

CURRICULUM

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Technical School Leaving Certificate in Culinary Arts (Post SLC Intake)



**Council for Technical Education and Vocational Training
Curriculum Development Division**

Sanothimi, Bhaktapur

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1. Introduction:

This curriculum is designed to produce entry level Human Resources in the field of food production of hotel and catering industries equipped with knowledge, skills and attitude necessary for this level of technicians so as to meet the demand of such technicians in the country as well as aboard.

2. Aim:

The aim of this programme is to produce basic level workforce quipped with basic skills, knowledge and attitude in the art of cookery and will be able to work efficiently in the food production areas of hotels and catering establishments.

3. Objectives:

After completing this program, the students will be able:

1. To understand the hospitality communicative language required for food knowledge
2. To know hotel and catering industries
3. To understand the food commodities and their uses
4. To know the principle of continental cookery
5. To prepare continental dishes
6. To understand the food hygiene and safety
7. To describe the composition of food commodities and their nutrients
8. To prepare oriental dishes

4. Programme Description:

This course is based on the job required to be performed by a kitchen assistant at different level of hotel and catering industries in Nepal as well as aboard. This course intends to provide knowledge and skills of basic culinary arts. It especially focuses on the collecting of appropriate food commodities, storage, and preparation, cooking in the style of continental and oriental. It also deals with the food hygiene and safety issues while

handling food. Similarly, it imparts knowledge and skills on French terminologies in relation to cooking and computer application

5. Target group:

The target group for this training will be all the interested individuals of the country with academic qualification of minimum SLC pass.

6. Target location:

The target location of this training program will be all over Nepal.

7. Group size:

The group size of this training program will be not more than 40.

8. Entry criteria:

Individuals who meet the following criteria will be allowed to enter into this program:

- Should have passed SLC
- Should pass entrance examination administered by CTEVT
- Final selection will be made on the basis of merit list.
- Candidates should submit the following documents at the time of application
 - SLC pass certificate
 - Character certificate
 - Citizenship certificate (for the name, parents' name, age, date of birth and address verification purpose only)
- Special quota for different category of students will be as per the policy of CTEVT
- Preference will be given to female, Dalit, Janjati, Conflict affected people and Disadvantaged Groups (DAGs)

9. Medium of Instruction:

The medium of instruction will be in English and/or Nepali language.

10. Course Duration:

This course will be completed within 12 months / 52 weeks / 1560 hours. In addition, 3-months/ 480 hours on-the-job assignment should also be completed for issuing successful completion of the course.

11. Pattern of Attendance:

The students should have 80% attendance in theory classes and 90% in practical/ performance to be eligible for internal assessments and final examinations.

12. Teacher and Student Ratio:

- Overall ratio of teacher and student must be 1:10 (at the institution level).
- Teacher and students ratio for theory class should be as per nature of classroom
- Teacher and student ratio for practical should be 1:10
- Minimum 75% of the teachers must be fulltime.

13. Instructional Media and Materials:

The following instructional media and materials are suggested for the effective instruction, demonstration and practical.

- Printed Media Materials (Assignment sheets, Case studies, Handouts, Information sheets, Individual training packets, Procedure sheets, Performance Check lists, Textbooks etc.).
- Non-projected Media Materials (Display, Models, Photographs, Flip chart, Poster, Writing board etc.).
- Projected Media Materials (Opaque projections, Overhead transparencies, Slides etc.).
- Audio-Visual Materials (Audiotapes, Films, Slide-tape programs, Videodiscs, Videotapes etc.).
- Computer-Based Instructional Materials (Computer-based training, Interactive video etc.)
- Food commodities, kitchen tools and equipment

14. Teaching Learning Methodologies:

The methods of teaching for this curricular program will be a combination of several approaches. Such as Illustrated Lecture, Group Discussion, Demonstration, Simulation, Guided practice, Practical experiences, Fieldwork, Laboratory observation, Hospital visit, Report writing, Term paper presentation, Case analysis, Tutoring, Role-playing, Heuristic and Other Independent learning.

- Theory: Lecture, Discussion, Assignment, Group work.

- Practical: Demonstration, Observation and Self-practice.
- OJT

15. Evaluation Details:

1. Continuous evaluation of the students' performance is to be done by the related instructor/trainer to ensure the proficiency over each competency under each area of a subject specified in the curriculum.
2. Related technical knowledge learnt by students will be evaluated through written tests.
3. Students must score a minimum of 40% marks in theory test and 60% in practical test in all subjects.
4. There will be three internal assessments and one final examination in each subject. Moreover, the mode of an assessment and an examination will include both theory and practical or as per the nature of instruction as mentioned in the course structure.
5. Students should pass internal assessments both in theory and practical tests in all subjects.
6. The ratio between the theory and practical tests will be 20:80 in case of a practical nature subject.
7. Out of 100%, 50% weightage is allotted for the internal assessments and the remaining is allotted for the final examination
8. The on-the-job training has to be evaluated keeping 300 as full marks. The evaluation of the performance of the student is to be carried out by the three agencies; **the concerned institute, industry/organization where the student worked and the CTEVT** unless otherwise directed by office of the Controller of examinations /Technical Division of the CTEVT. Here also the student has to score 60% or above for successful completion of the course.

16. Grading System:

The grading system will be as follows:

| <u>Grading</u> | <u>Overall marks</u> |
|-----------------------|-----------------------------|
| Distinction | 80% or above |
| First division | 75% or above |
| Second division | 65% or above |
| Third division | Pass aggregate to below 65% |

17. Certificate Requirements:

The council for technical education and vocational training will award certificate in “**Technical School Leaving Certificate in Culinary Arts**” to those students who successfully complete the requirements as prescribed by the curriculum.

18. Career Path:

The graduate will be eligible for the position equivalent to Non-gazetted 2nd class/level 4 (technical) as kitchen assistant, III commi, and junior cook or as prescribed by the Public Service Commission.

Course Structure of TSLC in Culinary Arts

| S. N | Subjects | Nature | Hours / Week | Theory & Practical hours | | | Full Marks |
|--------------|------------------------------------|--------|--------------|--------------------------|-----------------------|-------------------|-------------|
| | | | | Total Theory Hours | Total Practical Hours | Grand Hours (T+P) | |
| 1. | Communicative English | T | 2 | 78 | | 78 | 50 |
| 2. | Elementary French | T | 2 | 78 | | 78 | 50 |
| 3. | Tourism and Hospitality Industries | T | 2 | 78 | | 78 | 50 |
| 4. | Principles of Cooking | T+P | 6 | 47 | 187 | 234 | 150 |
| 5. | Continental Cookery | T+P | 10 | 78 | 312 | 390 | 250 |
| 6. | Elementary Nutrition | T | 2 | 78 | | 78 | 50 |
| 7. | Food Science and Hygiene | T+P | 2 | 20 | 58 | 78 | 50 |
| 8. | Oriental Cookery I (Asean) | T+P | 6 | 40 | 194 | 234 | 150 |
| 9. | Oriental Cookery II (South Asian) | T+P | 6 | 40 | 194 | 234 | 150 |
| 10. | Computer Application | T+P | 2 | 20 | 58 | 78 | 50 |
| Total | | | 40 | 557 | 1003 | 1560 | 1000 |

On the Job Training

| Subject | Nature of Instruction | Duration (Hrs.) | Full marks |
|-----------------------------|-----------------------|-----------------|-------------|
| On -the -Job Training (OJT) | Practical | 480 | 300 |
| Grand total | | 2040 | 1300 |

T = Theory, P = Practical

Communicative English

Total: 78 hours

Theory: 78 hours

Practical: hours

Course description:

This course aims to impart basic communication knowledge and skill to speak and write. This course covers grammar in English language and conversational language so as to have better competency in writing, understanding a text and correct use of English in everyday life.

