

# SENIOR SCHOOL CURRICULUM

## 2017-18

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### FOOD PRODUCTION

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#### Introduction

#### Course Objectives

1. To develop interest and attitudes in hospitality industry.
2. To develop sufficient trained manpower for Hotels, Motels, Restaurants, Railway Catering Services, Flight Catering Services etc.
3. To assist in the tourism development programmes.
4. To develop necessary employable skills in the students.
5. To develop entrepreneurship.

### CLASS–XI ELECTIVE FOOD PRODUCTION–I (734) THEORY

*Time: 3 Hours*

*Marks: 60*

- |  |          |
|--|----------|
| <b>1. Introduction to Hospitality Industry</b>   | <b>2</b> |
| <ul style="list-style-type: none"><li>• Introduction.</li><li>• Growth of Hotel industry.</li><li>• Introduction to sectors of F&amp;B industry.</li><li>• Commercial catering and others.</li></ul>   |          |
| <b>2. Introduction to Kitchen Department</b>   | <b>3</b> |
| <ul style="list-style-type: none"><li>• Various sections of kitchen.</li><li>• Levels of skills.</li><li>• Attitude and behaviour in the kitchen.</li><li>• Uniform and protective clothing.</li></ul> |          |
| <b>3. Equipments and Fuels used in the Kitchen</b>   | <b>3</b> |
| <ul style="list-style-type: none"><li>• Classification of equipments.</li><li>• Care and maintenance.</li></ul>  |          |

<b>4. Culinary History</b>	<b>3</b>
<ul style="list-style-type: none"><li>• Origin of modern cookery.</li><li>• Continental cuisine (introduction only).</li><li>• Indian cuisine (introduction only).</li></ul>	
<b>5. Hierarchy</b>	<b>5</b>
<ul style="list-style-type: none"><li>• Classical brigade.</li><li>• Role of executive chef.</li><li>• Duties and responsibilities of various chefs.</li><li>• Modern staffing.</li></ul>	
<b>6. Functioning of Kitchen</b>	<b>3</b>
<ul style="list-style-type: none"><li>• Coordination between various sections of kitchen.</li><li>• Coordination between Food Production and other departments.</li></ul>	
<b>7. Introduction to Cookery</b>	<b>4</b>
<ul style="list-style-type: none"><li>• Aims and objectives of cooking food.</li><li>• Various textures.</li><li>• Techniques used in pre-preparation.</li><li>• Techniques used in preparation.</li></ul>	
<b>8. Methods of Cooking Food</b>	<b>6</b>
<ul style="list-style-type: none"><li>• Methods of heat transfer.</li><li>• Classification.</li><li>• Moist heat methods.</li><li>• Dry heat methods.</li><li>• Medium of fat.</li></ul>	
<b>9. Vegetable and Fruit Cookery</b>	<b>4</b>
<ul style="list-style-type: none"><li>• Classification of vegetables.</li><li>• Pigments and colour changes.</li><li>• Effect of heat on vegetables.</li><li>• Fruits.</li></ul>	
<b>10. Stocks</b>	<b>8</b>
<ul style="list-style-type: none"><li>• Definition.</li><li>• Types of stock.</li><li>• Classification.</li><li>• Standards of a good stock.</li></ul>	
<b>11. Sauces</b>	<b>8</b>

- Definition.
- Components of sauces.
- Mother sauces or basic sauces.
- Quality standards for sauces.
- Uses of sauces.

**12. Soups** **8**

- Definition.
- Classification with examples.

**13. Eggs** **3**

- Structure of egg.
- Selection of an eggs.
- Uses of eggs.

## **PRACTICAL**

*Time: 2 Hours*

*Marks: 40*

**1. Introduction to Kitchen** **2**

- Equipments – identification, description, uses and handling.
- Hygiene, kitchen etiquettes and practices.
- Knives – parts of a knife, knife handling and coding of knives.
- Safety and security in kitchen.

**2. Cuts of Vegetables** **2**

- Longish cuts (julienne, batons, frit).
- Dices (brunoise, macedoine, parmentiere).
- Fancy cuts (payssane, diamonds, oblique, shred, turning).
- Mirepoix.

**3. Basic Cooking Methods and Pre-Preparations** **4**

- Blanching.
- Preparation of tomato concasse.
- Boiling of vegetables.
- Frying.

**4. Starch Cooking – Potatoes, Rice and Pasta** **2**

**5. Stocks** **2**

- White stocks.
- Brown stocks.

