

# **Curriculum**

**For**

## **Professional Cook (6 Months Certificate)**

**Code: VH70S003**

## SCHEME OF STUDIES

### Professional Cook

S.NO	MODULE	THEORY Hrs	PRACTICAL Hrs	TOTAL Hrs
1	Module 1	18	66	84
2	Module 2	28	156	184
3	Module 3	26	128	154
4	Module 4	24	50	74
5	Module 5	16	96	112
6	Module 6	24	6	30
7	Module 7	10	40	50
8	Module 8	8	80	88
9	Module 9	6	18	24
<b>TOTAL HOURS</b>		<b>160</b>	<b>640</b>	<b>800</b>

## **Curriculum Template**

- 1. Introduction Template**
- 2. Summary Template** –Curriculum Development for (Trade name)
- 3. ( Trade Name)Curriculum Contents (Teaching and Learning Guide)**
  - Module One: (Name of Module)
  - Objective of the Module
  - Duration of the Module / Theory Hours/ Practice Hours
  - Learning Unit / Learning Outcomes/ Learning Element/ Duration/ Materials Required/  
Learning Place
- 4. Assessment Template**
- 5. List of Tools, Machinery & Equipment**
- 6. List of Consumable Supplies**

## 1. Introduction Template

- **Name of course**  
PROFESSIONAL COOK
- **Overall objective of course**

*This course aims to prepare a skilled workforce for hospitality industry for the position of cook (commi1-commi3)*

- **Competencies gained after completion of course**
  - Adapt ting of personal, work place and food hygiene
  - Skills for mis en place
  - Use of health and safety practices.
  - Attaining highest standard of kitchen cleaning and sanitation skills
  - Attaining all skills involved in cutting and cooking
  - Achieving food decoration ,garnishing, presentational skills
  - Usage of kitchen tools and equipment
  - Acquiring buffet placement and cleaning techniques

Skills learns for

- Hot and cold preparation
- Record keeping
- Stock and storage
- Kitchen closing
- Report defects
- Soups,sauces,stock preparation
- Covering and labeling food

- **Job opportunities**

Hospitality industry, cooking institutes, training centers, entrepreneurship,catering industry

- **Trainee entry level**

Matric (S.S.C)

- **Minimum qualification of trainer**

BS Relevant field (Food technology, Culinary art)  
2 years field experience

- **Medium of Instruction**

Urdu and English

- **Sequence of the modules**

Module4-module5- module 6-module7-module 1-module2-module3- module8-  
module9

- **Timeframe of assessment**

4 weeks

## 2. Overview about the program Curriculum for (PROFESSIONAL COOK)

Module Title and Aim	Learning Units	Theory <sup>1</sup> Days/hours	Workplace <sup>2</sup> Days/hours	Timeframe of modules
<p>Module 1: Kitchen preparation</p> <p>Aim: This module will impart the Knowledge and skills of basic start up settings for cooking</p>	<p>LU1-Work place cleaning</p> <p>LU2 - Work table setting</p> <p>LU3 - Checking and start up activities</p>	<p>6 hrs</p> <p>6 hrs</p> <p>6 hrs</p>	<p>24 hrs</p> <p>24 hrs</p> <p>18 hrs</p>	<p>Module 4,5,6,7 before module 1</p>
<p>Module 2: Mis en place</p> <p>Aim: This module will enable the trainees to have skills of stock checking,Preparation , selection, cutting and pre-cooking.</p>	<p>LU1- Par stock checking</p> <p>LU2- Soups, stocks and sauces preparation</p> <p>LU-3Vegetable and meat selection</p> <p>LU4- Vegetable and meat cutting</p> <p>LU5- Pre cooking</p>	<p>6 hrs</p> <p>6 hrs</p> <p>4 hrs</p> <p>6hrs</p> <p>6 hrs</p>	<p>24 hrs</p> <p>40 hrs</p> <p>20 hrs</p> <p>32 hrs</p> <p>40 hrs</p>	<p>Module 1 before module 2</p>
<p>Module 3 Basic cooking</p> <p>Aim: Trainees will attain the comprehensive knowledge and professional skills of basic cooking preparations.</p>	<p>LU1- Cooking methods</p> <p>LU2- Side dishes preparation</p> <p>LU3- Garnish preparation</p> <p>LU4- Basic salad preparation</p>	<p>8 hrs</p> <p>8 hrs</p> <p>4 hrs</p> <p>6 hrs</p>	<p>40 hrs</p> <p>40 hrs</p> <p>24 hrs</p> <p>24 hrs</p>	<p>Module 1 &amp; 2 before module 3</p>
<p>Module 4 Cleanliness and Hygiene</p>	<p>LU1- Personal hygiene</p>	<p>6 hrs</p>	<p>14 hrs</p>	