Course objectives

After the completion of this course the student will be able to:

1. Get familiar the students with the basic of writing using the correct form of tense and other aspects of English grammar.
2. Get more exposure to the language in practical life
3. Explore the potential in learning through literature and developing creativity.
4. Write independently.

| S. No | Task Statement | Related Technical Knowledge | Time (Hrs) | | |
|-------|--|--|------------|---|-----|
| | | | T | P | Tot |
| 1. | Identify the tense, auxiliary verbs, voices, and reported speech | <p>Tense aspects: general aspects of the present, past and future tense and their uses. Auxiliary verbs and the specific uses of the model auxiliary verbs.</p> <p>Voice: change of an active voice into passive.</p> <p>Reported speech: reporting sentences into indirect speech.</p> | 16 | | 16 |
| 2. | Identify the relative pronouns and clauses, hypothesizing, conditional clauses, infinitive, conjunctions | <p>Relative pronouns and relative clauses. Concord – Conditional clauses</p> <p>Infinitive: bare infinitive / to infinitive</p> <p>Use of preposition of at, on, in, by</p> <p>Use of conjunctions of contrast, reason and result, time and conditions</p> <p>Indirect questions</p> | 15 | | 15 |
| 3. | Identify the sequence of writing i. e. describing place and people, comprehension, note taking, summary writing, memo writing, story and essay writing | <p>Describing people and places Comprehension, note taking and summary writing</p> <p>Story / essay writing</p> <p>Writing a paragraph on events</p> | 15 | | 15 |
| 4. | Identify the conversational dialogue | <p>Conversational language: Making requests, asking for permission and offer, and giving suggestions/advice</p> <p>Dialogue writing</p> <p>Reply to the requests, permission and offer, telephone conversation</p> | 12 | | 12 |

| S. No | Task Statement | Related Technical Knowledge | Time (Hrs) | | |
|-------|-----------------------------|--|------------|---|-----------|
| | | | T | P | Tot |
| 5. | Identify the writing skills | -Letter to the editor on social issues -Letter of application for a job -Writing resume -Report writing -Process writing -Memo writing -Telephone conversation | 20 | | 20 |
| | | Total | 78 | | 78 |

Reference books

- Liz and John Soars, (2009). *New Headway* (Intermediate and Upper Intermediate) Oxford University Press.
- Wren & Martin (1990). *High School English Grammar and Composition*
- Hawkins, D.& Strangwick, R. (1990). *English for Further Education*, Orient Longman, Constance

Elementary French

Total: 78 hours

Theory: 78 hours

Practical: hours

Course description:

This course is designed to facilitate for basic reading, writing and speaking French as a foreign language and students will be able to introduce themselves, write simple words and make sentences, and also have knowledge on French culinary terminology related to catering and hotel industry.

Course objectives:

After the completion of the course the students will be able to:

1. Read the basic words
2. Write the simple sentences
3. Speak conversational language
4. Explain basic French culinary terminologies

| S. No | Task Statement | Related Technical Knowledge | Time (Hrs) | | |
|-------|--|--|------------|---|-----|
| | | | T | P | Tot |
| 1. | Explain importance of French language in catering and hotel industry | Know basic words related to catering and hotel industry | 1 | | 1 |
| 2. | Identify the French alphabets | Familiarization with the French alphabets | 2 | 2 | 4 |
| 3. | Identify the French accents and pronunciation | Familiarization with French accents and pronunciation | 2 | 2 | 4 |
| 4. | Identify the general greetings words | Familiarization with the general greetings words | 2 | 2 | 4 |
| 5. | Identify the numbers 1-1000 only | Familiarization with the numbers 1-1000 only | 3 | 3 | 6 |
| 6. | Identify the days and months | Familiarization with days and months | 2 | 2 | 4 |
| 7. | Identify the colours | Familiarization with colours | 1 | 1 | 2 |
| 8. | Identify the dates and time | Familiarization with dates and time | 3 | 3 | 6 |
| 9. | Identify the food and beverage commodities in French | Familiarization with food and beverage commodities in French | 5 | 5 | 10 |
| 10. | Identify the hotel menu and culinary terminologies | Familiarization with the hotel menu and culinary terminologies | 5 | 5 | 10 |
| 11. | Identify the avoir and etre verbs | Familiarization with the avoir and etre verbs | 3 | 3 | 6 |
| 12. | Identify the articles, definite and indefinite | Familiarization with the articles, definite and indefinite | 3 | 3 | 6 |

| S. No | Task Statement | Related Technical Knowledge | Time (Hrs) | | |
|-------|--|--|------------|-----------|------------|
| | | | T | P | Tot |
| 13. | Identify the subject pronouns | Familiarization with the subject pronouns | 3 | 3 | 6 |
| 14. | Identify the useful prepositions | Familiarization with the useful prepositions | 1 | 1 | 2 |
| 15. | Identify the conjugation of regular and few irregular verbs (Present tense) | Familiarization with the conjugation of regular and few irregular verbs (Present tense) | 2 | 2 | 4 |
| 16. | Identify the affirmative / negative / interrogative sentences (simple form) | Familiarization with the affirmative / negative / interrogative sentences (simple form) | 2 | 2 | 4 |
| 17. | Identify the past tense (passé composé) : avoir + past participle (regular verbs only) | Familiarization with the past tense (passé composé) : avoir + past participle (regular verbs only) | 2 | 2 | 4 |
| 18. | Identify the near future tense (futur proche) : aller + infinitive | Familiarization with the near future tense (futur proche) : aller + infinitif | 2 | 2 | 4 |
| 19. | Identify the basic hotel and restaurant conversation in French | Familiarization with the basic hotel and restaurant conversation in French | 2 | 2 | 4 |
| 20. | Identify the meats, poultry and fish cuts in French | Familiarization with the meats, poultry and fish cuts in French | 2 | 2 | 4 |
| 21. | Identify the vegetable and potatoes cuts in French | Familiarization with the vegetable and potatoes cuts in French | 2 | 2 | 4 |
| | | Total | 50 | 50 | 100 |

Reference books:

- Cassell & Collins, French and English Dictionary
- Bhattacharya, S. French for Hotel management and Tourism Industry
- Hugo, French in Three months
- Aryal, Bonjour French

Tourism and Hospitality Industries

Total: 78 hours

Theory: 78 hours

Practical: hours

Course description:

This course provides basic knowledge on tourism and hospitality industries. Tourism and hospitality industry is rapidly becoming one of the largest industries in the world. This course focuses on the nature of tourism and hospitality industries and their service sectors.

