

NIHM Chennai - 107

Affiliated by ALAGAPPA UNIVERSITY

(Accredited with A+ Grade by NAAC (CGPA : 3.64) in the Third Cycle)

DIRECTORATE OF COLLABORATIVE PROGRAMMES



CRAFT CERTIFICATE COURSE IN FOOD PRODUCTION

Regulations and Syllabus

GENERAL INSTRUCTIONS AND REGULATIONS

1. Eligibility:

A pass in the SSLC Examination conducted by the Government of Tamil Nadu, or an examination accepted as equivalent thereto by the Syndicate for admission to **Craft Certificate course in Food Production**.

2. Admission:

Admission is based on the marks in the qualifying examination.

3. Duration of the course:

The course shall extend over a period of one year under non-semester pattern

4. Standard of Passing and Award of Division:

- a. Students shall have a minimum of 40% of total marks of the University examinations in each subject. The overall passing minimum is 40% both in aggregate of Continuous Internal Assessment and external in each subject.
- b. The minimum marks for passing in each theory / Lab course shall be 40% of the marks prescribed for the paper / lab.
- c. A candidate who secures 40% or more marks but less than 50% of the aggregate marks, shall be awarded **THIRD CLASS**.
- d. A candidate who secures 40% or more marks but less than 60% of the aggregate marks, shall be awarded **SECOND CLASS**.
- e. A candidate who secures 60% or more of the aggregate marks, shall be awarded **FIRST CLASS**.
- f. The Practical / Project shall be assessed by the two examiners, by an internal examiner and an external examiner.

5. Continuous internal Assessment:

- a. Continuous Internal Assessment for each paper shall be by means of Written Tests, Assignments, Class tests and Seminars
- b. **25 marks** allotted for the Continuous Internal assessment is distributed for Written Test, Assignment, Class test and Seminars.
- c. Two Internal Tests of 2 hours duration may be conducted during the semester for each course / subject and the best marks may be considered and one Model Examination will be conducted at the end of the semester prior to University examination. Students may be asked to submit at least five assignments in each subject. They should also participate in Seminars conducted for each subject and marks allocated accordingly.
- d. Conduct of the Continuous internal assessment shall be the responsibility of the concerned faculty.
- e. The Continuous internal assessment marks are to be submitted to the University at the end of every year.
- f. The valued answer papers/assignments should be given to the students after the valuation is over and they should be asked to check up and satisfy themselves about the marks they have scored.

- g. All mark lists and other records connected with the continuous Internal Assessments should be in the safe custody of the institute for at least one year after the assessment.

6. Attendance:

Students must have earned 75% of attendance in each course for appearing for the examination.

Students who have earned 74% to 70% of attendance to be applied for condonation in the prescribed form with the prescribed fee.

Students who have earned 69% to 60% of attendance to be applied for condonation in the prescribed form with the prescribed fee along with the medical certificate.

Students who have below 60% of attendance are not eligible to appear for the examination. They shall re-do the semester(s) after completion of the programme.

7. Examination:

Candidate must complete course duration to appear for the university examination. Examination will be conducted with concurrence of Controller of Examinations as per the Alagappa University regulations. **University may send the representatives as the observer during examinations.** University Examination will be held at the end of the each semester for duration of 3 hours for each subject. Certificate will be issued as per the AU regulations. Hall ticket will be issued to the candidates upon submission of the list of enrolled students along with the prescribed course fee.

8. Question Paper pattern:

Maximum: 75 Marks	Duration: 3Hours
Part A - Short answer questions with no choice	: 10 x 02=20
Part B – Brief answer with either or type	: 05 x 05=25
Part C- Essay – type questions of either / or type	: 03 x 10=30

9. Miscellaneous

- Each student posses the prescribed text books for the subject and the workshop tools as required for theory and practical classes.
- Each student is issued with an identity card by the University to identify his / her admission to the course
- Students are provided library and internet facilities for development of their `studies.

- d. Students are to maintain the record of practicals conducted in the respective laboratory in a separate Practical Record Book and the same will have to be presented for review by the University examiner.
- e. Students who successful complete the course within the stipulated period will be awarded the degree by the University.

