

Sri Sathya Sai College for Women, Bhopal

(An Autonomous College affiliated to Barkatullah University, Bhopal)

(NAAC Accredited 'A' Grade)



SYLLABUS

UG

SESSION- 2023-24

CLASS: B.A. III YEAR

SUBJECT: Home Science

1 NWS
25/8/23

2. S. Kapdeo
25.8.23

3. Malvi Jeeva
25.8.2023

4. Anju
25/08/23

Sri Sathya Sai College for Women, Bhopal

(An Autonomous College Affiliated to Barkatullah University Bhopal)

Department of Higher Education, Govt. of M.P.

Under Graduate Syllabus (Annual Pattern)

As recommended by Central Board of Studies and approved by the Governor of M. P.

w.e.f. 2023-2024

(Session 2023-24)

(NEP-2020)

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|------------------------------------|--|
| Class / कक्षा | B.A. III Year |
| Year / वर्ष | Third / तृतीय |
| Subject / विषय | Home Science (Theory) |
| Course Title / पाठ्यक्रम का शीर्षक | Home Based Catering/गृह आधारित खान-पान सेवा |
| Course Type / पाठ्यक्रम का प्रकार | Minor/Elective |
| Credit Value/ क्रेडिट मान | 4 Credits |
| Max. Mark/ अधिकतम अंक | Max. Marks: 30 + 70 (Minimum Passing Marks 35) |

B.A. (Home Science) Course Learning Outcomes (CLO)

On successful completion of this course, the students will be able to -

1. Understand the significance of Food service industry
2. Learn Purchasing and storage of food materials
3. Student will learn the quantity food production and entrepreneurship
4. Demonstrate skill in preparation of meals for different occasions and for different institutions.

Particular / विवरण


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| Unit-I | Introduction to Food Service 1. Factor contributing to the growth of food service industry. 2. Kinds of food service establishment 3. Study of equipment required for preparation and cooking of food. |
| इकाई-1 | भोज्य सेवा का परिचय 1. भोज्य सेवा उद्योग की वृद्धि के लिए उत्तरदायी कारक 2. भोज्य सेवा संस्थानों के प्रकार 3. भोजन को पकाने एवं संग्रहित करने के लिए आवश्यक उपकरणों का अध्ययन |
| Unit-II | Food Production 1. Menu planning: 1.1 Importance of menu, factors affecting menu planning, menu planning for different kinds of food service units. 1.2 Menu planning for different occasions: 1.2.1 Birthday- kids/others 1.2.2 Picnic 1.2.3 Festival 1.2.4 Marriage 1.2.5 Tiffin 1.2.6 Take way (Travelling) 1.2.7 Rituals, religious functions 1.2.8 Hospitals 2. Food Purchase and Storage |

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Malti Joshi
25.8.2023

Anjali
25/08/23

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| | <p>3. Quantity Food production</p> <p>3.1 Quantity food preparation methods</p> <p>3.2 Recipe adjustments and portion control</p> <p>3.3 Preparation of special food product:</p> <p>3.3.1 Chips, papad, vadi, achar, thecha, squash, jam, jelly</p> <p>3.3.2 Snack, Items-Ready-to-eat and traditional snacks</p> <p>3.3.3 Jeervan, masala mixes and multigrain atta</p> |
| इकाई-2 | <p>भोज्य उत्पादन</p> <p>1 आहार नियोजन –</p> <p>1.1 मेनू का महत्व, मेनू प्लैनिंग को प्रभावित करने वाले कारक, विभिन्न भोज्य सेवा इकाईयों के लिए मेनू प्लैनिंग</p> <p>1.2 विभिन्न अवसरों के लिए मेनू प्लैनिंग</p> <p>1.2.1 जन्मदिन – बच्चे एवं अन्य</p> <p>1.2.2 पिकनिक</p> <p>1.2.3 त्योहार</p> <p>1.2.4 विवाह</p> <p>1.2.5 टिफिन</p> <p>1.2.6 घर ले जाने हेतु एवं यात्रा हेतु</p> <p>1.2.7 धार्मिक आयोजन</p> <p>1.2.8 अस्पताल</p> <p>2. भोज्य पदार्थों की खरीदारी एवं संग्रहण</p> <p>3. मात्रा खाद्य उत्पादन –</p> <p>3.1 मात्रा खाद्य उत्पादन विधि</p> <p>3.2 व्यंजनों का समायोजन एवं हिस्से का (परोसी जाने वाली मात्रा) नियंत्रण</p> <p>3.3 विशिष्ट भोज्य पदार्थ बनाना –</p> <p>3.3.1 चिप्स, पापड़, बड़ी, अचार, ठेचा, शर्बत, जैम, जेली</p> <p>3.3.2 नाश्ते के आइटम – तैयार एवं पारंपरिक</p> <p>3.3.3 जीरावनी, अन्य मसाला मिक्स एवं मल्टी ग्रेन आटा</p> |
| Unit-III | <p>Prevention of loss of nutrients and Importance of Hygiene</p> <p>1. Modes of Preserving and enhancing Nutritive Value of food preparations</p> <p>2. Minimizing food Wastage</p> <p>3. Hygiene and Sanitation in food preparation.</p> <p>3.1 Personal hygiene</p> <p>3.2 Cleanliness of kitchen platform, utensils, towels etc.</p> <p>3.3 Safe disposal of kitchen waste</p> |
| इकाई-3 | <p>पोषक तत्वों की हानि रोकना तथा स्वच्छता का महत्व</p> <p>1. पोषक तत्वों की हानि को रोकने तथा पोषण मूल्य को बढ़ाने के उपाय</p> <p>2. भोजन के अपव्यय को न्यूनतम करना</p> <p>3. भोज्य पदार्थों के उपयोग करते समय स्वच्छता एवं साफ-सफाई–</p> <p>3.1 व्यक्तिगत स्वच्छता</p> <p>3.2 रसोईघर के प्लेटफॉर्म, बर्तन, वस्त्र आदि की स्वच्छता</p> <p>3-3 रसोईघर के कचरे का सुरक्षित निपटान</p> |