<sup>1</sup> Learning hours in training provider premises

<sup>2</sup> Training workshop, laboratory and on-the-job workplace

<p>Aim: This module will impart the complete knowledge of hygiene and enable trainees to perform hygienic practices according to HACCP rules.</p>	<p>LU2- Work place hygiene</p> <p>LU3- Food hygiene</p> <p>LU4- HACCP Rules</p>	<p>6 hrs</p> <p>6 hrs</p> <p>6 hrs</p>	<p>14 hrs</p> <p>14 hrs</p> <p>8 hrs</p>	<p>Independent</p>
<p>Module 5 Storage and Stock</p> <p>Aim: This module will enable the students to have the all skills related to food stuff stock and storage.</p>	<p>LU1- Setting of food stuff in fridge</p> <p>LU2- Stock rotation</p> <p>LU3- Labeling of food</p> <p>LU4- Covering of food stuff</p> <p>LU5- Damages of food stuff</p>	<p>2 hrs</p> <p>4 hrs</p> <p>4 hrs</p> <p>2 hrs</p> <p>4 hrs</p>	<p>18 hrs</p> <p>18 hrs</p> <p>18 hrs</p> <p>24 hrs</p> <p>18 hrs</p>	<p>Independent</p>
<p>Module 6 Record Keeping</p> <p>Aim: This module will impart the comprehensive knowledge and skills of record maintenance.</p>	<p>LU1- Temperature record keeping</p> <p>LU2- Spoilage record keeping</p> <p>LU3- Maintenance of record</p>	<p>8 hrs</p> <p>8 hrs</p> <p>8 hrs</p>	<p>2 hrs</p> <p>2 hrs</p> <p>2 hrs</p>	<p>Independent</p>
<p>Module 7 Report Defects</p> <p>Aim: This module will prepare the trainee about how to report different defects.</p>	<p>LU1- Equipment fault report</p> <p>LU2- Breakage report</p> <p>LU3- Spoilage report</p> <p>LU4- Food complain report</p> <p>LU5- Staff shortage/sickness report</p>	<p>2 hrs</p> <p>2 hrs</p> <p>2 hrs</p> <p>2 hrs</p> <p>2 hrs</p>	<p>8 hrs</p> <p>8 hrs</p> <p>10 hrs</p> <p>8 hrs</p> <p>6 hrs</p>	<p>Independent</p>
<p>Module 8 Buffet placement and Clearance</p> <p>Aim: This module will impart all</p>	<p>LU1- Cleanliness of inserts</p> <p>LU2- Food placement in inserts</p>	<p>2 hrs</p> <p>2 hrs</p>	<p>18 hrs</p> <p>18 hrs</p>	<p>Independent</p>

skills for buffet placement and clearance.	LU3- Food presentation skills	2 hrs	24 hrs		
	LU4- Refilling and clearing of buffet	2 hrs	20 hrs		
<p>Module 9 Kitchen Closing</p> <p>Aim: This module will impart the knowledge of kitchen closing and prepare the trainee to perform all kitchen closing tasks.</p>	LU1- Clearance of food	2 hrs	10 hrs	Independent	
	LU2- Switching off functions	2 hrs	4 hrs		
	LU3- Checking the temperatures	2 hrs	4 hrs		

### 3. PROFESSIONAL COOK Curriculum Contents ( Teaching and Learning Guide)

#### Module 1: Title: KITCHEN PREPARATION

##### Objective of the Module:

Prepare trainees with the fair concept of work surface cleaning as well as make them achieve the skills of work table setting, surface cleaning and use of relevant utensils and tools.

Duration: 84 hours

Theory: 18 hours

Practice: 66 hours

Learning Unit	Learning Outcomes	Learning Elements	Duration	Materials Required	Learning Place
LU1- Work surface cleaning	LO1- Understand the concept of surface cleaning  LO2-Be able to apply safe cleaning agents in allowable limit.	<b>Knowledge of;</b> Basic cleaning methods, importance of cleaning, role of cleaning in a food environment ,safe cleaning agents/sanitizers  <b>Ability to;</b> Apply cleaning methods, check and ensure the cleaning.	Th-6 hrs Pr-24 hrs	Cleaning agents, cleaning cloths, personal protection items, stationary items	Kitchen & Class room
LU2- Work table setting	LO1- Check the specification of the tasks  LO2-Set the work table according to the tasks	<b>Knowledge of;</b> Tools and utensils used in kitchen, daily schedule, staff position  <b>Ability to;</b> organize the work table, ability to hygienic handling of tools	Th-6 hrs Pr-24 hrs	Tools used in cooking, work table, personal protection items, stationary items	Kitchen& Class room
LU3- Checking and start up activities	LO1- Be able to check and perform all compulsory tasks for further proceedings.	<b>Knowledge of;</b> Cook role in start up activities, kitchen sections,switching on functions  <b>Ability to;</b> Perform all switching on functions, plan for food production	Th-6 hrs Pr-18 hrs	Stationary items	Kitchen+class room  Visit of a work place during start up activities to clear the vision.



## Module 2: Title: MIS EN PLACE

Objective of the Module:

Prepare the trainees to Re-organizes refrigerators, re-stocks used items up to par, re-organize section for next meal period.

