



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

Subject Code	Category	Subject Name	Teaching and Evaluation Scheme								
			Theory			Practical		L	T	P	CREDITS
			End Sem University Exam	Two Term Exam	Teachers Assessment	End Sem University Exam	Teachers Assessment				
GE FSN 401	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: acquainted with different type of food preparation.

CO5: learn the catering functions and styles of food services.

Syllabus

FSN 503: Concepts of Meal Planning

UNIT I

Meal and Menu Planning: definitions considerations, patterns and types, mechanics of menu planning, menu format, menu design and display, 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 (using air as a medium) 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, wedding anniversary outdoor catering parties. Style of service: Indian, far east and continental menus.

Reference Books:

- Casady M.S. (1973) Food preparation Handbook’ published, Home Science Association of India.
- Terrel M.E. and Haigu V.F. (1966) Professional Food preparation, John Wiley And Sons, New York.
- Marzia Magris, Canty Mc Cray and Richard Brighton(2001), Introduction to catering Oxford Blackwell, Scientific Publications, London.

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