• Fish stock.	
• Vegetable stock.	
<b>6. Sauces – Basic Mother Sauces</b>	<b>2</b>
<b>7. Soups</b>	<b>2</b>
• Cream soups, puree soups and veloutes.	
<b>8. Egg Cookery</b>	<b>2</b>
Preparation of variety of egg dishes Boiled, fried, poaches, scrambled and omelettes.	
<b>9. Vegetable Accompaniments</b>	<b>2</b>
• Basic methods of cooking applied.	
• Boiled vegetables.	
• Glazed vegetables.	
• Fried vegetables.	
• Stewed vegetables.	
• Baked vegetables.	
<b>10. Demonstration and Preparation of Ten Simple Menus</b>	<b>20</b>

**CLASS–XI  
ELECTIVE  
FOOD PRODUCTION–II (735)  
THEORY**

*Time: 3 Hours*

*Marks: 60*

<b>Unit–1: Hygiene</b>	<b>18</b>
• Personal Hygiene.	<b>3</b>
• Environmental Hygiene.	<b>2</b>
• Food storage and causes of contamination.	<b>3</b>
• Food borne illnesses.	<b>5</b>
• Food poisoning.	<b>3</b>
• Garbage disposal.	<b>2</b>
<b>Unit–2: Commodities</b>	<b>42</b>
1. <b>Sugar</b>	<b>3</b>
• Introduction.	
• Types of sugar.	
• Role of sugar in cooking.	
• Function of sugar.	
• Storage of sugar.	

2.	<b>Salt</b>	3
	<ul style="list-style-type: none"><li>• Introduction.</li><li>• Types of salt.</li><li>• Role of salt in cooking.</li><li>• Storage and handling.</li></ul>	
3.	<b>Herbs, Spices and Condiments</b>	3
	<ul style="list-style-type: none"><li>• Herbs - Types, description and uses.</li><li>• Spices - Types, description and uses.</li><li>• Condiments - Types, description and uses.</li></ul>	
4.	<b>Raising Agents</b>	4
	<ul style="list-style-type: none"><li>• Classification of raising agents.</li></ul>	
5.	<b>Thickening Agents</b>	3
	<ul style="list-style-type: none"><li>• Factors.</li><li>• Types of thickening agents.</li></ul>	
6.	<b>Milk</b>	3
	<ul style="list-style-type: none"><li>• Nutritive value of milk</li><li>• Processing of milk.</li><li>• Types of milk.</li><li>• By products.</li></ul>	
7.	<b>Cream</b>	3
	<ul style="list-style-type: none"><li>• Introduction</li><li>• Composition of cream.</li><li>• Manufacture of cream.</li><li>• Uses of cream.</li><li>• Types of cream.</li></ul>	
8.	<b>Butter</b>	
	<ul style="list-style-type: none"><li>• Introduction.</li><li>• Processing of butter.</li><li>• Types of butter.</li></ul>	
9.	<b>Cheese</b>	4
	<ul style="list-style-type: none"><li>• Introduction.</li><li>• Manufacture of cheese.</li><li>• Classification of cheese.</li><li>• Uses of cheese.</li><li>• Cheese varieties and descriptions.</li></ul>	
10.	<b>Flour</b>	4

- Introduction.
  - Structure of wheat.
  - Milling of wheat.
  - Storage of flour.
  - Types of flour.
11. **Rice** **3**
- Introduction.
  - Processing of rice.
  - Types & forms of rice.
12. **Cereals** **3**
- Introduction.
  - Types of cereals.
13. **Pulses**
- Introduction.
  - Types of pulses.

## **PRACTICAL**

*Time: 2 Hours*

*Marks: 40*

- 1. Basic Cutting Techniques** **2**  
Slicing, chopping and mincing of various vegetables  
(to be practised thoroughly by all students).
- 2. Basic Indian Gravies** **1**  
Introduction and demonstration.
- 3. Preparation of General Gravy** **1**
- 4. Preparation of White/Shahi Gravy** **2**
- 5. Preparation of Makhani Gravy** **2**
- 6. Preparation of Kadhai Gravy** **2**
- 7. Preparation of Rice** **2**  
Boiled (drainage and absorption method).
  - Jeera Pulao.
  - Vegetable Pulao.
- 8. Preparation of Simple Vegetable Dishes** **2**  
Aloo Matar, Aloo Gobhi, Matar Paneer, Bhindi Masala etc.
- 9. Preparation of Various Dals, Choole etc.** **2**

- |  |           |
|--|-----------|
| <b>10. Preparation of Indian Breads Phulka, Poori, Parathas, Stuffed Parathas etc.</b>                   | <b>2</b>  |
| <b>11. Preparation of Simple Indian Sweets Kheer, Payeshpayasam, Phirnee, Halwa etc.</b>                 | <b>2</b>  |
| <b>12. Demonstration Preparation of 10 Sets of Menus Containing Indian Regional Item (30-40 Dishes).</b> | <b>20</b> |

Preparation of all 10 menus by student and further repetition of all the menus to attain proficiency.

