

**E.M.G. YADAVA WOMEN'S COLLEGE, MADURAI-14.****(An Autonomous Institution – Affiliated to Madurai Kamaraj University)****Re-accredited (3<sup>rd</sup> Cycle) with Grade A<sup>+</sup> and CGPA 3.51 by NAAC****CBCS****DEPARTMENT OF NUTRITION AND DIETETICS-UG****COURSE STRUCTURE – NON - SEMESTER WISE****CERTIFICATE COURSE - FOOD PREPARATION & PRESERVATION****(w.e.f. 2018 – 2019 onwards)**

Sem	Sub Code	Title of the Paper	Teaching hrs (Per Sem)	Duration of Exam (Hrs)	Mark allotted	
					S.E	Total
I	18NC1	Food Preparation	45	3	100	100
II	18NC2	Food Preservation	45	3	100	100
I&II	18NCP	Food Preparation & Preservation Practicals	45	3	100	100

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**CBCS****DEPARTMENT OF NUTRITION AND DIETETICS**

(W.e.f 2018 – 2019 onwards)

**Title of the Paper : Food Preparation**

**Semester : I**

**Contact Hours: 3**

**Sub Code :18NC1**

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**Objectives:**

1. To understand the basic concepts of food preparation.
2. To acquire knowledge on various types of cooking preparation.
3. To understand the use of different commodities in food preparation.
4. To acquire knowledge on regional cuisine.

**Unit-I**

**Introduction to cookery-** definition, origin and methods of cooking, culinary history, Indian cuisine- South Indian, North Indian, Bengali, Gujarati and Maharashtra cuisine, Chinese cuisine, French cuisine.

**Unit-II**

**South Indian cuisine-** adai, appam, rava dosi, vegetable uthappam, poori, pongal, uppuma- aval, rava and vermicelli uppuma, paniyaram- karam, kuzhi and rava paniaram, iddiappam, sambar, vatha kuzhambu, rasam, butter milk, avial, poriyal, varuval and koottu

**Unit-III**

**North Indian cuisine-** chappathi, naan, chole poori, aloo paratha, paneer paratha, rajma masala, papdi chat, panni poori, samosa, palak paneer, mattar paneer, vegetable pulav, gulab jamun, kheer and gajar ka halwa.

**Unit-IV**

**Bengali cuisine-** Rasagulla, sandesh, Allo tarkari, allo posto, Bengali fish curry and Bengali egg plant fry. Gujarati and Maharastra cuisine- Dhokla, shirkhand, Vada pav, pav bhajee and puran poli.

**Unit-V**

**Chinese cuisine** – vegetable fried rice, chicken vegetable fried rice, Vegetable noodles, chicken noodles, soup, sauce, tofu Manchurian and gobi Manchurian.

**Text Books:**

1. Krishna Arora, (2008), *Theroy of cookery*, Shree maitrey printech pvt, Ltd., A- 84, Sector-2,NOIDA(U.P)
2. Shakuntala Manay and Shada Sharaswamy, *Food Facts and Principles*, New Age International Pub., New Delhi, 2010
3. Srilakshmi. B, *Food Science* (6 ed.), New Age International Publications, New Delhi, 2015.
4. Thangam E. Philip, (2008) *Modern cookery* for teaching and the trade, Orient long man Private Ltd., Chennai.
5. Usha Raina, Sushma Kashyap, Vinita Narula and Salila Thomas,(2002), *Basic Food Preparation – A complete manual*, Orient Longman private ltd.,New Delhi.

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## **CBCS**

### **DEPARTMENT OF NUTRITION AND DIETETICS**

(W.e.f 2018 – 2019 onwards)

**Title of the Paper : Food Preservation**

**Semester : II**

**Contact Hours: 3**

**Sub Code :18NC2**

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#### **Objectives:**

1. To understand the basic concepts of food preservation.
2. To acquire knowledge on food preservation techniques .
3. To make them to be entrepreneurs.