Course objectives

After the completion of this course, the student will be able to:

1. Define the tourism and explore the major concepts in tourism
2. Explain the nature of tourism, and characteristics and types of tourists
3. Discuss the evolution of tourism
4. Explain the tourism components
5. Explain the types of tourism
6. Describe the importance and impacts of tourism
7. Name the tourism organizations and explain their service nature
8. Explain historical background of hospitality industries
9. Explain the service nature of hospitality industry
10. Classify the hospitality industries
11. Know about different hospitality business and their segments
12. Explain the functions of different outlets of hotels

| S. No | Task Statement | Related Technical Knowledge | Time (Hrs) | | |
|-------|---|--|------------|---|-----|
| | | | T | P | Tot |
| 1. | Define the tourism | Definition of tourism Meaning of tourism Concept of tourism | 3 | | 3 |
| 2. | Explain the nature of tourism and characteristics of tourists and excursionists | Nature of tourism Definition of tourists Characteristics of tourists Characteristics of excursionists Types of tourists | 3 | | 3 |
| 3. | Describe the evolution and Development of tourism in Nepal | Evolution of tourism: -First phase -Second phase -Third phase -Development of Tourism in Nepal | 5 | | 5 |
| 4. | Explain the components of tourism Field Visit (any destination) | Components of tourism: -Accessibility -Attractions -Accommodations -Amenities | 8 | | 8 |
| 5. | Explain the types of tourism | Types of tourism: -Recreational tourism -Adventure tourism -Religious tourism -Historical tourism -Sports tourism -Cultural tourism -Business tourism -Other emerging types of tourism | 6 | | 6 |
| 6. | Discuss the importance of tourism | Importance of tourism | 5 | | 5 |

| S. No | Task Statement | Related Technical Knowledge | Time (Hrs) | | |
|-------|--|---|------------|---|-----|
| | | | T | P | Tot |
| | Describe the impacts of tourism | Impacts of tourism: -Positive impacts -Negative impacts | | | |
| 7. | Identify the tourism organizations Explain the service natures of tourism organizations | Tourism organizations: -Ministry of Tourism and Civil Aviation (MoTCA) -Nepal Tourism Board (NTB) -Nepal Academy of Tourism and Hotel Management (NATHM) -Nepal Association of Travel Agents (NATA) -Trekking Agents Association of Nepal (TAAN) -Hotel Association Nepal (HAN) | 5 | | 5 |
| 8. | Identify the catering establishments, Historical background | Evolution and scope of catering establishments | 5 | | 5 |
| 9. | Identify the classification of catering establishments | Classification of catering establishment such as commercial, institutional, industrial, transport etc. and their examples and functions | 3 | | 3 |
| 10. | Identify the hotel industry | Historical background of hotel Definition of hotel | 3 | | 3 |
| 11. | Identify the classification of hotels Resort Visit | Classification of hotel according to location, clientele, length of stay with examples and service nature Chain hotels | 8 | | 8 |

| S. No | Task Statement | Related Technical Knowledge | Time (Hrs) | | |
|-------|---|---|------------|---|-----|
| | | | T | P | Tot |
| | | famous hotels | | | |
| 12. | Identify the characteristics of the hospitality industry and its future | Basic nature of hospitality services Common characteristics of hospitality industries Future in hospitality industry | 3 | | 3 |
| 13. | Identify the customer service techniques | Importance of customer service Who is the guest/customer? What does customer need? Exceeding customer expectations Customer service before, during and after a sale | 3 | | 3 |
| 14. | Identify the organizational structure of different scale hotels Understand the importance of organizational chart Identify the operational and functional departments of hotel Hotel visit program | Organization chart of a large, medium and small hotels Importance of Organization chart Operational and functional departments Functions of the different departments of the hotel | 7 | | 7 |
| 15. | Identify the organization chart of front office department, staffing and job responsibilities | Organizational structure of front office department Job and responsibility of front office staff Functions of front office department | 2 | | 2 |
| 16. | Identify the organization chart of housekeeping department, staffing and job responsibilities | Organizational structure of housekeeping department Job and responsibility of housekeeping staffs Functions of housekeeping department | 2 | | 2 |

| S. No | Task Statement | Related Technical Knowledge | Time (Hrs) | | |
|-------|--|---|------------|---|-----------|
| | | | T | P | Tot |
| 17. | Identify the organization chart of food and beverage service department, staffing and job responsibilities | Organizational structure of food and beverage service department Job and responsibilities of food and beverage service staffs Functions of food and beverage service department | 3 | | 2 |
| 18. | Identify the organization chart of food production department, staffing and job responsibilities | Organizational structure of food production department Job and responsibilities of food production staffs Functions of food production department | 3 | | 3 |
| 19. | Identify the role and function of human resource management and development department | human resource department/development Functions | 1 | | 1 |
| 20. | Identify the role and function of procurement and store | Procurement and stores Functions | 1 | | 1 |
| | | Total | 78 | | 78 |

Reference books:

- Ghimire, A. & Shrestha S. K. (2004). An introduction to Hotel management, Ekta Books Publishers and Distributors.
- Shrestha, R. & Joshi B. (2005). Fundamentals of Hotel Management, Sukunda Publication.
- Andrews, S. (2002). Introduction to Tourism and Hospitality Industry, Tata McGraw Hill.
- Kunwar, R. R. (2006). Tourists and Tourism, International School of Tourism and Hotel management

Principles of Cooking

Total: 234 hours

Theory: 47 hours

Practical: 187 hours

Course description:

This course provides comprehensive knowledge on foods which are required for the preparation of dishes. The course covers the food commodities, quality of certain products and determines the different selection and choices best for their dishes. It also provides basic knowledge and skills of cooking including kitchen brigade, its management, and foundation preparations.