**CLASS–XI**  
**GENERAL FOUNDATION COURSE (501)**  
 (Common for Food Production, Food and Beverage Services,  
 Bakery and Confectionery and Front Office Operations)

*Time: 3 Hours*

*Marks: 100*

**Part–I: (Compulsory to all Vocational Courses)**

*Marks: 50*

- |  |           |
|--|-----------|
| <b>A. Business Management and Entrepreneurship</b>   | <b>30</b> |
| (a) <b>Entrepreneurship Orientation</b><br>Importance and relevance in real life: Emphasis on self employment.   | <b>5</b>  |
| (b) <b>Entrepreneurship Values and Attitudes</b><br>Innovativeness, Independence, Risk Taking, Analytical ability.   | <b>5</b>  |
| (c) <b>Entrepreneurial Motivation</b><br>Achievement Planning, personal efficacy, entrepreneurial goal setting.  | <b>5</b>  |
| (d) <b>Launching of a Business Venture</b><br>Identification of project, steps in setting up a business, information about various institutions providing assistance, project formulation. | <b>15</b> |
| <b>B. Computational Skills</b>   | <b>10</b> |
| (a) Percentage, ratio & proportion, profit & loss, discount, simple and compound interest, population growth and depreciation of value of articles using logarithm.                        | <b>6</b>  |
| (b) Area and volume: rectangle, parallelogram, circle, cube, cone, cylinder & sphere.  | <b>4</b>  |
| <b>C. Environmental Education</b>  | <b>5</b>  |
| (a) Environment and the society.   |           |
| (b) Environment properties risks in different economic enterprises, in use of raw materials, in processing / manufacturing and designing.  |           |
| (c) Poverty and environment.   |           |
| <b>D. Rural Development</b>  | <b>5</b>  |
| (a) Agriculture, the back bone of Indian Economy.  |           |
| (b) Rural development projects in India including Integrated rural development programme.  |           |
| (c) Agro based rural industries.   |           |
| (d) Community approach to rural development.   |           |

**Part–II**

*Marks: 50*

**Catering Management**

**15**

Evolution & growth of Catering Industry, Importance, scope & branches of industry - Hotels, Motels, Inns, Commercial Hotels, Resort Hotels, Institutions, Hostels, Hospitals & Industrial Catering, Snack Bars, Railway Catering, Flight Catering.

**Organisation** **20**

Structure of the different departments, Staff organisation & functions in a Hotel - the type of relationship in the organisation. Duties & responsibilities of staff.

**Basic Accounts** **15**

Journal, Ledger and Cash book.

**CLASS–XII**  
**ELECTIVE**  
**FOOD PRODUCTION–III (734)**  
**THEORY**

*Time: 3 Hours*

*Marks: 60*

**Unit–1: Kitchen Organization and Layout** **5**

- Kitchen organization.
- General layout of kitchen in various organizations.
- Layout of receiving areas.
- Layout of service and wash up.

**Unit–2: Haccp** **5**

- Introduction.
- Importance of HACCP.
- Critical control points in HACCP.

**Unit–3: Larder** **6**

- Introduction.
- Functions of the larder.
- Sections of larder.
- Duties and responsibilities of larder chef.

**Unit–4: Fish Cookery** **10**

- Classification of fish with examples.
- Cuts of fish.
- Selection of fish and shell fish.
- Cooking of fish.

**Unit–5: Meat Cookery** **10**

- Introduction to meat cookery.
- Slaughtering of meat.



- Common poultry, lamb/mutton & cuts.
- Selection of meat products.
- Variety meats (offal).

**Unit-6: Appetizers and Salads** **6**

- Classification of appetizers with examples.
- Components of salad.
- Types of salad.
- Salad dressings.

**Unit-7: Sandwiches** **3**

- Parts of a sandwich.
- Types of sandwiches.
- Types of bread and fillings used.

**Unit-8: Introduction to Bakery and Confectionery** **10**

- Raw Materials used in Bakery & Confectionery.
- Method of:
  - (i) Bread Making.
  - (ii) Cake Making.
  - (iii) Pastry Making.
- Different Types of Cookies.