Duration: 184hours

Theory: 28 hours

Practice: 156 hours

Learning Unit	Learning Outcomes	Learning Elements	Duration	Materials Required	Learning Place
LU1- Par stock checking	LO1- Familiarize the importance of par stock.  LO2- Ensure the availability of all items in time.	<b>Knowledge of;</b> Par items, stocking issues  <b>Ability to;</b> Re stock par, preparation for next meal period, make availability of items in time	Th-6 hrs Pr-24 hrs	Stationary items	Par stock section of work place+ class room  industrial visit
LU2- Soups, stocks and sauces preparation	LO1- Prepare the mention items according to the established standards.  LO2- Minimize wastage and optimize leftovers.	<b>Knowledge of;</b> Standard recipes, recipe yield, recipe balance recipe cost calculation, quality factors in soups, stocks and sauces.  <b>Ability to;</b> Mixing ingredients, stirring, beating, blending Preparing clear soups, preparing thickened soups.	Th-6 hrs Pr-40 hrs	Raw material to prepare soups, stocks and sauces, stationary items	Kitchen & class room
LU3- Vegetable and meat selection	.LO1- Make sure the selection of quality items.	<b>Knowledge of;</b> Quality issues related to food commodities while purchasing, basic composition of these commodities.  <b>Ability to;</b> Identify and select vegetable and meat,	Th-4 hrs Pr-20 hrs	Vegetable and meat of various qualities, stationary items	Market, work place reception area for vegetable and meat & class room
LU4- Vegetable and meat	LO1- Understand the concept	<b>Knowledge of;</b> Basic skills for cutting vegetable and meat,	Th-6 hrs Pr-32 hrs	Vegetable,meat ,cutting boards, knives of	Kitchen Cutting section &

cutting	of portion control  LO2- Be able to cut according to the set standards.	knife essentials  <b>Ability to;</b> Use cutting boards, handle tools /equipment safely, apply knife techniques,carve,de bone,chop,slice,dice, shred,basic cuts of vegetables, portioning cuts,girnd meat		various types slicer, shredder	class room
LU5- Pre cooking	LO1- Be able to take responsibility of all necessary pre cooking ordered by superiors	<b>Knowledge of;</b> Washing, rinsing ,blanching, measuring and conversions  <b>Ability to;</b> Perform Mixing, stirring, whisking ,whipping, beating ,folding, blending	Th-6 hrs Pr-40 hrs	Different food items and tools used in cooking, stationary items	Kitchen & class room

### Module 3: Title: BASIC COOKING

Objective of the Module:

Trainees will attain the comprehensive knowledge and professional skills of basic cooking preparations

Duration: 154 hours

Theory: 26 hours

Practice: 128 hours

Learnin g Unit	Learning Outcomes	Learning Elements	Duration	Materials Required	Learnin g Place
LU1- Cooking methods	LO1- Be able to identify the basic cooking methods.  LO2- Be able to execute these methods.	<b>Knowledge of;</b> Cooking techniques, degree of doneness in meat, poultry, egg and vegetables  <b>Ability to;</b> Cookery egg, grilling and broiling ,roasting ,sautéing, stir frying, deep frying, braising and	Th-8 hrs Pr-40 hrs	All kitchen Equipment /tools	Kitchen & class room

		stewing, steaming, poaching, simmering, double boiling, par boiling			
LU2- Side dishes preparation	<p>LO1- Prepare orders according to established standards.</p> <p>LO2- Show Responsibility for all work orders</p>	<p><b>Knowledge of;</b> Important /basic side dishes</p> <p><b>Ability to;</b> Cold preparations, hot preparations, preparation of hot and cold beverages</p>	Th-8 hrs Pr-40 hrs	Fruits,vegetables,meat, eggs, cereals	Kitchen + Class room
LU3- Garnish preparation	<p>LO1- Understand the importance of garnishing</p> <p>LO2- Be able to prepare professional garnishing</p>	<p><b>Knowledge of;</b> Presentation styles of different food materials, importance of decorating food</p> <p><b>Ability to;</b> Use simple items for decoration and garnishing, minimize the effect of garnishing on cost of food, apply appealing styles to garnish., prepare garnish hygienically</p>	Th-4 hrs Pr-24 hrs	Raw material for garnishing	Kitchen + Class room
LU4- Basic salad preparation	<p>LO1- Be able to utilize knife skills professionally</p> <p>LO2- Be able to handle multiple task simultaneously</p> <p>LO3- Be able to perform cleaning and slicing techniques</p>	<p><b>Knowledge of;</b> Knife essentials, different combinations for salad, work surface cleaning, personal hygiene</p> <p><b>Ability to;</b> Use cutting boards,slice,chop,dice and shred, apply basic cuts of vegetables, apply measuring and conversions</p>	Th-6 hrs Pr-24 hrs	Raw material for salad	Kitchen & Class room

#### Module 4: Title: CLEANLINESS AND HYGEINE

Objective of the Module:

This module will impart the complete knowledge of hygiene and enable trainees to perform hygienic practices according to HACCP rules.

