

FCSCC07 CULINARY ARTS

SYLLABUS & ASSESSMENT PROCEDURE

Course Description:-

Culinary arts deal with the preparation of food, are of cooking and presentation of food. Culinary arts train the students to prepare, cook and present food in an effective and attractive manner. These courses are beneficial to candidates who want to make a career in the field of kitchen management, food and beverage management as well as other hospitality and food related job profiles.

SYLLABUS

FCSCC07 CULINARY ARTS

Credit : 2

Course Duration: 30 hrs

Objectives:

- To understand the principles and chemistry of foods and apply the principles during preparation, cooking and to understand the nutritive value of foods.
- To teach technology of milling of various cereals, basic composition and structure of cereals and legumes.
- To impart skills in the application of biological, chemical, biochemical, physical and engineering sciences in processing and preservation of milk and milk products.
- To study the application of food processing and preservation principles and technologies in the processing, preservation, extension of shelf life and value addition of fruit and vegetable products.
- To study about the processing of meat, poultry and sea foods, preservation of meat by various techniques.



Unit I-Introduction to food science (3hrs)

Definition of food and functions of food , Food pyramid, basic five food groups and uses , Cooking-objectives and different methods of cooking.

Unit 2- Cereals (2 hrs)

Structure, composition and nutritive value, gluten formation, role of cereals in cookery, common cereals and millets in India, role of cereals in cookery.

Unit 3-. Pulses (2 hrs)

Nutritive value and composition, germination, fermentation, advantages, anti nutritional factors(trypsin inhibitors, lathyrism). Important pulses in India.

Unit 4-. Milk and milk products (2 hrs)

Composition and nutritive value, pasteurisation, homogenisation, advantages. milk products (whey proteins, skim milk, evaporated , condensed, dry milk, khoa, icecream, toned milk, flavoured milk, fermented milk, butter, cheese, curd).

Unit - Egg (3hrs)

Structure, composition and nutritive value, deterioration in egg quality, evaluation of egg quality, egg white foam, factors affecting, culinary role of eggs designer eggs.

Unit 6- Meat (2 hrs)

Structure, composition and nutritive value, classes of meat and products.

Unit -7- Fish (2hrs)

Classification, types, composition and nutritive value, fish spoilage and preservation, fish products.

Unit 8- Vegetables and fruits (2hrs)

Classification, composition and nutritive value, pigments, flavour components, organic acids and enzymes, effect of cooking on pigments, changes in fruits during ripening, enzymatic and non-enzymatic browning, methods of prevention, antioxidant role.

Unit 9- Spices (1 hrs)



Types, functions, culinary role

Practicals

1. Food preparation, Record the weight of 1 cup/ 1tbsp/ 1tsp of different types of food stuffs.
 - ii. Record the ratio of raw to cooked volume of rice, rava and pulses.(2hr)
2. Simple preparations using cereals, pulses, vegetables, fruits, milk, egg, meat and fish using different cooking methods. (3hr)
3. Gelatinization temperatures of various types of starches (2hr)
4. Stages of sugar cookery (1hr)
5. Effect of cooking on vegetable pigments (1hr)
6. Enzymatic and Non-enzymatic browning, Methods to prevent browning in fruits (1hr)
7. Food preservation techniques (jams, squashes, pickles)(2hr)

REFERENCES

1. Potter, N. Hotchkiss, H.J, Food Science, 5th edition, CBS publishers and distributors, New delhi, 1996.
2. Srilakshmi, B, Food Science, New Age International Pvt. Ltd., Chennai, 2006
3. Beckhan. C.G & Graves.H.J, Foundations of food preparations, Macmillan Publishing Co, New Delhi, 1979.

STRATEGIES FOR INSTRUCTION

Offline platforms adopted for theory and practical sessions. The food preparations by the students can be submitted and evaluated. Lecture cum demonstration method can be provided for theory papers and hands-on training and demonstrations can be provided for practical classes



SCHEME OF EVALUATION

Assessment Methods	Criteria	Marks	Weightage
Formative Assessment (FA)	Attendance	4	25%
	Assignment/Project/Activities/Reports	6	
Summative Assessment (SA)	Test Paper	30	75%
	Total	40	100

ATTENDANCE

Attendance	Marks
90-100%	4
85-89.9%	3
40-84.9%	2
75-79.95	1
<75%	0

GRADING POLICY

Grade	Percentage of total marks (FA+SA)
A	80% & above
B	60-79.9%
C	50-59.9%
D	40-49.9%
Not qualifying	<40%



Model Question Paper
Certificate Course
FCSCC07 Culinary Arts

Time: 1 Hour


Max Marks: 30

Answer any 3 questions. Each question carries 3 marks

1. What is Maillard reaction
2. What is Dextrinization?
3. Which is limiting amino acid in cereals?
4. Write any two fermented Milk products.
5. Write any two criteria to select Fish
6. What is gelation
7. What is Caramelization?
8. Name the antioxidant in Amla
9. Describe the process of blanching?
10. Write a note on combined method of roasting and stewing?
11. What is rigor mortis?
12. Classify Vegetables
13. What is salad dressing
14. What are basic five food groups
15. Write a short note on steaming.

(10x3= 30 Marks)




Prof. (Dr). Muhammed Basheer Ummathur
Principal
Korambayil Ahamed Haji Memorial
Unity Women's College, Manjeri
Narukara (PO), Malappuram (DT), Kerala
PEN: 469626