

FOOD PRODUCTION (Code No. 809)

JOB ROLE: TRAINEE COMMIE SESSION 2020-2021 CLASS XI

1. Introduction

The Hospitality service industry is fast growing and evolving. The development of Catering Institutions has closely followed the changes in food habits of people. Food changes are determined by socio-economic conditions and demographic shifts. Industrialization, Migration and International trade have resulted in greater employment for both men and women worldwide. This led to increased need for people to depend on various food services operational for their meals outside their homes.

The course intends to introduce you to the basics of cooking food coupled with the scientific approach by trying to understand the basic commodities utilized in preparation of food.

Cooking of food is a skill based education that requires both the style of art and the method of science. Describe kitchen operations including culinary terminology, operational software, cooking methods, and basic food handling skills: such as food safety and food quality. Demonstrate proper kitchen management systems, such as cost control, labour control, inventory control, production scheduling, sales history, menu development, and forecasting.

2. Course Objectives

The Skill Course in "Food Production" is designed with the following objectives:

1. To develop skills of entrepreneurship in the Industry.
2. To find employment as food production personnel and assistant manager in small scale food service unit.
3. The course enables the students to establish and manage a small scale food service unit. It provides them with the necessary knowledge and skill to run and control all operations in the unit.
4. It also equips the student to find employment in canteens, restaurants, hostel, railway catering and mobile catering.
5. It also helps to develop culinary skills.
6. The course can attain its objective only if it is taught by skilled teacher and the prescribed infrastructure provided by the school.
7. The school should also negotiate with neighbourhood food service units for on-the-job training.

3. Curriculum

This course is a planned sequence of instructions consisting of Units meant for developing employability and Skills competencies of students of Class XI opting for Skills subject along with general education subjects.

Theory	60 marks
Practical	40 marks
Total Marks	100 marks

The unit-wise distribution of Periods and marks for Class XI is as follows:

CLASS XI (SESSION 2020-2021)				
	Units	No. of Periods for Theory and Practical		Max. Marks for Theory and Practical
		260		100
Part A	Employability Skills			
	Unit 1: Communication Skills-III	10		10
	Unit 2: Self-Management Skills-III	10		
	Unit 3: Information and Communication Technology Skills	10		
	Unit 4: Entrepreneurial Skills-III	15		
	Unit 5: Green Skills-III	05		
	Total	50		10
Part B	Skills	Theory	Practical	
	Unit 1: Hospitality Industry as a Career	08	05	03
	Unit 2: The Food Production department	09	07	05
	Unit 3: Uniform, Safety and Hygiene in kitchen	09	06	05
	Unit 4: Kitchen Equipments / Appliances	09	05	04
	Unit 5: Kitchen Commodities	20	05	07
	Unit 6: Storage of Commodities	13	06	04
	Unit 7: Techniques for Pre-preparation	14	12	05
	Unit 8: Methods of Cooking	11	10	05
	Unit 9: Salads	09	12	04
	Unit 10: Soups	09	12	04
	Unit 11: Egg Cookery	09	10	04
	Total	120	90	50
Part C	Practical Work			
	Practical Examination			15
	Written Test			10
	Viva Voce			05
	Total			30
Part D	Project Work/field Visit			
	Practical File/Student Portfolio			10
	Total			10
	Grand Total			100

4. CONTENTS

CLASS XI (SESSION 2020-2021)

PART A: EMPLOYABILITY SKILLS

UNITS	
1.	Communication Skills – III
2.	Self-management Skills – III
3.	Information and Communication Technology Skills-III
4.	Entrepreneurial Skills – III
5.	Green Skills – III
Detailed curriculum of Employability Skills is available separately	