Duration: 74 hours

Theory: 24 hours

Practice: 50 hours

Learning Unit	Learning Outcomes	Learning Elements	Duration	Materials Required	Learning Place
LU1- Personal hygiene	LO1- Be able to practice healthy hygienic habits  LO2- Willing to enhance the healthy habits	<b>Knowledge of;</b> Effective hand washing, parts of human body that harbor germs, kitchen uniform, importance of protective clothing, reporting illness. <b>Ability to;</b> Self Implement and enforce all hygienic habits, recognize problem caused by personal habits, enforce protective clothing	Th-6 hrs Pr-14 hrs	Self protecting items	Activity area & class room
LU2- Work place hygiene	LO1- Be able to identify the unhygienic conditions  LO2- Be able to follow the good manufacturing practices(GMP)	<b>Knowledge of;</b> Air contaminants, chemical hazards, biological hazards, physical hazards, safe and hygienic workplace systems  <b>Ability to;</b> Regular maintenance checks to make hygienic practices going on.	Th-6 hrs Pr-14 hrs	Material for cleaning., stationary items	Work Place & class room
LU3- Food hygiene	.LO1- Be able to regularize good manufacturing	<b>Knowledge of;</b> Unhygienic conditions, importance of	Th-6 hrs Pr-18 hrs	Stationary items	Kitchen+ Class room

	practices  LO2- Be able to identify the unhygienic conditions for food	food hygiene  <b>Ability to;</b> Ensure the food is safe for human consumption, hygienic handling of food			
LU4- HACCP rules	LO1- Be able to identify CCPs in his work area.  LO2-Be able to resolve the identified points with personal attitude	<b>Knowledge of;</b> Seven basic principles of HACCP.  <b>Ability to;</b> Identify the requirements for effective control of food safety, identification of critical control point.	Th-6 hrs Pr-8 hrs	Stationary items	Class room & Work area

### Module 5: Title: STORAGE AND STOCK

Objective of the Module:

This module will enable the students to have skills related to food stuff stock and storage.

Duration: 112 hours

Theory: 16 hours

Practice: 96 hours

Learning Unit	Learning Outcomes	Learning Elements	Duration	Materials Required	Learning Place
LU1- Setting of stock in fridge	LO1- Organize refrigerator  LO2- Differentiate between sensitivity of food commodities	<b>Knowledge of;</b> FIFO principles and importance, types of storage  <b>Ability to;</b> Enhance the easy approach to required item, make the easy identification	Th-2 hrs Pr-18 hrs	Stationary items and food stuff	Work place & Class room
LU2- Stock rotation	LO1- Understand the rule of FIFO  LO2- Able to apply the FIFO	<b>Knowledge of;</b> FIFO principles  <b>Ability to;</b> Minimize wastage	Th-4 hrs Pr-18 hrs	Stationary items and food stuff	Work Place + Class room

LU3- Labeling of food	.LO1- Perform the labeling of all food stuff as recommended	<b>Knowledge of;</b> Labeling rules, labeling techniques  <b>Ability to;</b> Make food identified by every concern, write clearly	Th-4 hrs Pr-18 hrs	Labeling material and stationary items	Class room & kitchen
LU4- Covering of food stuff	LO1- Be able to apply the all covering techniques professionally	<b>Knowledge of;</b> Covering materials, covering techniques, importance of covering, cross contamination  <b>Ability to;</b> Cover all food stuff as per standards, use of appropriate packaging materials.	Th-2 hrs Pr-24 hrs	Packaging material	Kitchen & Class room
LU5- Damages of food stuff	LO1- Understand the basic principles of food microbiology  LO2- Be able to identify and handle food damages.	<b>Knowledge of;</b> Potentially hazardous food, food contamination and damages  <b>Ability to;</b> minimize food damages, take preventive measures	Th-4 hrs Pr-18 hrs		Kitchen, storage area & class room

### Module 6: Title: RECORD KEEPING

Objective of the Module:

This module will impart the comprehensive knowledge and skills of record maintenance

Duration: 30 hours

Theory: 24 hours

Practice: 6 hours

Learning Unit	Learning Outcomes	Learning Elements	Duration	Materials Required	Learning Place
LU1- Temperature record	LO1- Understand the importance of	<b>Knowledge of;</b> Temperature	Th-8 hrs Pr-2 hrs	Tools to check temperature	Kitchen, work area & class Room

keeping	temperature record in its work area  LO2- Able to apply appropriate tools /forms /methods to record temperature accordingly	danger zone for all food commodities, set procedures of record keeping  <b>Ability to;</b> Keep record as set procedures		and stationary items	
LU2- Spoilage record keeping	LO1- Identify the different ways of spoilage.  LO2- Able to record spoilage on set forms/standards	<b>Knowledge of;</b> Record keeping and its importance  <b>Ability to;</b> Record food spoilage as per set procedures	Th-8 hrs Pr-2 hrs	Stationary material	Kitchen & class room
LU3- Maintenance of record	.LO1- Understand importance and use of record keeping  LO2- Able to file and communicate the record.	<b>Knowledge of;</b> Record keeping and its importance  <b>Ability to;</b> Maintain record as it will be easily available if required.	Th-8 hrs Pr-2 hrs	Stationary items	Class room

### Module 7: Title: REPORT DEFECTS

Objective of the Module:

This module will prepare the trainee about how to report different defects.

