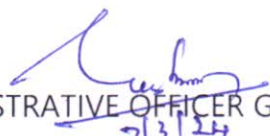


SYLLABUS FOR COOK A TO B – MFCP

- Aims and objectives of cooking, Basics of cooking, Types of kitchen, Layouts and staffing in kitchens, Organizational Hierarchy and staffing of Kitchens, Duties and responsibilities of personnel in a kitchen, Uniforms and protective clothing, Attitudes and behavior in Kitchens
- **Kitchen Equipments** : Classification, Equipment, fuels and tools in Cookery, Storage devices, Safety rules for using different types of knives and other equipments, Kitchen stewarding and upkeep of equipment.
- **Cookery**: Principles of cooking, Changes in food due to cooking. Methods and principles of cooking food, Cooking methods like Blanching, Pressure cooking, Shallow frying, Deep frying, Sautéing, Boiling, Steaming, Baking, Grilling, Moist heat, combination cooking methods, microwave cooking etc. Various methods to prepare food groups like milk and milk products, cereals grains and pulses, vegetable and fruits, allowing for diverse flavors, textures, and nutritional profiles in meals.
For example: Cereals and Grains – types, selection, various ways of cooking etc, Eggs - structure, selection of quality, various ways of cooking eggs with example in each method and prevention of blue ring formation. Vegetables - effect of heat on different vegetables, classification, processing, Cuts and method of cooking different vegetables. Classification, processing, Cuts and cooking of meat and poultry, fish and shell fish.
- Basics of preparations of Soups, Sauces, Salads, Sandwiches, Ice creams, Garnishes and Accompaniments. Basics of beverages like Tea, Coffee, Cocoa, their classification, use, preparation and storage.
- Classification of raw materials/ ingredients: Cereals, grains and pulses, Vegetables and Fruits, Milk and milk products, Flours, Seasonings, Nuts, Chocolate and Cocoa, Food flavours - spices, condiments, herbs, Indian spices and masala etc. Shortenings and Raising agents, Sweeteners, Salt, Fruits and nuts, gelling agents etc and their classification, use and storage. Preparation of ingredients, methods of mixing foods, effect of heat on various foods, weighing and measuring food, texture of food. Food preservatives and food additives, organic food and recent advances in cookery.
- Balancing of recipes, standardizing recipes, determining standard yield, yield management, wastage control, maintaining recipe files, planning menus, implementing portion control, calculating portion sizes, estimating ingredients and spices required for a specified quantity of the planned menu.

- Food Storage - Techniques of correct storage, storage temperature of different commodities to prevent bacterial manifestation or contamination. Larder/Cold room Larder - organization & layout, Larder equipments Larder control - maintenance & upkeep of larder equipment and supplies. Classification, cleaning, sealing, preparation of various types of foods, their proper storage etc. Methods of food preservation - long term and short-term methods.
- Safety practices to be observed in kitchen, First-aid for cuts/ wounds/burns, prevention of fire hazards, personal and workplace safety, personal hygiene and care of skin, hand, feet among food handlers, grooming and etiquette, hygienic protective clothing.
- Concepts of food and nutrition: Definition of nutrition, definition of a calorie. Food groups and their role in balance diet. Food groups, Energy giving foods, Body building foods, protective foods, Carbohydrates, Lipids and fatty acids, Proteins, Vitamins and Minerals. Basic awareness of the sources, functions, their excess and deficiency states.
- Importance of hospital kitchens and hospital food service, the significance of hygiene and sanitation in hospital kitchens. Planning and executing culinary preparations for individuals with specific dietary needs and restrictions, such as those with diabetes, hypertension, heart or kidney disease etc. Common food allergens. Preparation of clear liquid diet, full liquid diet, soft diet, pureed diet, mechanical soft diet etc. Basics of cooking for specific groups' viz. infants, Children, adolescents etc.
- Food borne illnesses – causative factors and precautions to be taken by food handlers, hygiene of the working area. Food spoilage & Food adulteration. Procedures for preventing cross-contamination in the kitchen. Handling and storage of food to prevent food borne illnesses.
- Pest Control - rodents and insect control techniques, special stress on control of flies, rats, cockroaches etc. Waste disposal in the kitchen – Various methods, and their advantages and disadvantages, Cleaning agents and cleaning of different materials/ utensils/ surfaces in the kitchen.
- Basic knowledge of food safety protocols and regulations in India.


 ADMINISTRATIVE OFFICER GR.I(I/C)
 7/3/24