Course objectives:

After the completion of this course, the student will be able to:

1. Explain the name and nature of food commodities
2. Classify the food commodities with examples
3. Prepare various dishes from different food commodities
4. Explain history of culinary and food production system
5. Explain kitchen brigade, organization chart of small, medium and large scale of kitchen, functions of different sections, and staffing
6. Explain purchasing, receiving and distribution system of goods
7. Identify and explain kitchen tools, utensils and equipment with their functions
8. Plan the menu, and control the cost
9. Explain and prepare the salads and dressings
10. Explain and prepare stocks, soups and kitchen sauces

| S. No | Task Statement | Related Technical Knowledge | Time (Hrs) | | |
|-------|--|---|------------|---|-----|
| | | | T | P | Tot |
| 1. | Identify the vegetables, classification, examples, uses and of Cut the vegetables Market visit | Types of vegetables used in cookery <u>Roots, bulbs, tubers, leafy, stem, fruits, seeds, flowers, and fungi</u> Cuts of vegetable: <u>julienne, brunoise, macedoine, jardinière, paysanne, mire poix, baton, slice, dice, chop, diamond, match stick, straw, chateau etc.</u> | 1 | 6 | 7 |
| 2. | Identify the fruits, classification, examples and uses | Types of fruits used in cookery Berries, citrus, stoned, hard, and tropical | 2 | 2 | 4 |
| 3. | Identify the nuts, classification, examples and uses | Types of nuts used in cookery Almonds, Brazil nuts, Cashew nuts, Chest nuts, Hazel nuts, Walnuts, Queensland nuts, Pine nuts, Pistachio etc. | 1 | | 1 |
| 4. | Identify the cereals and flours, classification, examples and uses | Types of cereals and flours used in cookery Cereals: wheat, barley, oats, rice, corn, rye, arrowroot, tapioca etc. Flours: whole meal, hard, soft, self raising flours etc. | 1 | | 1 |
| 5. | Identify the herbs, classification, examples and uses Survey markets | Types of herbs used in cookery Oregano, basil, thyme, marjoram, tarragon, parsley, fennel, rose-marry, coriander, curry leaf, bay leaf, mint, lemon grass, lime leaf, spring onion etc. | 2 | 2 | 4 |

| S. No | Task Statement | Related Technical Knowledge | Time (Hrs) | | |
|-------|---|--|------------|---|-----|
| | | | T | P | Tot |
| 6. | Identify the spices, classification, examples and uses | Types of spices used in cookery Salt, pepper, paprika, cayenne pepper, mustard, chilly, cumin, turmeric, carom, coriander, fenugreek, sesame, clove, saffron, cardamom, green cardamom, cinnamon, asafetida, star anise, nutmeg, szechuan pepper, galangal, tamarind, M.S.G. etc. | 2 | 2 | 4 |
| 7. | Identify the sugars, classification, examples and uses | Types of sugar used in cookery Palm, castor, black treacle, cube, brown, golden syrup, icing, nibs, jaggery etc. | 2 | | 2 |
| 8. | Identify the coffee, brewing process Prepare coffees | Types of coffee and their brewing process such as Percolator, Turkish, Alfresco, Espresso, Cappuccino, Cold Coffee etc. | 2 | 4 | 6 |
| 9. | Identify the tea leaves, and brewing process Prepare teas | Types of tea leaves, and their brewing process such as Black Tea, Jasmine Tea, Milk Tea etc. | 2 | 4 | 6 |
| 10. | Identify the fats, classification, examples and uses Visit dairy | Types of fat used in cookery Butter, margarine, ghee, lard, suet, dripping, shortening etc. | 2 | 4 | 6 |
| 11. | Identify the oils, classification, examples and uses | Types of oil used in cookery Soya bean, mustard, peanut, olive, sunflower, almond, corn, coconut etc. | 1 | | 1 |
| 12. | Identify the pastas, classification, examples and uses | Types of pasta used in cookery Bucatini, farfalle, macaroni, penne, spaghetti, ziti, cannelloni, cappelletti, | 1 | 4 | 5 |

| S. No | Task Statement | Related Technical Knowledge | Time (Hrs) | | |
|-------|---|--|------------|---|-----|
| | | | T | P | Tot |
| | Prepare pastas | fettuccini, lasagne, ravioli, tortellini, Spirali etc. | | | |
| 13. | Identify the noodles, classification, examples and uses | Types of Asian noodle used in cookery Egg noodle, rice noodle, glass noodle, soba, bijon etc. | 1 | | 1 |
| 14. | Identify the fish, classification, examples, quality signs, cuts and uses Cut the fish | Types of fish used in cookery Round: salmon, tuna, eel, trout, cod, herring, mackerel, sardine, becti etc. Flat: Flounder (blackback), Sole, Dover sole, pomfret etc. Cuts: Darne, troncon, filets, supreme, goujon, delice, paupiette etc. | 1 | 4 | 5 |
| 15. | Identify the seafood, classification, examples, and uses | Types of seafood used in cookery Crustacean: prawn, crab, lobster, cray fish, shrimp etc. Molluscs: oyster, mussels, snails, scallops etc. Cephalopods: cuttlefish, octopus, jellyfish etc. | 1 | | 1 |
| 16. | Identify the poultry, classification, examples, quality signs, and uses Cuts the chicken | Types of poultry used in cookery Chicken: poussin, spring chicken, broiler, polarde, capon, fowl etc. Others: duck, goose, turkey etc. Cuts: Breast, leg, drumstick, winglet etc. | 1 | 4 | 5 |
| 17. | Identify the game, classification, examples, quality signs, and uses | Types of game used in cookery Feathered: wild duck, grouse, | 1 | | 1 |

| S. No | Task Statement | Related Technical Knowledge | Time (Hrs) | | |
|-------|---|---|------------|---|-----|
| | | | T | P | Tot |
| | | partridge, pheasant etc. Furred: rabbit, hare, deer, wild boar etc. | | | |
| 18. | Identify the mutton/lamb, classification, quality signs, cuts and uses Visit meat production factory | Mutton/lamb used in cookery Cuts: leg, knuckle, chump chops, loin chops, ribs, scrag, shoulder, breast etc. | 2 | 4 | 6 |
| 19. | Identify the pork/suckling pig, quality signs, cuts, products and uses | Pork/suckling used in cookery Cuts: leg, loin chops, ribs, belly, shoulder, head etc. Products: ham, bacon, sausage etc. | 2 | | 2 |
| 20. | Identify the beef/veal, quality signs, cuts, products and uses Cut the tenderloin (fillet) | Beef/veal used in cookery Beef: Tenderloin- chateaubriand, steak, tournedos, fillet mignon, goulash Veal: Leg, loin cops, ribs, neck, shoulder etc. | 2 | 4 | 6 |
| 21. | Identify the offal, quality signs and uses | Types of offal: liver, sweetbread, heart, tongue, kidney, brain, feet, tail etc. | 2 | | 2 |
| 22. | Identify the eggs, quality signs and uses Visit poultry farm | Eggs, composition, quality signs, testing of freshness and uses | 2 | 4 | 6 |
| 23. | Identify the milk products and uses | Milk products: curd, cream, cheese etc. and their types, uses | 2 | 6 | 8 |
| 24. | Identify the raising agents and uses Experiment: raising agents | Raising agents: yeast, baking powder etc. | 1 | 2 | 3 |