Duration: 50 hours

Theory: 10 hours

Practice: 40 hours

Learning Unit	Learning Outcomes	Learning Elements	Duration	Materials Required	Learning Place
LU1- Equipment fault report	LO1- Able to recognize the fault and report it as recommended	<b>Knowledge of;</b> Major possible faults in available equipment in work area.	Th-2 hrs Pr-8 hrs	All kitchen Equipment ,stationary material	Kitchen, class Room

		<p><b>Ability to;</b> Report on time and in effective manner using set method of communication, Read and write the report in official language</p>			
LU2- Breakage report	LO1- Able to report any kind of breakage on time	<p><b>Knowledge of;</b> Possible brakage,set standards, set method of communication</p> <p><b>Ability to;</b> Communicate breakage in time in set manner ,cope with any deficiency, able to read and write in official language.</p>	Th-2hrs Pr-8 hrs	Stationary items.	Work Place
LU3- Spoilage report	LO1- Able to write spoilage report professionally	<p><b>Knowledge of;</b> Food spoilage, factors control the food spoilage</p> <p><b>Ability to;</b> Recognize the spoilage ,report to the concerns effectively, read and write in official language</p>	Th-2 hrs Pr-10 hrs		Class room
LU4-Food complaint report	.LO1- Understand the importance of food complaint report  LO2- Able to identify the reason and report it.	<p><b>Knowledge of;</b> Set customer satisfaction standards of food, types of food complains and resolving procedures</p> <p><b>Ability to;</b> Handle customer for any complaint, communicate to concerns,</p>	Th-2 hrs Pr-8 hrs	Stationary items	Work Place & Class room



		minimize repetition of complaint, read and write in official language.			
LU5- Staff shortage/sickness report	LO1- Able to report the staff situation in his area of work  LO2- Able to Handle in case of any emergency	<b>Knowledge of;</b> How to write a sickness /shortage report.  <b>Ability to;</b> Write report in official language, handle the shortage of staff in case of emergency	Th-2 hrs Pr-6 hrs	Stationary items	Class room

**Module 8: Title: BUFFET PLACEMENT AND CLEARANCE**

Objective of the Module:

This module will impart all skills for buffet placement and clearance.

Duration: 88 hours

Theory: 8 hours

Practice: 80 hours

Learning Unit	Learning Outcomes	Learning Elements	Duration	Materials Required	Learning Place
LU1- Cleanliness of inserts	LO1- Able to use established procedures to clean the inserts.	<b>Knowledge of;</b> Standard Cleanliness procedures, cleaning agents, types of sanitizers.  <b>Ability to;</b> Perform cleaning procedures.	Th-2 hrs Pr-18 hrs	Cleaning material	Work place
LU2- Food placement in inserts	LO1- Insert food for easy access.  LO2- Watch the temperature of food.	<b>Knowledge of;</b> Placement methods  <b>Ability to;</b> Place food for the convenience of customer, perform the procedures for required holding temperature	Th-2 hrs Pr-18 hrs		Work Place

LU3- Food presentational skills	LO1- Understand the methods to add visual appeal	<b>Knowledge of;</b> Presentation styles of different food materials, cold buffet garnishing and decoration  <b>Ability to;</b> Present food in different styles, use simple items for decoration, cold buffet garnishing and decoration	Th-2 hrs Pr-24 hrs	Material for decorating food	Kitchen & Class room
LU4- Refilling and clearing of buffet	LO1- Performs refilling and cleaning tasks as per set standards.	<b>Knowledge of;</b> Refilling and clearing importance in buffet setup.  <b>Ability to;</b> Refill as set standadrs, cleaning left overs, cleaning inserts, cleaning buffet table	Th-2 hrs Pr-20 hrs		Work place

### Module 9: Title: KITCHEN CLOSING

Objective of the Module:

This module will impart the knowledge of kitchen closing and prepare the trainee to perform all kitchen closing tasks.

Duration: 24 hours  
hours

Theory: 06 hours

Practice: 18

Learning Unit	Learning Outcomes	Learning Elements	Duration	Materials Required	Learning Place
LU1- Clearance of food	LO1- Be able to clean work area for next day	<b>Knowledge of;</b> Sanitization procedures.  <b>Ability to;</b> Cover products properly and put in their correct storage areas, Make sure all kitchen preparation lists have been	Th-2 hrs Pr-10hrs		kitchen

		completed prior to staff leaving, Make sure all server stations have been re-stocked and cleaned.			
LU2- Switching off functions	LO1- Make sure all equipment has been shut down	<p><b>Knowledge of;</b> All established protocols in this domain.</p> <p><b>Ability to;</b> Shut down equipment and clean at their proper times as per check list.</p>	Th-2hrs Pr-4hrs	.	kitchen
LU3- Checking the temperatures	LO1- Make sure the correct storage temperatures	<p><b>Knowledge of;</b> Recommended temperature range for different commodities, effect of temperature fluctuation on quality of food</p> <p><b>Ability to;</b> Use thermometer and other tools to check temperature</p>	Th-2hrs Pr-4hrs		kitchen