10. Other Regulations:

Besides the above, the common regulation of the University shall also be applicable to this programme.

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CURRICULUM OUT LINE

S.NO	Subject Code	NAME OF THE SUBJECT	HRS	NO.OF. COURSE	INTERNAL	EXTERNAL	TOTAL
1	11	Basic Food Production	3	1	25	75	100
2	12	Advanced Food Production	3	1	25	75	100
3	13	Kitchen Hygiene and Food Safety	2	1	25	75	100
4	14	Basic Food Production Practical	9	1	25	75	100
5	15	Advanced Food Production Practical	9	1	25	75	100
6	16	Communicative English Practical	4	1	25	75	100
		TOTAL	30	6	150	450	600

11 BASIC FOOD PRODUCTION

UNIT I

Objective: To learn the Basics of Cooking and Introduction to Kitchen and to study the kitchen organization.

1.1 Basic Kitchen safety procedures and handling of equipments. Introduction to Ingredients used in South Indian kitchen vegetables, Pulses, Cereals and small grains. Types of Knives, Cutting board Color coding and cleanliness.

1.2 Mis-en- place, Methods of cooking

1.3 Kitchen Organisation

1.3.1 Organisational hierarchy of kitchen (large / medium / small).

1.3.2 Duties of kitchen staffs.

1.3.3 Safety factors in the kitchen

UNIT II

Objective: To gain knowledge about the meat cookery

2 Meat cookery

2.1.1 Selection – cleaning, cutting and cooking of fish. Types of fish. Cuts of fish.

2.1.2 Selection – cleaning, cutting and cooking of chicken. Cuts of chicken.

2.1.3 Selection – cleaning, cutting and cooking of lamb/mutton.

2.1.4 Egg – methods of cooking eggs.

UNIT III

Objective: To acquire knowledge about the basics of cooking.

3.1 Study about the basic methods of cooking.

3.2 Boiling – Poaching – Steaming – Stewing – Braising – Roasting – Grilling – Baking – frying – Griddling or Broiling.

3.3 Special methods of cooking such as Infrared cooking – Microwave cooking – Convection Cooking – Solar Cooking.

UNIT IV

Objective: Study of the ingredients and recipes of the following breakfast dishes of Tamilnadu.

4. Breakfast and dinner

4.1.1 Study on the ingredients of following breakfast and dinner food.

4.1.2 Idly

4.1.3 Idiappam

4.1.4 Poori

4.1.5 Pongal

4.1.6 Kolukkattai

4.1.7 Aappam

4.1.8 Paniaram

4.1.9 Puttu

4.1.10 Adai

4.1.11 Dosa and varieties

4.2 Small grains available in Tamilnadu

4.2.1 Small grains from regional language (TAMIL) to English.

4.2.2 Popular foods of small grains.

4.2.3 Snacks from small grains

UNIT V

Objective: To understand the study of basic gravies required in the kitchen and some of the equipments in the kitchen.

5.1

a. Basic gravies used in hotel Indian kitchen.

5.1.1 White gravy preparation and storage.

5.1.2 Brown gravy preparation and storage.

5.1.3 Green gravy preparation and storage.

5.1.4 Makhani gravy preparation and storage.

5.1.5 Yellow or kadi gravy preparation and storage.

5.1.6 Kadaai gravy preparation and storage.

5.2

5.1.1 Tandoor (pot seasoning), temperature and maintenance.

5.1.2 Steam generator and steam vessel operation.

5.1.3 Seasoning a griddle or dosa plate.

5.1.4 Vegetable cutting machine

5.1.5 Meat mincing maintenance

References: Theory of cookery by Krishna Arora

12 ADVANCED FOOD PRODUCTION

UNIT I

Objective: To understand and study on the Chinese Cuisine, French cuisine, Indian Cuisine and Nouvelle cuisine.

