



Roots Institute of Hotel Management

Diploma in Food Production

SUBJECTS :

1. Food Production Theory
2. Food Costing Theory
3. Hygiene and Nutrition
4. Communication Theory
5. Food Production Practical
6. Industrial Training

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Diploma in Food Production

Food Production Theory

Syllabus details

THEORY:

1. Introduction to Catering Industry
2. Aims and objectives of Cooking & Bakery
3. Classification
4. Preparation of Ingredients
5. Methods of mixing foods
6. Culinary and Bakery terms
7. Methods of cooking-boiling, roasting, grilling, baking, frying, and microwave cooking
8. Cuts of meat, fish and chicken and methods of cooking
9. Menu planning – principles and application
10. Kitchen organization
11. Stocks and Soups – definition and classification
12. Sauces cooking – definition and classification
13. Eggs – structure, selection, quality
14. Vegetable cooking – Classification and methods of cooking
15. Kitchen equipment – Classification, maintenance of large equipment
16. Functions of ingredients used in cakes and breads – testing the quality of flour
17. Methods of making cakes – sugar batter method and flour batter method
18. Methods of making breads – no time dough method and straight dough method
19. Judging the quality of cakes and breads
20. Common faults and remedies in cakes and breads.

Recommended Books:

1. T.E. Philip - Modern Cookery for teaching & trade
2. Arora - Theory of cooking
3. Lurrder DE Kotachaver LH and Ceserani - Understanding cooking
4. Madhu Jaffery - A taste of India
5. Deh Ta Shuing - Regional Chinese Cuisine

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Food Costing Theory

Syllabus details

THEORY:

1. Importance of costing and cost control – costing methodology.
2. Cost classification into materials, labor, and overheads and their percentage analysis on sales
3. Materials costing, material cost control like purchasing, receiving, storage and issues, production, sales and accounting.
4. Material costing as an aid to pricing
5. Control of labor cost, over heads, periodical percentage analysis, calculation of overheads, allocation rates
6. Cost behaviors into variable, fixed, and semi-variable and its impact on unit cost
7. Cost reporting system – daily, monthly and for special managerial decision.

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Hygiene And Nutrition

Syllabus details

THEORY:

HYGIENE:

1. Definition of Hygiene – importance of hygiene in catering industry.
2. Personal hygiene – care of skin, hair, hands, feet, teeth and use of cosmetics.
3. Food borne diseases causative organisms – contamination – control measures – precaution to be taken by food handlers.
4. Safe and correct disposal of garbage.
5. Pest Control
6. Care of premises and equipment
7. Storage of food
8. Correct handling and storage temperatures of different commodities to prevent contamination and spoilage.

NUTRITION

1. Study of different nutrients – proteins, carbohydrates, fats, vitamins, and minerals – water.
2. Balance diet – menu planning.

Recommended Books:

Nutrition - Proudfit and Robinson

Food Science - By Mudambi Shalini and M.Rao

Fundamental of Food & Nutrition by Sumathi R. Mudambi & M.V.Rajagopal

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Communication Theory

Syllabus details

Objectives: The Objective of this course is to improve the communication skill of the student – both oral and written.

Unit – I

Introduction – Fundamentals of communication – definition – forms – factors that effects – Process – nature – scope – importance of communication

Unit – II

Seminar, meetings – purpose – conducting procedure conference – techniques of effective speech

Unit – III

Dialogue writing – making – completion

Unit – IV

Sentence – Definition – Making – Combination of sentences – Comprehension

Unit – V

Introduction – Letter writing – Style of written English – how to cultivate written communication – form of structure of a letter – Essay writing – paragraph writing – Resume writing – some Do's and Dont's in writing a resume

Reference Books:-

1. Developing Communication Skills by Krishna Mohan and Meera Banerji
2. Personality Development and Communication English by Ch. Annie Vijayakumari
3. Communication – Himalaya Publishing House _ By Dr. C. S. Rayudu.

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Food Production Practical (Cookery)

Syllabus details

PRACTICAL SYLLABUS:

1. Cuts of vegetables
Method of cooking
2. Identification of ingredients
Kitchen equipment awareness
Cuts of meat

3. Basic mother sauces
Basic stocks
Broths

4. Consomme royal
Mixed vegetables salad
Poisons a la poach
Pommes de Terre a la
Payasanne
Bread rolls

5. Consomme Julienne
Salad Harich
Baked potatoes
Fried chicken

6. Cream of vegetable soup
Cole slaw
Pommes Anna
Pork chops with apple sauce

7. Cabbage Chowder
Fruit salad
Butter boiled vegetables
Beef stroganov

8. Chicken noodle soup
Potato salad
Vegetable Moussaka
Poulet a'la roti
Fruit jelly

ANDHRA:

Plain Rice
Gongura Mamsam
Gutti Vankaya Kura

Palakura Pappu
Beerakai Chutney
Curd Chillies
Vadayams, Papad
Curd
Purnam

GOA:

Boiled Rice
Cabbage Foogath
Dal & Vegetable
Sorak
Goan Fish Curry
Coconut Rava Burfi