in India, food adulteration as a public health hazard, simple tests in the detection of common food adulterants, Essential Commodities Act-ISI Agmark.

**Unit-6 :** Herbs, spices and condiments – classification and uses of different types of herbs and condiments.

**Unit-7 :** Brief introduction of Tea, Coffee, Cocoa and its procurement, storage and use. Food flavors, essences and colors with brand names.

**Unit-8 :** Methods of food preservation – long term and short term methods.  
Convenience food – sugar preserves and confectionery gums.

**Unit-9** : Importance of costing and cost dynamics – variable and semi-variable and fixed cost.

**Unit-10:** Elements of cost – material, labor and overhead.

**Unit-11:** Cost control procedure through Purchasing, Receiving, Storing issuing and preparation, portion control.

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## DFP- 203

### Computer Applications in Food Production

(To be taught in practical classes)

#### Unit-1:

Computer fundamentals:

History

Information concepts and processing

Elements of a computer processing system


Hardware, features and uses

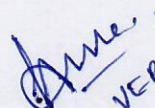
Input/output devices

Software concepts – MS DOS, MS OFFICE (use).


#### Unit-2 :

Introduction to Windows. Introduction of computers for accounting records and controls.

  
10/10/19  
(Prof. Nand Lal)

  
(HEMA VERMA)  
10/10/19

  
(ASHA AGGARWAL)

  
(Anamika Dhot)  
10/10/19

  
Dr. Pooja Katiyar