**KAHM UNITY WOMEN’S COLLEGE, MANJERI**

**DEPT. OF HOME SCIENCE**

**ADD-ON COURSE 2022-23**

**SYLLABUS**

**FCSCC07 CERTIFICATE COURSE IN CULINARY ARTS**

**FCSCC07 CULINARY ARTS**

**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 become make a career in the field of kitchen management, food and beverage management as well as other hospitality and food related job profiles.

**FCSCC07 CULINARY ARTS**

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.

**COURSE OUTCOME:**

CO1 Develop young men and women into highly adept professional chefs.

CO2 Apply the concepts and skills necessary to achieve guest satisfaction.

CO3 Conduct him/her in a professional and ethical manner, and practice industry-defined work ethics.

CO4 Use knowledge of best practices to further aid sustainability (economic, environmental, and cultural/social) in the industry.

**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, pasteurization, homogenization, advantages. milk products (whey proteins, skim milk, evaporated, condensed, dry milk, khoa, ice cream, toned milk, flavored 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, rawa 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, 5thedition, CBS publishers and distributers, 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**

 The different cuisine prepared by the students may be evaluated. Lecture method can be provided for theory papers and practical classes will be conducted from nutrition lab.

**SCHEME OF EVALUATION**

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| --- |
| **METHOD 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**

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

**GRADING POLICY**

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| --- | --- |
| **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**

Section A

Answer all questions. Each question carries 1 mark

1. Pulses are deficient in…….
2. 1g of protein gives……
3. Milk sugar is…….
4. Lysine is the limiting aminoacid in cereal. True/False
5. Fish baked in oil paper is called……
6. What is gluten
7. What is protein content of poultry?
8. Classify vegetable pigments
9. Name the fruit rich in fat?
10. What is marbling.

(10\*1= 10 Marks)

Section B

Answer any five questions. Each question carries 2 marks

1. Explain nutritive value of meat.
2. Write a short note on nutrient composition of vegetables.
3. What is maillard reaction?
4. Discuss the nutrient composition of milk.
5. Explain cereal structure with illustration.
6. Explain role of milk in cooking.
7. What are the advantages of germination
8. What is salad dressing.

(5\*2= 10 Marks)

Section C

Answer any two questions. Each question carries 5 marks

1. Explain the nutritive value of cereals.
2. What is browning reaction? How will you prevent it?
3. Describe 5 food groups in detail?
4. Explain the effect of heat on cereal starch.

(2\*5= 10 Marks)