| S. No | Task Statement | Related Technical Knowledge | Time (Hrs) | | |
|-------|--|---|------------|---|-----|
| | | | T | P | Tot |
| 25. | Identify the culinary history | Roman, Egyptian and Greek culinary history | 2 | | 2 |
| 26. | Identify the trends of modern cookery | Classical cuisine, haute cuisine, nouvelle cuisine and fusion cuisine | 2 | | 2 |
| 27. | Identify the food production systems | Conventional and convenience food production system | 2 | | 2 |
| 28. | Identify the kitchen brigade Identify the organization chart of kitchen brigade Field visit | Kitchen brigade; small, medium and large organization chart, different sections such as Garde manger, Entremetier, Saucier, Patisserie and Pantry, their functions | 3 | | 3 |
| 29. | Identify the job responsibilities of different level of kitchen staffs | Executive Chef (Chef de Cuisine), Sous Chef, Chef de Partie, Demi Chef and Commis etc. | 2 | | 2 |
| 30. | Identify the objectives and methods of cooking Practice on methods of cooking | Chemical, physical changes in foods Moist heat media: boiling, blanching, poaching, stewing, steaming, braising Dry heat media: frying, grilling, roasting, baking etc. | 2 | 6 | 8 |
| 31. | Identify the purchase considerations Identify the receiving and issuing considerations of goods Market visit | Purchase specification, quality determination, control quality, and quantity, practice of distribution system of goods | 2 | 7 | 9 |
| 32. | Identify the kitchen equipment and their uses | Kitchen tools, utensils and large equipment, machines and their handling technique and uses | 2 | 4 | 6 |

| S. No | Task Statement | Related Technical Knowledge | Time (Hrs) | | |
|-------|---|--|------------|---|-----|
| | | | T | P | Tot |
| 33. | Identify the meaning of mise-en-place steps | Selecting of tools and utensils, knife sharpening, collecting of goods (requisition) etc. | 2 | 4 | 6 |
| 34. | Identify the meaning of menu, types of menu, considerations of menu planning, rules regarding menu composition Menu compiling practice | Menu, types, planning considerations, rules for menu composition, French classical frame, modern frame | 2 | | 2 |
| 35. | Identify the definition of standard recipe and its format | Standard recipe, purpose, contents, format, costing and pricing | 1 | 2 | 3 |
| 36. | Identify the meaning of salad, types of salads and guidelines for preparation, Prepare the salads and dressings | Types of salad, simple and compound in different base with examples, parts of salad such as base, body, dressing and garnish | 1 | 6 | 7 |
| 37. | Identify the definition of dressings and their functions | Type of dressings on different base, functions of dressing, examples | 1 | 3 | 4 |
| 38. | Identify the definition of definition of stocks, guidelines of preparation stocks Prepare the basic stocks | Stock, types such as white and brown on different bone base, uses, and guidelines for preparation, standard recipe for basic stocks | 2 | 4 | 6 |
| 39. | Identify the definition of soups, classification with examples Prepare the basic soups | Classifications of soup such as consommé, broth, cream, puree, veloute, potage, bisque, chowder and cold soups such as gazpacho, vichyssoise, etc. Basic recipes and methods of preparations | 2 | 8 | 10 |
| 40. | Identify the definition of sauce, types of mother sauce, composition of sauces with derivatives, functions of sauces | Sauce, types of mother sauces (cold and hot), derivatives with uses, functions of sauces in cookery | 2 | 8 | 10 |

| S. No | Task Statement | Related Technical Knowledge | Time (Hrs) | | |
|-------|---------------------------|-----------------------------|------------|------------|------------|
| | | | T | P | Tot |
| | Prepare the mother sauces | | | | |
| | | Total | 47 | 187 | 234 |

Reference books:

- Kinton , R. & Ceserani, V. (1992). Theory of Catering; Seventh Edition; E L B S.
- Ceserani, V. & Kinton, R. (1990). Practical Cookery, Hodder & Stoughton, London
- Ghimire, A. & Shrestha S. K. (2004). An introduction to Hotel management- XII, Ekta Books Publishers and Distributors.
- Shrestha R. & joshi B. (2005). Fundamentals of Hotel Management, Sukunda Publication.
- Thangam, P. (2007). Modern Cookery, Orient Longman Pvt. Ltd.
- Arora, K. (2008). Theory of Cookery, Frank Bro and Company, New Delhi

Continental Cookery

Total: 390 hours

Theory: 78 hours

Practical: 312 hrs

Course description:

This course provides the practical skills and knowledge of continental cookery which covers French, Italian, English, American cuisines comprise of 3 to 4 courses continental dishes.

Course objectives:

After the completion of this course, the student will be able to:

1. Explain and prepare the Continental, English, American breakfast
2. Explain and prepare the Continental Appetizers
3. Explain and prepare the Continental Soups
4. Explain and prepare the Continental Main Courses
5. Explain and prepare the Continental Accompaniments consists of vegetables, potatoes, salads, pastas, sauces, dressing etc.
6. Explain and prepare the Sandwiches and Canapés
7. Explain and prepare the Snacks
8. Explain and prepare the Sweets and Desserts
9. Explain and prepare the Bakery items
10. Explain and prepare the Pastries
11. Explain and prepare the Confectionary items

| S. No | Task Statement | Related Technical Knowledge | Time (Hrs) | | |
|-------|--|--|------------|----|-----|
| | | | T | P | Tot |
| 1 | Identify English, Continental and American breakfast Prepare the breakfast items | Toast, Pancakes, Cornflakes, Porridge, Muesli, Granola, Boiled eggs, Fried eggs, Poached eggs, Scrambled eggs, Omelettes, Grilled bacon, Ham, Sausage, Grilled tomatoes, Potatoes, Assorted juices, Teas, Coffees, Chocolates etc. | 3 | 12 | 15 |
| 2. | State the meaning of sandwich and canapés, types and guidelines for preparations Prepare sandwiches/canapés | Sandwich, types, base, spreading, accompaniments, garnishes 5 varieties of open sandwich 5 varieties of closed sandwich 5 varieties of grilled sandwich Assorted canapés | 3 | 12 | 15 |
| 3. | Prepare three course continental menu | Cream of Mushroom -----x----- Fish 'n' Chips with Tartare Sauce -----x----- Fresh Fruits Salads | 3 | 12 | 15 |
| 4. | Prepare three course continental menu | Consommé Celestine -----x----- Chicken Ala king Braised Rice Macedoine of Vegetables -----x----- Cream Caramel | 3 | 12 | 15 |
| 5. | Prepare three course continental menu | French Onion -----x----- Pepper Steak Parsley Potato Grilled Tomato Buttered Vegetable A La Hollandaise -----x----- Apple Pie | 3 | 12 | 15 |
| 6. | Prepare three course continental menu | Puree of Tomato -----X----- | 3 | 12 | 15 |

