

PRE-REQUISITE

THM-103 Introduction to Tourism and Hospitality

LEARNING OUTCOMES:

- To apply the latest modes of working, in order to master the various existing culinary techniques in national and international cookery, as well as in traditional and contemporary cuisine.
- To estimate, manage resources and calculate costs, taking into consideration all necessary factors, from purchasing of basic resources, working with suppliers through to the final product, making use of strategic, administrative and marketing concepts.
- To be able to manage a working team, making the best of their potential and supervising the activities of kitchen aids and auxiliaries, acquiring the necessary competence to solve different problems which may arise in the area of work, as well as the efficient use of time, space and human and material resources within the kitchen.
- To plan and carry out efficient leadership for the best preparation and elaboration of foods, observing always the safety and hygiene regulations in the work place and following the instructions of a qualified professional.
- To acquire the knowledge which will allow you to conserve and handle different food resources, and to design and produce menus to meet the quality standards of each area of the market.

COURSE INTRODUCTION AND OBJECTIVES:

Food is fundamental to life. Not only does it feed our bodies, but it is often the centerpiece for family gatherings and social functions. In this course, students learn all about food, including food culture, food history, food safety, and current food trends. They also learn about the food service industry and prepare some culinary dishes. Through hands-on activities and in-depth study of the culinary arts field, this course helps students to enhance their cooking skills and gives them the opportunity to explore careers in the food industry.

1. Discuss the history and development of the food service industry.
2. Describe the major accomplishments of famous chefs from history.
3. Summarize the influence of historical entrepreneurs in the food service industry in the United States.
4. Analyze how current trends in society affect the food service industry.
5. Explain how taste and smell combine to give foods their flavors.
6. List physical, psychological, cultural, and environmental influences on food likes and dislikes.
7. Discuss global food diversity.
8. Explain the basics of safety in culinary arts.
9. Identify safety hazards in the food service workplace.
10. Explain the basics of sanitation in a professional kitchen.
11. Discuss procedures for cleaning commercial kitchen equipment.

12. Identify various moist and dry cookery methods.
13. Identify levels of training required for food service and culinary arts occupations.

Module-I Introduction:

Aims & Objectives of cooking food, Introduction to Safety, maintaining personal hygiene, hazards and Risks, History and development of cooking, the kitchen brigade, what is a professional cook, food and nutrition's, the food guide pyramid, food contamination, Food and Beverage system. Health & Safety regulations, hazards in work place, emergencies in work place, communication skills, security procedures, team work, waste management, pest control, storage and stock control.

Module-II Introduction to Hygiene and Sanitation:

Hygiene, Sanitation, meaning, uses in hotel industry. Importance of hygiene and sanitation in catering industry. Personal hygiene for staff members in the production areas in preparing food or coming in touch with food and beverages. Personal hygiene for staff coming in touch with guests.

Module-III Basic concepts:

Foundation Ingredients- fats, oils and their uses. Raising agents - Flavoring and Seasonings, sweetening agents, Thickening agents. Knife and Knife skills, kitchen terminologies.

Module-IV Preparation concepts:

Preparation of Ingredients – Washing, peeling, Scrapping, cutting of vegetables, method of mixing foods, methods of cooking foods. Sauce meaning, uses, points to be observed when preparing recipe for mother sauces, Names and derivatives of mother sauce.

Module-V Menu concepts:

Menu and types of menu, Basic Stocks types, Soups and its types, Rice and types of rice, Egg dishes, pasta and cooking methods of pasta, Fish course, Poultry, key preparation techniques for poultry, Introduction to vegetables and cooking techniques.

Module-VI (Practical's):

Horrs d' Oeuvers, appetizers and starters, salads, cold sauces, Introduction to desserts. (Preparation of 6 recipes from each course)

ASSIGNMENTS – TYPE AND NUMBER WITH CALENDAR

It is continuous assessment. The weightage of Assignments will be 25% before and after mid term assessment. It includes:

- classroom participation,
- attendance, assignments and presentation,
- homework
- attitude and behavior,
- hands-on-activities,
- short tests, quizzes etc.

ASSESSMENT AND EXAMINATIONS:

Sr. No.	Elements	Weightage	Details
1.	Mid Term Assessment	35%	It takes place at the mid-point of the semester
2.	Formative Assessment	25%	It is continuous assessment. It includes: classroom participation, attendance, assignments and presentation, homework, attitude and behavior, hands-on-activities, short tests, quizzes etc.
3.	Final Assessment	40%	It takes place at the end of the semester. It is mostly in the form of a test, but owing to the nature of the course the teacher may assess their students based on term paper, research proposal development, field work and report writing etc.

RECOMMENDED TEXT BOOKS/ SUGGESTED READINGS:

- Anita Tull (1996), Food and Nutrition, Oxford University Press.
- Arora K (1982), Theory of Cookery, K.N. Gupta & Co.
- Auguste Escoffier (1979), The Complete Guide to the Art of Modern Cookery, Heinemann.
- Ann Seranne (1983), The Complete Book of Egg Cookery, Collier Macmillan
- David J, Textbook of Hotel Management, Anmol Publication (P) Ltd.
- Douglas Robert Brown (2003), The Restaurant Manager's Handbook, Atlantic Publishing Company.
- David A. V. Dendy (2001), Cereals and Cereal Products, Springer.
- Eleanor Hallam (2005), Food Technology, Nelson Thornes.
- Escoffier (1941), The Escoffier Cook Book, Crown Publishers, New York.
- Fannie Merritt Farmer (1896), The Boston Cooking-School Cook Book, Little, Brown and Company.
- Peter Barham (2001), The Science of Cooking, Springer.
- Julia Child, Louise Bertholle, Simone Beck (2001), Mastering the Art of French Cooking, Knopf Publishing Group.
- Robin Nelson (2003), Fruits, Lerner Publications.
- Frederic Rosengarten, Jr., Frederic Rosengarten (2004), The Book of Edible Nuts, Courier Dover Publications.
- Frances E. Ruffin (2005), Kitchen Smarts: Food Safety and Kitchen Equipment, The Rosen Publishing Group.
- Kenneth James (2006), Escoffier: The King of Chefs, Continuum International Publishing Group.
- Thomas B. Johansson, Laurie Burnham (1993), Renewable Energy: Sources for Fuels and Electricity, Island Press.
- Food preparation South Asian Secretariat. Jessica Souhami (2006), Sausages, Frances Lincoln Ltd.