2. Introduction to Chinese cuisine

- a. Chinese cuisine
 - 1.1.1 Introduction to Chinese cuisine
 - 1.1.2 Techniques of Chinese cooking
 - 1.1.3 Regions of China and their importance
- b. French cuisine
 - 1.1.4 History of French cuisine
 - 1.1.5 Ingredients used in the French cuisine
- c. Indian cuisine
 - 1.1.6 Introduction to Indian cuisine
 - 1.1.7 Popular Indian dishes – Tamatar shorba, Yakhni shorba, Aam ka panna, Rasam, Jaljeera pani, Murgh Tandoori, Paneer tandoori, Mutton korma, Mutton roganjosh, chicken mussalam, Machli Amritsari, Gobi ki tahari, Biriyani, Poories, Patrani machi, Mithaee (Indian sweets), Idly / sambar and Naan / kulcha
- d. Nouvelle cuisine

UNIT II

Objective: To Study the Basic stocks, soups, accompaniments & garnishes and to study the fish cookery

- 2.1 Stocks – Types and classification.
- 2.3 Soups – types and classification, Consommé and variations, Cold soups, International soups.
- 2.3 Study the accompaniments and garnishes.
- 2.4 Food and their usual accompaniments
- 2.5 2.5 Garnishes and suggested garnishes.
- 2.6 Fish cookery
 - 2.6.1 Cooking methods of fish with special applications
 - 2.6.2 Popular fish dishes –cutlets, pakodas, Diable, Maitre d’hotel, Flamande, Portugaise, Bretonne, Frite, Grenobloise, Meuniere, Aigulette murat, Tandoori and Amritsari machlli.
- 2.7 Sausages
 - 2.7.1 Fresh sausages
 - 2.7.2 Cooked sausages
 - 2.7.3 Dry sausages
 - 2.7.4 Types of sausages

UNIT III

Objective: To gain knowledge about the characteristics of raw materials, cuts and uses of potatoes, Study of Cheese and Indian Desserts.

- 3.1 Study of characteristics of raw materials - Salt, liquids, Sweetening, Fats& oils, raising agents, thickenings, Flavourings and seasonings and Eggs.
- 3.2 Cuts of potatoes – potato dishes

- 3.3 Procedure for making Paneer / Chhena
- 3.4 Basic manufacturing procedure of Cheese – types – examples.
- 3.5 Indian desserts and sweet making

UNIT IV

Objective: To learn the French mother sauces, salads, sandwiches and vegetables.

- 4.1 Mother sauces – preparation – derivatives,
- 4.2 Salads – Parts of a salad, Dressings.
- 4.3 Sandwiches –Cutting – types of sandwiches
- 4.4 Vegetables of India – cuts of vegetables.

UNIT V

Objective: To gain knowledge on sandwiches, culinary terms and basics of bakery.

5.1 Sandwiches

- 5.1.1 Types of sandwiches
- 5.1.2 Cutting of sandwiches
- 5.1.3 Open or smorgasbord

5.2 Culinary terms

- 5.2.1 Culinary terms: A la carte, Appetiser, Au gratin, Bain-marie, Baking, Barding, Baste, Batter, Bind, Blanching, Bouquet garni, Caramelize, Clarify, Concasse, Croquettes, Croutons, Deglace, Demiglaze, Farinaceous, Fillets, Fritters, Garnish, Gratin, Larding, Marinade, Mirepoix, Puree, Searing, Skewer and zest.

5.3 Bakery

- 5.3.1. Sponge Cakes : Definition – Types – Recipies and Preparation method – Faults and Remedies.
- 5.3.2. Icings : Definition – Types – Recipies and Preparation method – Faults and Remedies.
- 5.3.3. Yeast Products : Definition – Types – Recipies and Preparation method – Faults and Remedies.
- 5.3.4. Pastries : Definition – Types – Recipies and Preparation method – Faults and Remedies.
- 5.3.5. Cookies : Definition – Types – Recipies and Preparation method – Faults and Remedies.
- 5.3.6. Hot & Cold Desserts : Definition – Types – Recipies and Preparation method – Faults and Remedies.

References: Theory of cookery by Krishna Arora

13 KITCHEN HYGIENE AND FOOD SAFETY

Unit: I

Objective: After the completion of this unit, the student will acquire the knowledge about food, food spoilage, food preservation and good food storage.

FOOD QUALITY

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

Unit: II

Objective: After the completion of this unit, the student will know the various chances for food poisoning and their preventive methods.