## 2. Assessment Template(PROFESSIONAL COOK)

### Module 1 (KITCHEN PREPARATION)

Learning Units	Theory Days/hours	Workplace Days/hours	Recommended formative assessment	Recommended Methodology	Scheduled Dates
LU1-work place cleaning	6 hrs	24 hrs	<p>1. Describe the Basic cleaning methods, importance of cleaning, role of cleaning in a food environment ,safe cleaning agents/sanitizers.</p> <p>2. Demonstrate the application of cleaning methods.</p> <p>3. Demonstrate the checking and ensuring the cleaning process.</p>	-short Q/A -Direct observation	
LU2-work table setting	6 hrs	24 hrs	<p>1. Identify the Tools and utensils used in kitchen, daily schedule, staff position.</p> <p>2. Demonstrate the organization of work table.</p> <p>3. Demonstrate the hygienic handling of tools</p>	-short Q/A -Direct observation	
LU3-checking and start up activities	6 hrs	18 hrs	<p>1. Describe the Cooks role in start up activities, kitchen sections ,switching on functions</p> <p>2. Demonstrate the all switching on functions.</p> <p>3. Demonstrate the plan for food production</p>	-short Q/A -Direct observation	

Module 2 (MIS- EN-PLACE)

Learning Units	Theory Days/hours	Workplace Days/hours	Recommended formative assessment	Recommended Methodology	Scheduled Dates
LU1-par stock checking	6 hrs	24 hrs	<ol style="list-style-type: none"> <li>1. Identify the Par items, stocking issues.</li> <li>2. Demonstrate the Re stock par.</li> <li>3. Demonstrate the preparation for next meal period.</li> <li>4. Illustrate how to make availability of items on time</li> </ol>	<ul style="list-style-type: none"> <li>-short Q/A</li> <li>-Direct observation</li> </ul>	
LU2-soups,stocks and sauces preparation	6 hrs	40 hrs	<ol style="list-style-type: none"> <li>1. Define the Standard recipes, recipe yield, and recipe balance recipe cost calculation, quality factors in soups, stocks and sauces.</li> <li>2. Demonstrate the Mixing ingredients, stirring, beating, blending.</li> <li>3. Demonstrate the Preparation of clear soups, and thickened soups.</li> </ol>	<ul style="list-style-type: none"> <li>-short Q/A</li> <li>-Direct observation</li> </ul>	
LU3-vegetable and meat selection	4 hrs	20 hrs	<ol style="list-style-type: none"> <li>1. Identify the Quality issues related to food commodities while purchasing.</li> <li>2. Demonstrate the basic composition of these commodities.</li> <li>3. Demonstrate the Identification and selection of vegetable and meat,</li> </ol>	<ul style="list-style-type: none"> <li>-short Q/A</li> <li>-Direct observation</li> </ul>	
LU4-vegetable and meat cutting	6 hrs	32 hrs	<ol style="list-style-type: none"> <li>1. Demonstrate the Basic skills for cutting vegetable and meat.</li> <li>2. Demonstrate the knife essentials.</li> <li>3. Demonstrate the Use of cutting boards.</li> </ol>	<ul style="list-style-type: none"> <li>-short Q/A</li> <li>-Direct observation</li> </ul>	

			<p>4. Demonstrate the handling of tools /equipment safely.</p> <p>5. demonstrate the knife techniques, carve, debone, chop, slice, dice, shred, basic cuts of vegetables, portioning cuts, ground meat</p>		
LU5-pre cooking	6 hrs	40 hrs	<p>1. Describe the process of Washing, rinsing, blanching.</p> <p>2. Demonstrate the measuring and conversions.</p> <p>3. Demonstrate the Mixing, stirring, whisking, whipping, beating, folding, blending etc processes.</p>	<p>-short Q/A</p> <p>-Direct observation</p>	

### Module 3 (BASIC COOKING)

Learning Units	Theory Days/hours	Workplace Days/hours	Recommended formative assessment	Recommended Methodology	Scheduled Dates
LU1-cooking methods	8	40	<p>1. Describe the Cooking techniques, degree of doneness in meat, poultry and egg.</p> <p>2. Demonstrate the Cookery egg, grilling and broiling, roasting, sautéing, stir frying, deep frying, braising and stewing, steaming, poaching, simmering, double boiling, par boiling</p>	<p>-short Q/A</p> <p>-Direct observation</p>	

LU2- side dishes preparation	8	40	<ol style="list-style-type: none"> <li>1. Identify the Important/ basic side dishes.</li> <li>2. Demonstrate the Cold preparations, hot preparations.</li> <li>3. Demonstrate the preparation of hot and cold beverages</li> </ol>	-short Q/A -Direct observation	
LU3- garnish preparation	4	24	<ol style="list-style-type: none"> <li>1. Demonstrate the Presentation styles of different food materials.</li> <li>2. Describe the importance of decorating food.</li> <li>3. Demonstrate the Use of simple items for decoration and garnishing.</li> <li>4. Illustrate to minimize the effect of garnishing on cost of food.</li> <li>5. Demonstrate the appealing styles to garnish.</li> <li>6. Demonstrate to prepare garnish hygienically</li> </ol>	-short Q/A -Direct observation	
LU4- basic salad preparation	6	24	<ol style="list-style-type: none"> <li>1. Identify the Knife essentials</li> <li>2. Describe the different combinations for salad.</li> <li>3. Demonstrate the work surface</li> </ol>	-short Q/A -Direct observation	

