



Shri Vaishnav Vidyapeeth Vishwavidyalaya, Indore
Shri Vaishnav Institute of Home Science
Choice Based Credit System (CBCS) in Light of NEP-2020
General Electives Offered

Subject Code	Category	Subject Name	Teaching and Evaluation Scheme								
			Theory			Practical		L	T	P	CREDITS
			End Sem University Exam	Two Term Exam	Teacher's Assessment	End Sem University Exam	Teachers Assessment				
GU FSN 101	GE	Concepts of Meal Planning	60	20	20	0	0	3	0	0	3

Legends: L - Lecture; T - Tutorial/Teacher Guided Student Activity; P – Practical; C - Credit;
***Teacher Assessment** shall be based following components: Quiz/Assignment/ Project/Participation in Class, given that no component shall exceed more than 10 marks

Course Educational Objectives (CEOs): The Students will -

- CEO1:** able to identify quantity food production techniques, terminology, and equipment.
CEO2: able to quantify recipes and calculate recipe costs.

Course Outcomes (COs): Student should be able to-

- CO1:** demonstrate the ability to plan nutritious, appealing food combinations and menu patterns that meet the needs of the defined client.
CO2: comprehend about food purchasing, buying, receiving and storage.
CO3: gain knowledge of different types of cooking methods
CO4: get acquaint with different type of food preparation.
CO5: learn the catering functions and styles of food services.

Syllabus

UNIT I

Meal and Menu Planning: definitions considerations, patterns and types, mechanics of menu planning, menu format, menu design and computers in menu planning.

UNIT II

Food Purchasing: importance, planning, management decisions. Buying methods and specifications, regulatory measures, ethics in buying. Food receiving and storage: mechanism of receiving, storage areas and issuing supplies.

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UNIT III

Methods of cooking: application of cookery principles for quantity food production for various food groups.
 Methods of cooking- moist, dry heat and using fat as a medium.

UNIT IV

Quantity Food preparation: standardized recipes, principles of meat cookery, soup preparation, vegetable and fruit cookery, cereal and cereal product cookery, baked goods and desserts, salads and salad dressing preparations.

UNIT V

Equipment for food service. Types of service: formal and informal service. Food and beverage service for special catering functions for birthday, like wedding, receptions and outdoor catering parties. Style of service: Indian, far east and continental menus.

Suggested reading:

- Kariya, P. (2016). *Meal Planner*. India: Kahootie Co.
- Khanna, K. (2007). Textbook of Nutrition and Dietetics. New Delhi: Elite publishing house.
- Marzia M. Canty, Mc, and Brighton, R. (2010). *Introduction to Catering*. London: Oxford Blackwell, Scientific Publications.
- Terrel, M.E. and Haigu, V.F. (2016). *Professional Food preparation*. New York: John Wiley and sons.

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GP MFSN 101	GE	Cereals, Pulses and Oil Seed Technology	60	20	20	0	0	3	0	0	3

Legends: L - Lecture; T - Tutorial/Teacher Guided Student Activity; P – Practical; C- Credit;

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Course Educational Objectives (CEOs): The Students will -

- CEO1: understand the basic composition and structural parts of food grains.
- CEO2: aware the importance nutritional value of food grains.
- CEO3: understand the basics of milling operations for food grains.
- CEO4: Know processing food grains and oil seeds with its value-added products.

Course Outcomes (COs): Student should be able to-

- CO1: understand different types of grain with its milled products.
- CO2: familiarize with rice and barley processing.
- CO3: get acquaint with processing of baked goods.
- CO4: understand pulses and legumes processing and its products.
- CO5: learn the different types of oil seeds, its processing and their products.

Syllabus

GP MFSN 101: Cereals, Pulses and Oil Seed Technology

UNIT I

Introduction to cereals: structure, types/varieties, composition and commercial value of wheat, rice, maize, oats, rye, corn, with their nutritional importance and commercial value. Milling of wheat and corn. Different types of wheat, corn and oats products.

Unit II:

Paddy processing and treatment for quality improvement. Puffed rice, rice flakes, parboiling of rice, extruded and fortified rice. Barley, malt and millets with their nutritional importance and value-added products.

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GP MFSN 301	GE	Cereals, Pulses and Oil Seed Technology	60	20	20	0	0	3	0	0	3

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Unit III

Introduction to Baking technology: Types of bakery products, standards & regulations. Bread, cakes, biscuits /crackers: role of ingredients & processes, equipment used, product quality characteristics, scoring of quality parameters, faults and corrective measures.

UNIT IV

Types of pulses and legumes their nutritional value. Milling and processing of major pulses and legumes. Modern techniques in dal mills. Fermented products of legumes. Methods of cooking -sprouting, puffing, roasting and parboiling of legumes, physical and bio-chemical changes during these processes. Quick cooking dal, instant dal and dal products.

UNIT V

Oilseeds processing for oil Extraction: preparation of oilseeds, mechanical and solvent extraction methods of oil extraction, oil refining, hydrogenation, utilization of deoiled cake. Soy processing: soya as a source of protein and oil; soya milk, soy protein Isolate, soy concentrates, soya paneer, soya sauce and production of textured vegetable proteins.

Suggested readings:

- Chakravarti, A. (2004). *Post-harvest technology of Cereals, Pulses and Oilseeds*. Oxford Publishing.
- Khatarpaul, N., Grewal, R., & Jood, D. (2018), *Bakery Science & Cereal Technology*. New Delhi Daya publishing house.
- Matz, S. (2000). *Bakery Technology and Engineering*. CBS Publication.
- Singh, K.M., & Sahay, K.K. (2017). *Unit Operations of Agricultural Processing*. Daya publishing house.

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