| S. No | Task Statement | Related Technical Knowledge | Time (Hrs) | | |
|-------|---------------------------------------|---|------------|----|-----|
| | | | T | P | Tot |
| | | Fish Meuniere with Butter Sauce Boiled Vegetable with Hollandaise Sauce -----X----- Lemon Meringue Pie | | | |
| 7. | Prepare three course continental menu | Vegetable Broth -----X----- Mutton Brown Stew Braised Rice -----X----- Cream Caramel | 3 | 12 | 15 |
| 8. | Prepare three course continental menu | Puree St, Germaine -----X----- Chicken Sauté Chasseur Mashed Potato/New potato Jardinière of Vegetable -----X----- Cold Lemon Soufflé | 3 | 12 | 15 |
| 9. | Prepare three course continental menu | Cream of Asparagus -----X----- Grilled Pork Chop With Robert Sauce Baked Potato Jardinière of Vegetable -----X----- Chocolate Mousse | 3 | 12 | 15 |
| 10 | Prepare three course continental menu | Cream Solpherino -----X----- Roast Chicken with Bread Sauce Chateau Potatoes/Potato puree | 3 | 12 | 15 |

| S. No | Task Statement | Related Technical Knowledge | Time (Hrs) | | |
|-------|---------------------------------------|--|------------|----|-----|
| | | | T | P | Tot |
| | | Buttered Vegetable -----X----- Fruits Trifle | | | |
| 11. | Prepare three course continental menu | Cream of Asparagus -----x----- Grilled Pork Chop With Robert Sauce Baked Potato Jardinière of Vegetable -----x----- Chocolate Mousse | 3 | 12 | 15 |
| 12. | Prepare three course continental menu | Minestrone -----x----- Tagliatelle Napolitaine Green Salad -----x----- Chocolate Ice Cream | 3 | 12 | 15 |
| 13. | Prepare four course continental menu | Russian Salad -----X----- Prawn Bisque -----x----- Spaghetti Bolognese Salad Pananche -----x----- Pineapple Cake | 3 | 12 | 15 |
| 14. | Prepare four course continental menu | Waldorf Salad -----X----- Potato and Leek soup -----x----- Chateaubriand Lyonnaise Potato Jardiniere of Vegetable -----x----- Peach Cake | 3 | 12 | 15 |
| 15. | Prepare four course continental menu | Cesar Salad -----X----- Consomme Royal -----x----- Lasagne Al Forno | 3 | 12 | 15 |

| S. No | Task Statement | Related Technical Knowledge | Time (Hrs) | | |
|-------|--------------------------------------|---|------------|----|-----|
| | | | T | P | Tot |
| | | -----x----- Black Forest Cake | | | |
| 16. | Prepare four course continental menu | Egg Florentine -----X----- Vichyssoise -----x----- Steamed Paupiette of Fish Parsley Potatoes -----x----- Chocolate Éclair | 3 | 12 | 15 |
| 17. | Prepare four course continental menu | Fish Croquette with Tartare Sauce -----X----- Gazpacho -----x----- Pizza -----x----- Vanilla Ice Cream | 3 | 12 | 15 |
| 18. | Prepare four course continental menu | Prawn Cocktail -----X----- Potage Paysanne -----x----- Club Sandwich -----x----- Cream Buns | 3 | 12 | 15 |
| 19. | Prepare four course continental menu | Ham Rolled Asparagus -----X----- Cream of Spinach -----x----- Stroganoff Boiled Rice or Safron Sauté Vegetable -----x----- Fruits Jelly | 3 | 12 | 15 |
| 20. | Prepare four course continental menu | Pasta Salad -----X----- Cream of Celery -----x----- Chicken A la Kiev Mashed Potato Buttered Vegetable -----x----- Browne | 3 | 12 | 15 |

| S. No | Task Statement | Related Technical Knowledge | Time (Hrs) | | |
|-------|---------------------------------------|--|------------|------------|------------|
| | | | T | P | Tot |
| 21. | Prepare four course continental menu | Chicken Salad Hawaii -----X----- Pumpkin with Sherry -----x----- Tournedos Rossini Baked Potato Cauliflower Polonnaise -----x----- Danish Pastry | 3 | 12 | 15 |
| 22. | Prepare four course continental menu | Tomato Mozzarella Salad -----X----- Corn Chowder -----x----- Chicken Cordon Blue French Fries Green Salad -----x----- Riz A l'emprentice | 3 | 12 | 15 |
| 23. | Identify the bakery items and prepare | White bread, Italian Bread, Brown Bread, French Sticks, Rolls, Sticks, Whole meal Bread, Puffs, Croissant, Danish etc. | 3 | 12 | 15 |
| 24. | Identify the confectionary items | Confectionary products such as Dry Fruits Cake, Assorted Cookies, Scones , Tart | 3 | 12 | 15 |
| 25. | Identify the cakes and pastries | Cakes, pastries and Mousse | 3 | 12 | 15 |
| 26. | Identify the snacks and prepare | Meat balls, Cheese balls, Fish finger, Devil on Horse Back, Drumsticks, Vegetable cutlets etc. | 3 | 12 | 15 |
| | | Total | 78 | 312 | 390 |

Reference books

- Ceserani, V. & Kinton, R. (1990). Practical Cookery, Hodder & Stoughton, London
- Ghimire, A. & Shrestha S. K. (2004) An introduction to Hotel management- XII, Ekta Books Publishers and Distributors.
- Arora, K. (2008). Theory of Cookery, Frank Bro and Company, New Delhi
- Thangam, P. (2007). Modern Cookery, Orient Longman Pvt. Ltd.
- Joshi B. (2009). Panjosh Basic Cookery, Sukunda Publication

Elementary Nutrition

Total: 78 hours

Theory: 78 hours

Practical: hours

Course description:

This course provides the knowledge of food and nutrition required by human body. This will permit the development and maintenance of the highest state of fitness of an individual.

Course objectives:

After the completion of this course, the student will be able to:

1. Explain terminologies used in food and nutrition.
2. Classify the nutrients present in foods.
3. Classify the different nutrient and food groups.
4. Explain the personal health and plan the diet required by different age and characteristics.
5. Explain the functions of nutrients in the body.