#### **Unit-I**

**Food preservation-** introduction, importance and need for preservation in India. criteria for selection of fruits, preparation of fruits.sugar concentrates – jams – apple, pine apple, mango, grapes, strawberry, and mixed fruit. Jelly – guava, apple, grapes, mango, lemon, pineapple and mixed fruit.

#### **Unit -II**

**Preparation and preservation of juices and beverages** – principles and methods – squashes– grapes, lemon, orange, pineapple and mango. coffee – different types and tea. basics of milk shakes. Juices - mint and lemon, carrot, pineapple, apple, papaya , mango, watermelon, and musk melon . lassi, rosemilk and badam milk.

#### **Unit – III**

**Salting** – addition of salt – pickles – mango, lemon, pumpkin, spicy onion, chilli, ladies finger, tomato, amla, garlic pirandai, gongura , naarthangai, ginger – garlic and mixed vegetable pickle.

**Unit –IV**

**Soups** – drum stick , agathi keerai , vallarai, mudakathan keerai, ponnanganni keerai, thulsi, omavalli, chemparuthi, mint, coriander, aavarai, cabbage, onion, potato, leeks, carrot, turnip, pumpkin, mushroom and mixed veg soup.

**Unit – V**

**Preparation of masala powder** – rasam, sambar, idli- dosa, chilli dhal powder , garam masala(fresh), curry leaves and sesame. Puliyardarai mix and lemon rice mix. Chicken – chicken 65, chettinad and special tandoori masala powder. Mutton – mutton fry masala powder. Fish - fish fry and fish kuzhambu masala powder. Egg – egg kuzhambu and egg gravy masala powder. Briyani , jal zeera and chat masala.

**Text Books:**

1. Shakuntala manay , (2008) , *Food Facts and principles*, New age international (P)Ltd Publishers, New Delhi.
2. sivasankar, B. (2005), *Food processing and preservation*, prentice- Hall of India private limited, New Delhi.
3. Srilakshmi. B, *Food Science* (6 ed.), New Age International Publications, New Delhi, 2015.
4. Sudesh jood sand Neelam khetarpaul (2002), *Food Preservation*, agrotech publishing Academy Udaipur.
5. Thangam E. Philip, (2008) *Modern cookery* for teaching and the trade, Orient long man Private Ltd., Chennai.

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### **DEPARTMENT OF NUTRITION AND DIETETICS**

(W.e.f 2018 – 2019 onwards)

**Title of the Paper : Food Preparation & Preservation Practicals**

**Semester : II**

**Contact Hours: 2**

**Sub Code :18NCP**

#### **Objectives:**

1. To enable the students to gain practical exposure.
  2. To understand the preparation method of various recipes.
  3. To understand the quality judgement of food preparations.
  4. To understand the preparation of jam , jelly, squash, juice and pickles.
1. South Indian cuisine – adai, black gram vadai and paniyaram.
  2. North Indian cuisine – aloo paratha, papdi chat, panni puri, gulab jamun, gajar ka halwa.
  3. Bengali cuisine – rasagulla and Bengali egg plant fry.
  4. Gujarati and Maharashtra cuisine – Dhokla, shirkhand and puran poli.
  5. Chinese cuisine – vegetable fried rice, vegetable noodles and egg noodles and gobi Manchurian.
  6. Preparation of jam using fruits – mixed fruits jam.
  7. Preparation of jelly using fruits – guava jelly.
  8. Preparation squashes – lemon squash.
  9. Preparation of juice and milk shakes – mint and lemon, carrot, pineapple, papaya, mango, watermelon and musk melon. Lassi, rose milk and badam milk.
  10. Preparation of pickles- mango, lemon, amla and garlic pickle.

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**DEPARTMENT OF NUTRITION AND DIETETICS**

**CERTIFICATE COURSE - FOOD PREPARATION & PRESERVATION**

( w.e.f. 2018 – 2019 onwards)

**Common Question pattern**

**Marks:100**

**Duration:3hrs**

**PART-A**

**(50Mark)**

Answer all questions

Fill in the Blanks (13 X 2=26marks)

Choose the best Answer (12 X 2 =24marks)

**PART-B**

**(5 X10 =50marks)**

Answer any Five out of 8 Questions