PART B: SKILLS

	Topic	Sub-topic
1	Hospitality Industry as a Career	Introduction – Scope of hospitality industry Core and allied areas Career opportunities in hospitality industry Qualities required in a personnel willing to join hospitality Industry
2	The Food Production department	Introduction Sections in a kitchen Knowledge, Skill and Attitude development Kitchen Organizational Structure Duties and responsibilities
3	Uniform, Safety and Hygiene in kitchen	Uniform & protective clothing General safety precautions Maintaining hygiene – 1. Personal 2. Workplace 3. Safe food handling
4	Kitchen Equipments / Appliances	Classification of equipment Care of equipment & appliances Kitchen knives & their maintenance Safety procedures in handling equipment & appliances
5	Kitchen Commodities	Plant origin: 1. Cereal 2. Pulses 3. Fruits 4. Nuts 5. Vegetables 6. Spices / Herbs 7. Oil 8. Sugar Animal origin: 9. Dairy products 10. Eggs

		<p>11.Meats 12.Fish & other Seafood 13.Fats Others 14. Salt</p>
6	Storage of Commodities	<p>Perish ability of a commodity Storage techniques Stock Levels Maintaining records of storage and issues 1. Goods received book 2. Bin card</p>
7	Techniques for Pre-preparation	<p>Techniques of pre-preparation Using knives Vegetable and fruits cuts</p>
8	Methods of Cooking	<p>Aims and objectives of cooking food Classification: 1. Dry 2. Moist 3. Medium of fat Effect of heat on vegetables and fruits Tips for preservation of nutrients while processing fruits and vegetables Applying simple methods of cooking-(For Practical) 1.Boiling (Beans/Rice/Beetroot) 2.Grilling (Bell pepper/ Zucchini/Potato) 3.Blanching Tomatoes 4.Broiling (Cumin seed) 5.Frying (Potatoes)</p>
9	Salads	<p>Classification of a salad Parts of Salads- 1. Base 2. Body 3. Dressing 4. Garnish Recipes for-(For Practical) 1. Salad Waldorf 2. Salad Nicoise 3. Grilled chicken salad or Sprouts salad 4. Pasta salad Importance of salads in diet</p>
10	Soups	<p>Definition Classification of soups Recipes for-(For Practical) 1. Cream of Tomato soup 2. Puree of Carrot soup 3. Cold soup – Gazpacho 4. Chicken veloute Importance of soups in diet</p>
11	Egg Cookery	<p>Structure of an egg Gradation of eggs Storage of eggs Selection of eggs</p>

		Uses of eggs Methods of cooking egg
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5. TEACHING ACTIVITIES

The teaching and training activities have to be conducted in classroom, laboratory/ workshops and field visits. Students should be taken to field visits for interaction with experts and to expose them to the various tools, equipment, materials, procedures and operations in the workplace. Special emphasis should be laid on the occupational safety, health and hygiene during the training and field visits.

CLASSROOM ACTIVITIES

Classroom activities are an integral part of this course and interactive lecture sessions, followed by discussions should be conducted by trained teachers. Teachers should make effective use of a variety of instructional or teaching aids, such as audio-video materials, colour slides, charts, diagrams, models, exhibits, hand-outs, online teaching materials, etc. to transmit knowledge and impart training to the students.

PRACTICAL WORK IN LABORATORY/WORKSHOP

Practical work may include but not limited to hands-on-training, simulated training, role play, case based studies, exercises, etc. Equipment and supplies should be provided to enhance hands-on learning experience of students. Only trained personnel should teach specialized techniques. A training plan that reflects tools, equipment, materials, skills and activities to be performed by the students should be submitted by the teacher to the Head of the Institution.

SKILL ASSESSMENT (PRACTICAL)

Assessment of skills by the students should be done by the assessors/examiners on the basis of practical demonstration of skills by the candidate, Practical examination allows candidates to demonstrate that they have the knowledge and understanding of performing a task. This will include hands-on practical exam and viva voce. For practical, there should be a team of two evaluators. The same team of examiners will conduct the viva voce.

Project Work (individual or group project) is a great way to assess the practical skills on a certain time period or timeline. Project work should be given on the basis of the capability of the individual to perform the tasks or activities involved in the project. Projects should be discussed in the class and the teacher should periodically monitor the progress of the project and provide feedback for improvement and innovation. Field visits should be organised as part of the project work. Field visits can be followed by a small-group work/project work. When the class returns from the field visit, each group might be asked to use the information that they have gathered to prepare presentations or reports of their observations. Project work should be assessed on the basis of practical file or student portfolio.