| S. No | Task Statement | Related Technical Knowledge | Time (Hrs) | | |
|-------|---|---|------------|---|-----|
| | | | T | P | Tot |
| 1. | Identify the need of food for human body | The body needs food for: growth, energy, repair of cells and tissues, providing warmth, keeping healthy, controlling body process etc. | 5 | | 5 |
| 2. | Identify the terminologies used in the study of nutrition | Elements: Compound, Inorganic compound, Acid, Base, Hormone, Minerals, Vitamin, Cell, Tissue, Organ, Blood, Plasma, Red blood Cell, White blood cell, Blood Platelets, Capillaries, Lymph, Calorie, Calorimeter, Calorimetry, Synthesis, Osmotic pressure, Recommended dietary. | 15 | | 15 |
| 3. | Identify the nutrition | Nutrition and its functions/roles in human body | 5 | | 5 |
| 4. | Identify the digestion process of human body | Three stages of digestive process | 5 | | 5 |
| 5. | Identify what happens to food after digestion | Foods are broken down to nutrients, and Role of liver | 3 | | 3 |
| 6. | Identify the nutrients | Carbohydrates, Fats, Proteins, Vitamins, Mineral elements and Water | 5 | | 5 |
| 7. | Identify the carbohydrates | Carbohydrates, sources/types, importance/functions, effects of deficiency in carbohydrate, effects of excessive intake of carbohydrates | 5 | | 5 |
| 8. | Identify the fats | Fats, sources/types, importance/functions, cholesterol, effects of deficiency in fats, effects of excessive intake of fats, cholesterol & spoilage in fat foods | 5 | | 5 |
| 9. | Identify the proteins | Proteins, sources/types, importance/ | 5 | | 5 |

| S. No | Task Statement | Related Technical Knowledge | Time (Hrs) | | |
|-------|--|---|------------|---|-----------|
| | | | T | P | Tot |
| | | functions, effects of deficiency in proteins, effects of excessive intake of proteins, spoilage in protein foods | | | |
| 10. | Identify the vitamins | Vitamins, types/sources, importance/ functions, effects of deficiency of vitamins | 5 | | 5 |
| 11. | Identify the water and mineral elements | Water, sources/types consequences of water loss, results of excessive intake water, major elements of mineral, sources, effects of deficiency in minerals | 5 | | 5 |
| 12. | Identify the requirements of the human diet | How much and what types of food does the body need? What constitute a balanced diet? How much of energy does the body need? Calculating the energy value of foods | 5 | | 5 |
| 13. | Identify the effects of cooking on nutritive value | Heat effects on carbohydrates, fats, vitamins, proteins, minerals and water | 5 | | 5 |
| | | Total | 78 | | 78 |

Reference books:

- Swaminathan, M .(2004).*Hand book of food & nutrition*, Published by the Bangalore Printing & Publishing Co.LTD Bangalore Press.
- Rajammai, P. D .(1968) *Home science & nutrition*, Published by the Director from Information unit, Extension, Ministry of food agriculture community Development & co-operation New Delhi Government & India Press, Faridabad.
- Gayatri, *Prepared by Education planning group*, published by Naveen Gupta Arya publishing House 30,Naiwala Karol bagh, New Delhi 110005 (India)
- Wilson, F. (1960) *Principles of nutrition*, Published New York .John Willey & sons, Inc. London.

Food Science & Hygiene

Total: 78 hours

Theory: 20 hours

Practical: 58 hours

Course description:

This course aims to provide the basic knowledge of food science and hygiene required for the operation of any kind of food service organization to maintain the service standard set by the organization.

Course objectives:

After the completion of this course, the student will be able to:

1. Discuss the personal, kitchen and food hygiene and their importance in food service industry
2. Explain the different types of micro-organisms and their characteristics, causes of food poisoning, their sources and symptoms
3. Explain the food additives, adulteration and preservation with classification
4. Explain the handling process of any raw and cooked food items
5. Explain the storing accommodation of goods and their control system
6. Explain the kitchen safety rules, to prevent cuts, burns & falls

| S. No | Task Statement | Related Technical Knowledge | Time (Hrs) | | |
|-------|--|--|------------|----|-----|
| | | | T | P | Tot |
| 1. | Define food hygiene and safety, explain the scope of food hygiene & safety | Food hygiene and safety, scope of food hygiene and safety | 3 | | 3 |
| 2. | Identify the rules of personal hygiene | Rules regarding personal hygiene | 1 | | 1 |
| 3. | Identify the rules of kitchen hygiene | Rules regarding kitchen hygiene | 1 | 4 | 5 |
| 4. | Identify the microorganisms and foods Lab test | Bacteria, yeast and molds, classification of bacteria, yeast and mold, factors affecting growth of bacteria, yeast and molds, harmful effects and useful effects | 2 | 6 | 8 |
| 5. | Identify the food spoilage Lab test | Food spoilage, types of food spoilage, symptoms of food spoilage, causes of spoilage, microbial spoilage, non-microbial spoilage, factors influencing microbial growth, classification of food on the basis of susceptibility to spoilage, prevent different types of spoilage | 2 | 8 | 10 |
| 6. | Identify the food preservation | Principles of preservation, methods of preservation, method of drying, high temperature preservation method, irradiation, fermentation and chemicals, traditional methods of food storage | 3 | 7 | 10 |
| 7. | Identify the foods additives | Food additives, classification of food additives, application of food additives, potential hazards | 3 | | 3 |
| 8. | Identify the food adulteration | Food adulteration, common adulteration and their prevention, food standards in Nepal, food adulteration and public health issues | 3 | | 3 |
| 9. | Identify the food sanitation and hygiene | Water and its sources of contamination, treatment of water, food and its handling process, food contamination, personal hygiene, hygiene in the kitchen, cleaning and sanitizing, methods of washing, rinsing | 2 | 3 | 5 |
| 10. | Identify the food acceptance and purchasing | Factors affecting the acceptance of food, purchasing considerations, receiving of safe foods | 3 | | 3 |
| 11. | Identify the food and public | Food hazards, food borne disease, symptoms of food poisoning, natural | 3 | 10 | 13 |

| S. No | Task Statement | Related Technical Knowledge | Time (Hrs) | | |
|-------|---|---|------------|-----------|-----------|
| | | | T | P | Tot |
| | health | toxicants in foods, toxic metals and chemicals, factors associated with food borne illness, control and eradication of microorganisms, flies, cockroaches and rodents | | | |
| 12. | Identify the food storage accommodation and inventory control Practical on store inventory | Store and types, accommodation of perishable and non-perishable goods, used forms & formats for record keeping and controlling system | 2 | 6 | 8 |
| 13. | Identify kitchen safety rules | Kitchen safety rules Causes of accidents, to prevent cuts, burns and falls | 2 | 4 | 6 |
| | | Total | 30 | 48 | 78 |

Reference books:

- Roday S. Food Hygiene and Sanitation, Tata McGraw-Hill Publishing Company Limited, India
- Ghimire A. & Shrestha S. K. An Introduction to Hotel Management-XI, Ekta Book Publishers and Distributors Pvt. Ltd. Nepal
- Thangam, P. (2007). Modern Cookery, Orient Longman Pvt. Ltd.

Oriental Cookery I

(ASEAN Types)

Total: 234 hours

Theory: 40 hours

Practical: 194 hours

Course description:

This course aims to provide the basic knowledge and skills of oriental cookery require for the operation of oriental food service establishment to perform the entree level employee. This course covers Chinese, Thai and Japanese cookery.