**Unit-9: Culinary Terms** **5**

## **PRACTICAL**

*Time: 2 Hours*

*Marks: 40*

**To formulate 20 sets of menus keeping in mind the following points**

1. One menu may contain 3-4 dishes. Each student is required to prepare four portions of each dish in a menu.
2. 5 sets of menu to be formulated from the dishes covered in class XI Continental practical.
3. 10 sets of menu may be formulated from the traditional recipes.
4. 5 sets of menu should be based on the latest food trends in the hotel industry.

**Bakery and Confectionery**

1. Two varieties of breads.
2. Two varieties of cookies.
3. Two varieties of decorated cakes.
4. Jam tart, chocolate éclairs.

**CLASS–XII**  
**ELECTIVE**  
**FOOD PRODUCTION–IV (735)**  
**THEORY**

*Time: 3 Hours*

*Marks: 60*

**Unit–1: Quantity Food Production (Bulk Cooking) 3**

- Institutional Catering.
- Railway/Airlines.
- Hospital Catering.

**Unit–2: Menu Planning for Bulk Cooking 5**

- Types of menu.
- Principles of menu planning.
- Planning menus for various occasions (application).

**Unit–3: Indenting 9**

- Introduction.
- Principles of indenting.
- Importance of indenting.
- Portion sizes of common food items.
- Indenting for menus (applications).

**Unit–4: Purchasing and Storing 6**

- Purchasing.
- Storage.

**Unit–5: Food Costing 10**

- Importance of food costing.
- Elements of cost (food cost, labour cost and over heads).
- Calculation of food cost.
- Calculation of labour cost.
- Calculation of overheads.
- Calculation of kitchen profit/gross profit, after wage profit and net Profit.
- Expressing each element as percentage of sales.

**Unit–6: Food Cost Control 9**

- Importance of food cost control.
- Factors affecting food cost.
- Portion control.
- How to control food cost.

**Unit-7: Indian Regional Cuisine****9**

- Introduction to Indian regional cuisine.
- Heritage of Indian cuisine.
- Factors in influencing the eating habits in different parts of the country.
- Common/popular regional cuisines of India.

**Unit-8: Indian Regional Cuisine of the following states on the following grounds****9**

- Geo graphical Location.
- Staple Food.
- Festival.
- Features.
- Special Dishes.
  - (i) Kashmiri.
  - (ii) Punjabi.
  - (iii) Bengali.
  - (iv) Gujrati.
  - (v) Gaon.
  - (vi) Maharashtraian.
  - (vii) Hyderabad.
  - (viii) South Indian.
  - (ix) Indian Breads.
  - (x) Indian Sweets.

**PRACTICAL***Time: 2 Hours**Marks: 40***To formulate 20 sets of menus keeping in mind the following points**

1. Each set of menu must have at least 4 items, including an Indian bread and/or sweet.
2. Minimum 40 portions to be prepared by the students, working in group of 3-4 students.
3. 5 sets of menu to be formulated from the dishes covered in class XII indian cuisine practical.
4. 10 sets of menu may be formulated from the traditional recipes.
5. 5 sets of menu should be based on the latest food trends in the hotel industry.

**Tandoor**

1. Introduction.
2. Working of Tandoor.
3. Preparation of 3 Indian breads and two simple kebabs.

**(Common for Food Production, Food and Beverage Services,  
Bakery and Confectionery and Front Office Operations)**

*Time: 3 Hours*

*Marks: 100*

**Part–I: (Compulsory to all Vocational Courses)**

*Marks: 50*

**A. Business Management and Entrepreneurship**

**30**

**Management of Business**

Elementary treatment/exposure to basic conceptual frame work of the topic listed below:

- |     |                        |   |
|-----|------------------------|---|
| (a) | Basic Function.        | 6 |
| (b) | Marketing Management.  | 6 |
| (c) | Financial Management.  | 6 |
| (d) | Production Management. | 6 |
| (e) | Personnel Management.  | 6 |

**B. Computational Skills**

**10**

- |    |  |   |
|----|--|---|
| 1. | (a) Solution of linear equations and their application to problem of commercial mathematics.   | 5 |
|    | (b) System of linear equations and in equation in two variables. Applications in formation of simple linear programming problems.  |   |
| 2. | Statistics: Raw data, bar charts and Histogram; Frequency Tables; Frequency Polygon; Ogive; Menu, Median and Mode of ungrouped and grouped data; Standard Deviation; Introduction to Mortality tables; Price Index etc. Introduction to Computers. | 5 |

**C. Environmental Education & Rural Development**

**10**

**1. Environmental Education**

**5**

- |     |   |  |
|-----|---|--|
| (a) | Modernisation of agriculture and environment, irrigation, water logging, use of fertilisers, pesticides, soil erosion, land degradation (desertification and deforestation), silting and drying of water resources. |  |
| (b) | Rational utilisation, conservation and regeneration of environmental resources (soil, air, water, plant, energy, minerals).   |  |

**2. Rural Development**

**5**

Principles and goals of rural development, major problems/constraints in rural development in India.