FOOD SAFETY

1. Definition of food poisoning.
2. Types of food poisoning, Food Infection and food Intoxication and their causative agents.
3. Prevention and control of food poisoning.
4. Food safety methods. (HACCP, COSHH, Danger zone temp, cross contamination, colour coding)
5. Food Laws to food safety (PFA,FPO,BIS, AGMARK, FOOD SAFETY ACT)
General rules of sanitary food handling

Unit: III

Objective: After the completion of this unit, the student will understand the good structural details for a hygienic kitchen and maintenance of good hygiene in the kitchen.

PREMISES HYGIENE

1. Good structural details for a hygienic kitchen. (Floors, Walls, Ceiling, Drainage, plumbing, lighting and ventilation)
2. Ill effects of Garbage and Eco-friendly methods of Garbage disposal.
3. Pest and diseases, pest control techniques.
4. Equipment Hygiene
 - 4.1. Definition of Disinfection, Sterilization and sanitation
 - 4.2. Cleaning methods for electrical, large and small equipments.
5. Two and Three sink dish washing methods.

Unit: IV

Objective: After the completion of this unit, the student will understand the measure to be taken to maintain their personnel safety.

PERSONNEL SAFETY

1. Good grooming standards and care of body parts for personal hygiene.
2. Importance of ORAL HYGIENE.

3. Comfortable and protective clothing.
4. Causes of Accidents and their preventive methods.
5. Basic first aid for minor Injuries (Burns, Scalds, cuts and wounds, Insect bites)

Unit: V

Objective: After the completion of this unit, the student will understand the basic nutrients and their role in maintaining good health.

HEALTH FOODS

1. Balanced diet for healthy living.
2. Discussion of balanced menu.

List of deficiency diseases – Causative Nutrients – Symptoms and Food sources.

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14 BASIC FOOD PRODUCTION PRACTICAL

Identification of Raw materials, Fruits and Vegetables.

Identification of tools and equipments and their use.

Preparation of Indian dishes: South Indian breakfast dishes 10 varieties - South Indian snacks 10 varieties – Dosas 10 varieties - Rice 15 varieties – Flour dishes 10 varieties – Dal 10 varieties – vegetables 15 varieties – chutney 5 varieties – Raitha 5 varieties – Egg dishes 5 varieties – Fish dishes 10 varieties Meat dishes 15 varieties - chicken dishes 5 varieties – Shorba 2 varieties – Tandoori dishes: tandoori chicken, tandoori fish, naan, kulcha, tandoori roti, sheek kabab, boti kabab – Sweets 10 varieties and Indian gravies 10 dishes from each basic gravy.

182 dishes 5.2 dishes per practical out of 35 practical

15 ADVANCED FOOD PRODUCTION PRACTICAL

Continental dishes:

Stock: White stock, brown stock, fish stock, vegetable stock and emergency stock

Sauce: Mother sauces and derivatives

Compound butters: 3 varieties

Soups: Purees 3 varieties – cream 4 varieties – Veloute 3 varieties – Broths 3 varieties – Bisques 1 variety – Consommés 5 varieties – Cold soups 3 varieties – Potages 2 varieties.

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

Chicken / Meat / Beef / Pork: Stew 2 varieties – Casseroles 2 varieties – Hot pots 2 varieties – Roast 2 varieties – Braised 2 varieties – Grilled / Fried 2 varieties – Chicken Sautes 5 varieties – Entrees 3 varieties – Pork 2 varieties – Beef steaks 3 varieties.

Vegetables: Preparation and cooking of vegetables 10 varieties – Potatoes 10 varieties – Egg, cheese and farinaceous dishes 5 varieties each.

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

Chinese dishes:

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

Bakery:

Pastry 5 varieties – Yeast goods 3 varieties – Cookies and biscuits 4 varieties – Small cakes 4 varieties – fatless sponge 2 varieties – Genoise sponge 2 varieties – Butter sponge 2 varieties – Fruit cakes 2 varieties – Fruit loaves 2 varieties – Muffins 2 varieties – Ice cream 2 varieties.

135 dishes 3.8 dishes per practical out of 35 practical excluding bakery

Bakery 30 dishes

16 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 – Bus Stand – 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