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| Unit-IV | <p>Planning of A Food Service Unit for Home based Catering</p> <p>1. Preliminary planning</p> <p>1.1 Survey of types of units, identifying clientele,</p> <p>1.2 Planning the set up: Menu, operations and delivery of food</p> <p>2. Identifying resources:</p> <p>2.1 Money-Budgeting, factors affecting budget, budget calculation</p> <p>2.2 Manpower required for purchasing, preparation, packing, delivery of food</p> <p>3. Equipment required for home-based catering:</p> <p>Equipment required for raw and cooked food storage, preparation, cooking and delivery of food items</p> <p>4. Time: Time required for whole process of cooking</p> <p>5. Developing Project plan for home-based catering</p> |
| इकाई-4 | <p>गृह आधारित खान-पान सेवा के लिए भोज्य सेवा इकाई का नियोजन:</p> <p>1 प्रारम्भिक नियोजन:</p> <p>1.1 विभिन्न प्रकार की सेवा इकाइयों का सर्वेक्षण, ग्राहकों की पहचान</p> <p>1.2 सेवा स्थापन का नियोजन : मेनू, विभिन्न गतिविधियाँ एवं भोजन का वितरण</p> <p>2 संसाधनों की पहचान</p> <p>2.1 धन/पूंजी – बजट बनाना, बजट को प्रभावित करने वाले कारक, बजट की गणना</p> <p>2.2 कर्मचारी – भोज्य पदार्थों की खरीदारी, तैयारी, पैकिंग तथा पहुंचाने हेतु आवश्यक कर्मचारी</p> <p>3. गृह आधारित खान-पान सेवा हेतु आवश्यक उपकरण : कच्चे एवं पके हुए भोजन के संग्रहण, पकाने पूर्व तैयारी, भोजन पकाने, भोजन पैक करने तथा पहुंचाने हेतु आवश्यक उपकरण</p> <p>4. समय – विभिन्न व्यंजन पकाने की प्रक्रिया में लगने वाले समय का आकलन</p> <p>5. गृह आधारित खान-पान सेवा व्यवसाय के लिए परियोजना</p> |
| <p>Keywords/ Tags: Menu Planning, Quantity Food Production, Food Service, Food wastage, Home Based Catering</p> <p>सार बिंदु(की वर्ड)/टैग: आहार नियोजन, मात्रा खाद्य उत्पादन, फूड सर्विस, भोजन का अपव्यय, गृह आधारित खान-पान सेवा</p> | |

Textbooks, Reference Books, other Resources:-

- 1 Knight J B & Kotscevar LH. "Quantity Food Production Planning & Management" John Wiley & Sons New York, (2003) 3rd edition.
- 2 Philips E Thangam "Modern Cookery for teaching and Trade Part I & II Orient Longmam (2008)
- 3 Raina U et al. "Basic food preparation-a complete manual", Orient Blackswan, Delhi (2010), 4th Edition
- 4 Sethi Mohini, "Institution Food Management" New Age International Publishers (2005)
- 5 Tandja S and Gupta S.L. , "Entrepreneurship development", Galgotia Publishing, (2001)
- 6 West B Bessie & Wood Levelle, Revised by Hargar FV, Shuggart SG, & Palgne Palacio, "Food Service in Institutions", June, Macmillan Publishing Company, 1988 6th Edition

Suggested digital platforms web links:

- <https://www.selfstudys.com/sitepdfs/UA424SIvnWkiLIMn49B>

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25.8.2023

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Scheme of Marks:

Suggested Continuous Evaluation Methods:

| Maximum Marks: 100 | | |
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| Continuous Comprehensive Evaluation 30 marks (CCE): Term End Exam Theory 70 marks | | |
| Internal Assessment : Continuous Comprehensive Evaluation (CCE): 30 Marks | There shall be 4 class tests of 10 marks each, out of which the 3 best scores are to be taken into account. | 10+10+10= 30 |
| External Assessment: Term End Exam (Theory) 70 (Time : 03:00 Hrs. | Section (A) 10 Marks (a) Objective questions – 5 (b) Very Short Answer type question – 5 (word limit 50 words) Section (B) 24 Marks: Short Answers Type Questions 1 question from each unit (word limit – 250 words) 4 to be attempted out of 7 given questions Section (C) 36 Marks: Long answer type questions (word limit 500 words) 4 to be attempted out of 7 given questions | 10 question 01 marks each - 10 4 question 06 marks each - 24 4 questions 09 marks each - 36 |
| | | Total 70 |

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| Class / कक्षा | B.A. III Year |
| Year / वर्ष | Third / तृतीय |
| Subject / विषय | Home Science (Practical) |
| Course Title / पाठ्यक्रम का शीर्षक | Home based catering/गृह आधारित खान-पान सेवा |
| Course Type / पाठ्यक्रम का प्रकार | Minor/Elective |
| Credit Value/ क्रेडिट मान | 2 Credits |
| Max. Mark/ अधिकतम अंक | Max. Marks: 30 + 70 (Minimum Passing Marks 35) |

B.A. (Home Science) Course Learning Outcomes (CLO)

On successful completion of this course, the students will be able to -

1. Self-reliant and self-employed.
2. Demonstrate skill in preparation of meals for different occasions and for different institutions.

Particular / विवरण

| Unit-I | 1. Market survey for food items both raw and processed 2. Survey of food service units 3. Standardization of Recipe. |
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| इकाई-1 | 1. कच्चे एवं प्रसंस्कृत भोज्य पदार्थों का बाजार सर्वेक्षण 2. भोज्य सेवा इकाइयों का सर्वेक्षण 3. व्यंजनों का प्रमाणीकरण |
| Unit-II | 1. Preparing quick foods for scaling up for quantity production 2. Planning menus and taking orders for the following: 2.1 Everyday family menus 2.2 Nutritious tiffin for school children 2.3 packed meals for office employees 2.4 School/college canteens |
| इकाई-2 | 1. मात्रात्मक उत्पादन बढ़ाने के लिए तुरंत तैयार होने वाले व्यंजन बनाना 2. निम्न के लिए मेनू बनाना तथा आर्डर लेना - 2.1 परिवारों के प्रतिदिन आहार मेनू 2.2 बच्चों के लिए पौष्टिक टिफिन 2.3 ऑफिस जाने वालों के लिए पैक आहार 2.4 शाला/कॉलेज कैंटीन के मेनू |
| Unit-III | 1. Planning and preparation of meals for birthday parties, marriage functions, office meetings 2. Demonstration of a specialized cuisine 3. Develop a checklist for good hygiene practices 4. Food Packaging for delivery |

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25.8.2023

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| इकाई-3 | 1- जन्मदिन, विवाह समारोह, ऑफिस मीटिंग के लिए आहार नियोजन एवं आहार बनाना 2- विशिष्ट आहारों का प्रदर्शन 3- स्वच्छता संबंधी अच्छी आदतों की चेक लिस्ट बनाना 4- व्यंजन/आहार के वितरण के लिए पैकेजिंग |
| Keywords/ Tags: Market Survey, Quick foods, Specialized cuisine | |
| सार बिंदु(की वर्ड)/टैग: बाजार सर्वेक्षण, तुरंत तैयार होने वाले व्यंजन, विशिष्ट आहार | |

Textbooks, Reference Books, other Resources:-

- 1 Knight J B & Kotscevar LH. "Quantity Food Production Planning & Management" John Wiley & Sons New York, (2003) 3rd edition.
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- <https://www.google.com/url?sa=t&source=web&rct=j&url=https://study.com/academy/lesson/principles-of-quantity-food-preparation-procession.htm%23:text%3DQuantity%2520food%2520preparation%2520refers%2520to.facilities%2520to.o%2520cater%2520tp%2520;oemts&ved=2ahUKEwjUjPGhjt6AhXe-zgGHRjYBhsQFnoECBIQBQ&usq=AOvVaw3Mnha31BZvklAsPOzWoqAZ>

Scheme of Marks-

| Suggested Continuous Evaluation Methods: It is compulsory to get minimum passing marks in Internal and External Assessment separately. | | | | |
|---|------------------|-----------|--------------------------|-----------|
| Internal Assessment: | आंतरिक मूल्यांकन | Marks | External Assessment: | Marks |
| Class Interaction/Quiz | | | Viva Voce on Practical | |
| Attendance | | | Practical Record File | |
| Assignments (Charts / Model Seminar / Rural Service/ Technology Dissemination/ Report of Excursion/ Lab Visits/ Survey/ Industrial Visit) | | | Table work / Experiments | |
| Total | | 30 | | 70 |

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