			<p>cleaning procedures.</p> <p>4. Describe the importance of personal hygiene.</p> <p>5. Demonstrate the Use of cutting boards,slice,chop , dice and shred.</p> <p>6. Demonstrate the basic cuts of vegetables.</p> <p>7. Demonstrate the measuring and conversions</p>		
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Module 4 (CLEANLINESS AND HYGIENE)

<b>Learning Units</b>	<b>Theory Days/hours</b>	<b>Workplace Days/hours</b>	<b>Recommended formative assessment</b>	<b>Recommended Methodology</b>	<b>Scheduled Dates</b>
LU1- personal hygiene	6	14	<p>1. Demonstrate the Effective hand washing, parts of human body that harbor germs.</p> <p>2. Describe the importance of protective clothing.</p> <p>3. Describe how to report illness.</p> <p>4. Identify the hygienic habits.</p> <p>5. Identify the problem caused by personal habits.</p>	<p>-short Q/A</p> <p>-Direct observation</p>	



LU2-work place hygiene	6	14	<p>1. Identify the Air contaminants, chemical hazards, biological hazards, physical hazards, safe and hygienic workplace systems.</p> <p>2. Demonstrate the Regular maintenance checks to make hygienic practices going on.</p>	<p>-short Q/A -Direct observation</p>	
LU3-food hygiene	6	18	<p>1. Identify the Unhygienic conditions with respect to food</p> <p>2. State the importance of food hygiene.</p> <p>3. Demonstrate the Hygienic handling of food.</p>	<p>-short Q/A -Direct observation</p>	
LU4-HACCP Rules	6	8	<p>1. Describe the Seven basic principles of HACCP.</p> <p>2. Identify the requirements for effective control of food safety.</p> <p>3. Identification of critical control point.</p> <p>4. State the establishment of critical control limits, monitoring of CCPs.</p> <p>5. Establish the corrective action, regularization.</p>	<p>-short Q/A -Direct observation</p>	

Module 5 (STORAGE AND STOCK)

Learning Units	Theory Days/hours	Workplace Days/hours	Recommended formative assessment	Recommended Methodology	Scheduled Dates
LU1- setting of stock in fridge	2	18	<p>1.State the FIFO principles and importance, types of storage</p> <p>2. Illustrate the easy approach to required item.</p> <p>3. Demonstrate the easy identification</p>	<p>-short Q/A</p> <p>-Direct observation</p>	
LU2-stock rotation	4	18	<p>1.State the FIFO principles</p> <p>2. Describe the ways to Minimize wastage</p>	<p>-short Q/A</p> <p>-Direct observation</p>	
LU3- labelling of food	4	18	<p>1. Describe the Labeling rules, labeling techniques.</p> <p>2. Demonstrate the labeling of food for easy identification</p>	<p>-short Q/A</p> <p>-Direct observation</p>	
LU4- covering of food stuff	2	24	<p>1.Describe the Covering materials, covering techniques, importance of covering, cross contamination.</p> <p>2.demonstrate the different covering techniques</p>	<p>-short Q/A</p> <p>-Direct observation</p>	
LU5- damages of food stuff	4	18	<p>1.Identify Potentially hazardous food, food contamination and damages</p>	<p>-short Q/A</p> <p>-Direct observation</p>	

			2. Describe how to minimize food damages and take preventive measures		
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Module 6 (RECORD KEEPING)

Learning Units	Theory Days/hours	Workplace Days/hours	Recommended formative assessment	Recommended Methodology	Scheduled Dates
LU1- temperature record keeping	8 hrs	2 hrs	1. Demonstrate the Temperature danger zone for all food commodities.  2. Describe the set procedures of record keeping	-short Q/A -Direct observation	
LU2- spoilage record keeping	8 hrs	2 hrs	1. Describe the Record keeping and its importance  2. State how to record food spoilage as per set procedures	-short Q/A -Direct observation	
LU3- maintenance of record	8 hrs	2 hrs	1. Describe the Record keeping and its importance  2. State how to Maintain record as it will be easily available if required.	-short Q/A -Direct observation	

Module 7 (REPORT DEFECTS)

Learning Units	Theory Days/hours	Workplace Days/hours	Recommended formative assessment	Recommended Methodology	Scheduled Dates
LU1- equipment fault report	2 hrs	8 hrs	1. Describe the Major possible faults in available	-short Q/A -Direct observation	