**Part–II**

*Marks: 50*

- |    |   |    |
|----|---|----|
| 1. | Catering Management:<br>Principles of purchasing & purchasing procedures. | 10 |
| 2. | Principles of receiving, storing, issuing.                                | 15 |
| 3. | Accounting.<br>Trading account, profit & loss account & balance sheet.    | 15 |
| 4. | Selling skills in catering industry.                                      | 10 |

**LIST OF RECOMMENDED BOOKS**

1. Food Production–III, Text Book, Class–XII, Published by CBSE.
2. Food Production–IV, Text Book, Class–XII, Published by CBSE.
3. Food Production–IV, Practical Manual, Class–XII, Published by CBSE.
4. Food Production–III, Practical Manual, Class–XII, Published by CBSE.
5. Food Production–I, Practical Manual, Class–XI, Published by CBSE.
6. Food Production–I, Class–XI, Published by CBSE.
7. Food Production–II, Practical Manual, Class–XI, Published by CBSE.
8. Food Production–II, Class–XI, Published by CBSE.

**REPETITION OF ALL THE MENUS BY THE STUDENTS TO ATTAIN  
PROFICIENCY SUGGESTED LIST OF EQUIPMENTS  
(For a batch of 20 students)**

<b>Name of the Equipment</b>	<b>Qty.</b>
<b>Kitchen</b>	
1. Gas Cooking Range with oven and grill.	3 nos.
2. Two gas burners (double).	7 nos.
3. Stainless steel sinks (double with drains board).	3 nos.
4. Mixer e.g. Sumeet.	1 no.
5. Refrigerator (double door).	290 ltr. 2 nos.
6. Pressure Cooker.	7.5 ltr. 1 no.
7. Weighing scale.	(app. 5 kg.) 1 no.
8. Heavy duty pot with lid (S.S.).	20 litres 1 no.
9. Pastry cutter (set).	2 nos.
10. Palatte knife (set).	5 nos.
11. Patty tins.	20 nos.
12. Tablespoons (S.S.).	20 nos.
13. Forks (S.S.).	20 nos.
14. Cake Tins (Assorted).	20 nos.
15. Cooling Racks.	(S.S. 25 cm × 20 cm. 10 nos
<b>Small Equipment</b>	
Measuring Jug (S.S.).	1 ltr. 2 nos
S.S. Basin.	30 cm. 10 nos.
Soup stainers (stainless steel).	10 nos.
Brass or heavy gauze (Al. pan with lid 25 cm dia.).	10 nos.
Brass or heavy gauze (Al. pan with lid 20 cm dia.).	10 nos.
Rolling pins.	35 cm 10 nos.

Flat spoons.	30 cm	10 nos.
Frying spoons.	30 cm	10 nos.
Round spoons.	30 cm	10 nos.
Wooden spoons.	30 cm	10 nos.
Aluminium pie dish.	20 cm × 15 cm	20 nos.
S.S. Mugs.	500 ml	20 nos.
Jelly moulds.	500 ml	10 nos.
Karai (Black iron).	20 cm	10 nos.
Frypan (aluminium).	20 cm	10 nos.
Iron tawa.	25 cm	10 nos.
Thalis (S.S.).	30 cm	20 nos.
Nylocast chopping board.	45 × 30 × 2.5 cm	10 nos.
Stainless steel graters.		10 nos.
Al. stock pot with lid.	20 lts.	2 nos.
Atta sieve 30 cm dia.		5 nos.
Stainless steel trays.	60 × 60 cm	5 nos.
Lime squeezer (aluminium).		6 nos.
Piping bags with star nozzle.		10 nos.
Garbage bins with lid (syntex medium size).		4 nos.
Potato peeler.		10 nos.
Egg beater (S.S.).		10 nos.

### **Furniture**

- Demonstration S.S. table with shelve one locking drawer for one set of small. equipment 180 × 990 cm. 1 no.
- Working table for general use, storage of equipment stainless steel. 10 nos.  
tops 75 × 75 × 80 cm.
- Work table with Cupboard for storing equipment and general use. 2 nos.
- Black Board 180 × 120 cm. 1 no.
- Grinding stones. 2 Nos.

