

Introduction and Course Objectives	This course mainly focuses on the fundamentals of working in a kitchen, starting from hygiene standards and their knowing their ethics to handle food, understand the guidelines of HACCP and other ethics. It also focuses on the various areas of the Kitchen area and the equipment is used in it. It also emphasis with the nature of commodities used in the kitchen too.
Main concepts	Comprehend the standards and ethics for food handlers, food commodities & kitchen equipment
Student Learning Objectives	To study the basics of Kitchen in the form of food production that is required to be learnt as a basic. These objectives need to correspond with NOS framework.

UNIT - 1 PROFESSIONAL STANDARD AND ETHICS FOR FOOD HANDLERS:
Personal hygiene, General kitchen hygiene and sanitation, HACCP (Hazard Analysis and Critical Control Points) Ethics in the kitchen

UNIT - 2 FOOD COMMODITIES: Classification of Ingredients Characteristics of Ingredients Uses of Ingredients, Food and its relation to health Definition of Basal Metabolism, Major nutrients – functions, sources and deficiency of Carbohydrates, Proteins, Fat, Vitamins, Minerals, Water and Fibre.

UNIT - 3 COOKING FUELS AND KITCHEN EQUIPMENT: Types of cooking fuels Uses of cooking fuels Safety precautions, Classification of Kitchen Equipment Uses of Kitchen Equipment, Care and maintenance.

UNIT - 4 PROCESSING OF COMMODITIES: Cleaning and pre-preparation of food commodities, Quality points & cuts of fruit, vegetables, fish, lamb, beef, pork, poultry and game

Practical's

- Lay out of the kitchen. Kitchen organization chart
- Identifying & Use of Kitchen equipment Cuts of vegetables
- Cuts of meat and fish