

## **BSHND 313: MEAL PLANNING AND MANAGEMENT**

### **Course Learning Outcomes:**

- To understand the importance of meal planning and its role in everyday life
- To apply the principles of meal planning in the planning of balanced and appropriate meals keeping in mind the nutritional requirements, family budget and food requirements choices of different age groups
- To identify market trends and conditions while purchasing food keeping in mind food costs and quality

### **Content Theory:**

#### **1. Introduction**

- Importance and principles of meal planning for family and occasions;
- Nutritional value of meal;

#### **2. Family meal budgeting**

- Rules for good menu planning
- Menu planning for families
- Selection of various foods in relation to season and market conditions

#### **3. Composition and storage of food**

#### **4. Selection, use and care of table appointments**

- Study of different types of table settings,
- table manners and etiquettes

#### **5. Kitchen safety and settings**

- Basics of food hygiene and sanitation
- Food labeling
- Menus for schools, geriatric and healthcare centers.

### **Content-Practical:**

#### **1. Survey and record keeping of market prices (retail & wholesale)**

- Types of foods available in the market from different food groups. *e.g.* retail cuts of meat and types of milk;

#### **2. Comparison of weight, volume and effect of cooking on color, taste and texture of different foods**

- Planning, preparation and service of meals for different occasions at different income levels

#### **3. Understanding food labels**

- Market visits for cost and quality and food marketing regulations.
- Food service visits (Restaurants, School, Colleges, Hospitals).

**Teaching-Learning Strategies:**

Teaching will be a combination of class lectures, class discussions, and group work. Short videos/films will be shown on occasion.

**Assignments:**

The sessional work will be a combination of written assignments, class quizzes, presentation, and class participation/attendance.

**Assessments and Examination:**

Sessional Work: 25 marks

Midterm Exam: 35 marks

Final Exam: 40 marks

**Recommended Readings**

1. Brown, A. (2015). Understanding Food Principles & Preparation, (5<sup>th</sup> ed). Cengage Learning, Belmont, CA, USA.
2. McWilliams, M. (2012). Fundamentals of Meal Management, (5<sup>th</sup> ed). Dorling Kindersley India Pvt. Ltd., New Delhi, India.
3. Narvaez-Soriano, S. (2004). A Guide to Meal Management and Table Services. Rex Book Store, Manilla, Philippine.
4. Sethi, M. (2008). Institutional Food Management. New Age International Pvt. Ltd. New Delhi, India.