Student Portfolio is a compilation of documents that supports the candidate's claim of competence. Documents may include reports, articles, photos of products prepared by students in relation to the unit of competency.

Viva voce allows candidates to demonstrate communication skills and content knowledge. Audio or video recording can be done at the time of viva voce. The number of external examiners would be decided as per the existing norms of the Board and these norms should be suitably adopted/adapted as

per the specific requirements of the subject. Viva voce should also be conducted to obtain feedback on the student's experiences and learning during the project work/field visits.

6. ORGANISATION OF FIELD VISITS

In field visits, children will go outside the classroom to obtain specific information from experts or to make observations of the activities. A checklist of observations to be made by the students during the field visits should be developed by the Teachers for systematic collection of information by the students on the various aspects. Principals and Teachers should identify the different opportunities for field visits within a short distance from the school and make necessary arrangements for the visits. At least three field visits should be conducted in a year.

7. LIST OF EQUIPMENT AND MATERIALS

(For a batch of 20 students)

Name of the Equipment	Qty.
Kitchen	
1. Gas Cooking Range with oven and grill.	3 nos.
2. Two gas burners (double).	7 nos.
3. Stainless steel sinks (double with drains board).	3 nos.
4. Mixer e.g. Sumeet.	1 no.
5. Refrigerator (double door).	290 ltr. 2 nos.
6. Pressure Cooker.	7.5 ltr. 1 no.
7. Weighing scale.	(app. 5 kg.) 1 no.
8. Heavy duty pot with lid (S.S.).	20 litres 1 no.
9. Pastry cutter (set).	2 nos.
10. Palette knife (set).	5 nos.
11. Patty tins.	20 nos.
12. Tablespoons (S.S.).	20 nos.
13. Forks (S.S.).	20 nos.
14. Cake Tins (Assorted).	20 nos.
15. Cooling Racks.	(S.S. 25 cm x 20 cm.) 10 nos.
Small Equipment	
Measuring Jug (S.S.). 1 ltr.	2 nos
S.S. Basin. 30 cm.	10 nos.
Soup strainers (stainless steel).	10 nos.
Brass or heavy gauze (Al. pan with lid 25 cm dia.).	10 nos.

Brass or heavy gauze (Al. pan with lid 20 cm dia.).		10 nos.
Rolling pins.35 cm		10 nos.
Flat spoons.30 cm		10 nos.
Frying spoons.30 cm		10 nos.
Round spoons.30 cm		10 nos.
Wooden spoons.30 cm		10 nos.
Aluminium pie dish.20 cm × 15 cm		20 nos.
S.S. Mugs.500 ml		20 nos.
Jelly moulds.	500 ml	10 nos.
Karahi (Black iron).20 cm		10 nos.
Fry pan (aluminium).20 cm		10 nos.
Iron tawa.	25 cm	10 nos.
Thalis (S.S.).	30 cm	20 nos.
Nylocast chopping board.45 × 30 × 2.5 cm		10 nos.
Stainless steel graters.		10 nos.
Al. stock pot with lid.20 lts.		2 nos.
Atta sieve 30 cm dia.		5 nos.
Stainless steel trays.60 × 60 cm		5 nos.
Lime squeezer (aluminium).		6 nos.
Piping bags with star nozzle.		10 nos.
Garbage bins with lid (syntex medium size).		4 nos.
Potato peeler.		10 nos.
Egg beater (S.S.).		10 nos.
Furniture		
1. Demonstration S.S. table with shelve one locking drawer for one set of small.		1 no.
equipment 180 × 990 cm.		
2. Working table for general use, storage of equipment stainless steel.		10 nos.
tops 75 × 75 × 80 cm.		
3. Work table with Cupboard for storing equipment and general use.		2 nos.
4. Black Board 180 × 120 cm.		1 no.
5. Grinding stones.		2 Nos.