



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 | Teachers Assessment | End Sem University Exam | Teachers Assessment | | | | |
| GUFN101 | 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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