			<p>equipment in work area.</p> <p>2. State how to Report on time and in effective manner using set method of communication.</p> <p>3. Describe how to Read and write the report in official language</p>		
LU2-breakage report	2 hrs	8 hrs	<p>1. Describe the Possible breakage, set standards, set method of communication</p>	<p>-short Q/A -Direct observation</p>	
LU3-spoilage report	2 hrs	10 hrs	<p>1. Describe the Food spoilage, factors control the food spoilage</p> <p>2. Identify how to recognize the spoilage</p> <p>3. State how to report effectively</p> <p>4. Illustrate how to read and write in official language</p>	<p>-short Q/A -Direct observation</p>	
LU4-food complain report	2 hrs	8 hrs	<p>1. Describe the Set customer satisfaction standards of food</p> <p>2. Demonstrate the types of food complains and resolving procedures</p>	<p>-short Q/A -Direct observation</p>	
LU5-staff shortage/sickness report	2 hrs	6 hrs	<p>1. Describe how to write a sickness /shortage report.</p>	<p>-short Q/A -Direct observation</p>	

Module 8 (BUFFET PLACEMENT AND CLEARANCE)

Learning Units	Theory Days/hours	Workplace Days/hours	Recommended formative assessment	Recommended Methodology	Scheduled Dates
LU1- cleanliness of inserts	2 hrs	18 hrs	1. Describe the Standard Cleanliness procedures, cleaning agents, types of sanitizers.  2. Demonstrate the cleaning procedures.	-short Q/A -Direct observation	
LU2-food placement in inserts	2 hrs	18 hrs	1. Describe the Placement methods  2. Demonstrate the Placement in inserts.	-short Q/A -Direct observation	
LU3-food presentation skills	2 hrs	24 hrs	1. Describe the Presentation styles of different food materials, cold buffet garnishing and decoration  2. Demonstrate the some common presentation styles	-short Q/A -Direct observation	
LU4-refilling and clearing of buffet	2 hrs	20 hrs	1. Describe the Refilling and clearing importance in buffet setup.  2. Demonstrate the refilling as set standards 3. Demonstrate the cleaning left overs, cleaning inserts, cleaning buffet table	-short Q/A -Direct observation	

Module 9 (KITCHEN CLOSING)

Learning Units	Theory Days/hours	Workplace Days/hours	Recommended formative assessment	Recommended Methodology	Scheduled Dates
LU1- clearance of food	2 hrs	10 hrs	1. Describe the Sanitization procedures.  2. Illustrate how to cover products properly and put in their correct storage areas	-short Q/A -Direct observation	
LU2- switching off functions	2 hrs	4 hrs	1. Describe all the established protocols in this domain.  2. Demonstrate the shut down of equipment	-short Q/A -Direct observation	
LU3- checking the temperatures	2 hrs	4 hrs	1. Describe the recommended temperature range for different commodities, effect of temperature fluctuation on quality of food.  2. Demonstrate the Use of thermometer and other tools to check temperature.	-short Q/A -Direct observation	

**Supportive notes for all modules**

- Assessment context
  - Critical aspects
- Industrial (hotel) visit are the core part of this curriculum  
- Experts from industry should be involved during training for sharing experience

- Assessment condition
  - At the time of assessment instructor of the course and a person from industry must be involved
- Resources required for assessment
  - Professional kitchen with all mentioned accessories

### 3. List of Tools, Machinery & Equipment(25 students)

<b>Name of Trade</b>	<b>Professional Cook</b>
<b>Duration</b>	<b>6 Months</b>

Sr. No.	Name of Item/ Equipment / Tools	Qty.
1-	Refrigerator with freezer approx.240 liter refrigerator and 70 liter freezer	01
2-	Microwave oven(push button control ,power control)complete with operation and service manual.	01
3-	Food mixer approx 4.5 liter bowl	01
4-	Gas oven(4 burners. stainless steel)	06
5-	Professional food processor,2 liter	02
6-	Electric slicer	03
7-	Measuring cups cylinder(10ml-2000ml)	06 sets
8-	Crockery set	2 sets
9-	Pressure cooker	6
10-	Cutlery set for 18 persons at least.	2 sets
11-	Knives set	6 sets
12-	Tray and cutlery trolley	6
13-	Crown cap opener	6
14-	Mincer	2
15-	Cutting boards	12
16-	Chopping boards	12
17-	General purpose tongs	12
18-	Mixing bowls	25
19-	Frying pans	25
20-	Glazing brush	12
21-	Baking oven	06
22-	Dustbins	25
23-	Sauce pans	25
24-	Cooking spoons	25
25-	Stainless steel strainer	12
26-	Ph meter digital	06
27-	Stirrer	06
28-	Thermometer	06
29-	Cooking pots	06
30-	Baskets	12
31-	Griller	01
32-	Steamer	02
33-	Scrubbing pads	25
34-	Mops and buckets	25



#### 4. List of Consumable Supplies

<b>Name of Trade</b>	<b>Professional Cook</b>
<b>Duration</b>	<b>6 months</b>

<b>Sr. No.</b>	<b>Name of Consumable Supplies</b>
1.	All vegetable
2.	All Meat
3.	All diary items
4.	All cereals
5.	All herbs and spices
6.	Oil and fat
7.	All packaging and labelling material
8.	Cleaning agents,dusters,cleaing cloths, garbage bags, tissue paper
9.	Personal protection items(caps,gloves,mouth mask,aprans)
10.	Stationary items