

**FACULTY OF VOCATIONAL STUDIES**

**SYLLABUS**  
**of**

**Certificate course in Food Production**  
**(Commis Chef)**

**Session (2025-26)**  
**Course Code: CFPM-1661**



**Session: 2025-26**

**The Heritage Institution**  
**KANYA MAHA VIDYALAYA JALANDHAR**  
**(Autonomous)**

**Kanya Maha Vidyalaya, Jalandhar (Autonomous)**  
**SCHEME AND CURRICULUM OF EXAMINATIONS OF**  
**Certificate course in Food Production (Commis Chef)**  
**Session (2025-26)**  
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S. No.	Course Code	Course Titles	Credit s L-T-P	Max Marks			Examination time (in Hours)	Contact Hrs	
				Total	Ext.	C A			
L	P								
1	CFPM 1661	Basics of Food Production	2-0-2	100	40	60	-	3	96

**Course Title: Basics of Food Production (Commis Chef)**

**Course Code: CFPM-1661**

Time: 2+3 Hours Maximum Marks: 100 L-T-P: 2-0-2 Theory Marks: 40 Practical: 60

**INSTRUCTIONS FOR THE PAPER SETTER:**

- Twenty multiple choice questions of equal marks are to be set, Five in each of the four sections (A-D). Questions of sections A-D should be set from Units I-IV of the syllabus respectively.
- Candidates are required to attempt all questions.
- Each question will carry 2 Marks.
- Practical examination will be having viva and laboratory practical evaluation.

**Course Content**

**Theory:**

**Unit I**

**Introduction to Cookery, Hierarchy and Layout of the kitchen Department:**

Introduction, Levels of skills and experiences, Attitude and behavior in the kitchen, Personal hygiene and food safety, contamination of food. History of cooking - Classical and modern kitchen brigade, Organizational structure of the kitchen, Co-operation with other departments, Duties and responsibilities of kitchen staff, Layout of kitchen (Main kitchen, Commissary, Garde Manger, Butchery and Bakery and confectionery)

**Unit II**

**Aims, Objectives and Methods of Cooking:** Effects of cooking, Characteristics of Raw materials (Salt, Liquids, Sweetening, Fats and Oils, Raising Agents, Thickening Agents), Preparation of Ingredients, Texture, Cooking techniques methods of heat transfer, Basic methods of cooking, special methods of cooking foods (infrared cooking, microwave,

réchauffé)

### **Unit III**

**Equipment and Fuels used in kitchen & Kitchen Communication:** Introduction, fuel used in the kitchen, Equipment used in the kitchen, commonly used equipment, largest equipment used and their operating procedures. Common Terminology used in kitchen, Techniques used in pre-preparation, Techniques used in preparation, Forms and formats used in kitchen, Coordination of kitchen with other departments.

### **Unit IV**

**Commodities used in the Catering Industry:** Basic understanding of the commodities (Composition, uses, types or varieties) Cereals, grains & pulses (Wheat, Rice & Other millets, Bengal gram, Green gram, Red gram, Soya beans, kidney bean, double beans, locally available cereals and pulses) Sweeteners (Sugar, Honey, Jaggery) Vegetables (Root, Stem, Leafy) Fruits (Fresh, Dried, Canned) Spices, Herbs, Condiments & Seasonings (Used in Western & Indian Cooking)

### **Course Content**

#### **Practical:**

- Understanding Personal Hygiene & Kitchen Hygiene
- Grooming for Professional Kitchen – Do's & Don'ts
- Understanding kitchen Layouts.
- Familiarisation with kitchen equipment and tools
- Fuels –Their usage and precautions
- Kitchen First Aid
- Handling Fire
- Familiarization, identification of commonly used ingredients in kitchen
- Vegetables Cuts - julienne, jardinière, macédoines, brunoise, paysanne, mignonnette, dices, cubes, shred, mirepoix
- Preparation of Stocks
- Preparation of Mother Sauces
- Preparation of salad dressings
- Demonstration to Basic Cooking Methods (baking, broiling, frying, grilling, Blanching, stewing, steaming etc.)

#### **Textbook:**

- Parvinder S. Bali, (2014) *Food production operations*, 2<sup>nd</sup> edition Oxford University Press

#### **Suggested Readings:**

- Krishna Arora, (2013) *Theory of Cookery*, Frank Bros & Co.
- Foskett&Paskins, (2016) *Theory of hospitality & Catering*, 13<sup>TH</sup> edition (Hodder

Education)

- Thangam E. Philip, (2014) *Modern Cookery for Teaching and Trade Vol-1, (6th Edition)*, Orient Black Swan
- . David Foskett and Patricia Paskins (2011), Theory of hospitality & Catering, ELBS Hodder Education
- . Thangam E. Philip, (2014) *Modern Cookery for Teaching and Trade Vol-2, (6th Edition)*, Orient Black Swan

**Web Links:**

- <https://www.slideshare.net/Senthil13k/bsc-food-production-1st-year-notes> ·
- [https://www.tutorialspoint.com/food\\_production\\_operations/food\\_production\\_operations Tutorial.pdf](https://www.tutorialspoint.com/food_production_operations/food_production_operations Tutorial.pdf)