Course objectives:

After the completion of this course the student will be able to:

1. Discuss about the oriental cookery
2. Explain the culinary history and preparation style, uses of seasoning and flavoring of Chinese cooking, and prepare Chinese dishes
3. Explain the culinary history, preparation style, uses of seasoning and flavoring of Thai cooking, and prepare Thai Dishes
4. Explain the culinary history, preparation style, uses of seasoning and flavoring of Japanese cooking, and prepare Japanese dishes

| S. No | Task Statement | Related Technical Knowledge | Time (Hrs) | | |
|-------|-----------------------------------|---|------------|----|-----|
| | | | T | P | Tot |
| 1. | Discuss about Chinese Cuisine | History of Chinese Cuisine Regional Chinese Cuisine Chinese seasonings and flavorings Chinese methods of cooking Chinese cooking equipment | 2 | | 2 |
| 2. | Discuss about Japanese Cuisine | History of Japanese Cuisine Characteristics of Japanese Cuisine Japanese seasonings and flavorings Japanese methods of cooking Japanese cooking equipment | 2 | | 2 |
| 3 | Discuss about Thai Cuisine | History of Thai Cuisine Characteristics of Thai Cuisine Thai seasonings and flavorings Thai methods of cooking Thai cooking equipment | 2 | | 2 |
| 4 | Prepare three course Chinese menu | Spring Rolls with Tomato sauce -----X----- Vegetable Noodle Soup -----X----- Hot Garlic Fish Plain Rice Sliced Vegetable Julienne Salad | 2 | 10 | 12 |
| 5 | Prepare three course Chinese menu | Fried Wonton with Hot sauce -----X----- Sweet Corn Soup -----X----- Chicken Chilly Vegetable Chowmein Pak Choi Fin Salad | 2 | 10 | 12 |
| 6. | Prepare three course Chinese menu | Fried Vegetable Kothey -----X----- Wonton Soup -----X----- Chinese Chopsuey Green Salad | 2 | 10 | 12 |
| 7. | Prepare three course Chinese menu | Fried Tofu with Chilly oil -----X----- Hot and Sour Soup -----X----- | 2 | 10 | 12 |

| S. No | Task Statement | Related Technical Knowledge | Time (Hrs) | | |
|-------|-----------------------------------|---|------------|----|-----|
| | | | T | P | Tot |
| | | Sweet and Sour Pork Vegetable Fried Rice Vegetable Spring Roll | | | |
| 8. | Prepare three course Chinese menu | Fried Fish with Tomato sauce -----X----- Bean curd Soup -----X----- Crispy fried Chicken Egg Chowmein Chinese Cabbage Salad | 2 | 10 | 12 |
| 9. | Prepare three course Chinese menu | Shredded Chicken with Chilly oil -----X----- Manchow Soup -----x----- American Chopsuey Green Salad | 2 | 10 | 12 |
| 10. | Prepare three course Chinese menu | Steamed Veg. MoMo -----X----- Talumein Soup -----x----- Fish Garlic Plain Rice Sliced Vegetable with Mushroom | 2 | 10 | 12 |
| 11. | Prepare three course Chinese menu | Fried Chicken Wings -----X----- Seafood Soup -----X----- Shredded Pork with Celery Cantonese Noodle with Vegetable | 2 | 10 | 12 |
| 12. | Prepare three course Chinese menu | Vermicelli Salad -----x----- | 2 | 10 | 12 |

| S. No | Task Statement | Related Technical Knowledge | Time (Hrs) | | |
|-------|-----------------------------------|--|------------|----|-----|
| | | | T | P | Tot |
| | | Tomato Egg Drops Soup -----x----- Stir fried Chicken Hakka Noodle Fresh Fruits Salad | | | |
| 13. | Prepare three course Chinese menu | Golden Fried Prawn -----x----- Chicken Mushroom Soup -----X----- Roast Pork Soy sauce Veg. Fried Rice Sliced Vegetable with Bamboo shoot | 2 | 10 | 12 |
| 14. | Prepare Thai menu | Tom Yam Kung Chicken Green Curry Stir Fry Vegetable Plain Rice Papaya Salad | 2 | 10 | 12 |
| 15. | Prepare Thai menu | Tom Kha Pak Satay Kai Jasmine Rice Yam Taeng (Cucumber Salad) | 2 | 10 | 12 |
| 16. | Prepare Thai menu | Tom Yam Kai Phad Thai Thai Spring Rolls Thai Chutney | 2 | 10 | 12 |
| 17. | Prepare Thai menu | Hot and Sour Fish head Soup Bacon Wrapped Sausages Spicy Scallop Salad Stir fried Rice Noodle | 3 | 10 | 12 |
| 18. | Prepare Japanese menu | Miso Soup Fish Teriyaki Tamago Gomae Sushi | 2 | 10 | 12 |
| 19. | Prepare Japanese menu | Vegetable Miso Soup Chicken Yakitori Omu Rice Cucumber Pickle | 2 | 10 | 12 |

| S. No | Task Statement | Related Technical Knowledge | Time (Hrs) | | |
|-------|-----------------------|---|------------|------------|------------|
| | | | T | P | Tot |
| 20. | Prepare Japanese menu | Tempura with Dips Dashimaki Glutinous Rice Spinach with Sesame | 2 | 10 | 12 |
| 21. | Prepare Japanese menu | Miso with Tofu Sukiyaki Mushroom Sushi Pickled Vegetable | 2 | 10 | 12 |
| | | Total | 40 | 194 | 234 |

Reference books:

- Hongwiwat N. (2000). Spicy Thai Cuisine, Sangdad Publishing Co. Ltd.
- Joshi B. (2009). Panjosh Basic Cookery, Sukunda Publication

Oriental Cookery II

(South Asian Types)

Total: 234 hours

Theory: 40 hours

Practical: 194 hours

Course description:

This course aims to provide the basic knowledge and skills of oriental cookery required for the operation of oriental food service establishment, it covers Indian and Nepali cookery.

Course objectives:

After the completion of this course the student will be able to:

1. Discuss about the oriental cookery
2. Explain the culinary history, preparation style, used of seasoning and flavoring of Indian cooking, and prepare the dishes
3. Explain the culinary history, preparation style, used of seasoning and flavoring of Nepali cooking, and prepare the dishes

| S. No | Task Statement | Related Technical Knowledge | Time (Hrs) | | |
|-------|------------------------------|---|------------|----|-----|
| | | | T | P | Tot |
| 1. | Discuss about Indian Cuisine | History of Indian Cuisine Regional Indian Cuisine Indian seasonings and flavorings Indian methods of cooking Indian cooking equipment | 2 | | 2 |
| 2. | Discuss about Nepali Cuisine | History of Nepali Cuisine Characteristics of Nepali Cuisine Nepali seasonings and flavorings Nepali methods of cooking Nepali cooking equipment | 2 | | 2 |
| 3. | Prepare the Indian Dishes | Chicken Do Pyaza Jira Pulao Rajma Masala Palak Paneer Salad/Raita/Chutney/Papad | 2 | 10 | 12 |
| 4. | Prepare the Indian Dishes | Mutton Rogan Josh Peas Pulao/Plain Paratha Dal Tadka Vegetable Jhalfrezi Malai Kofta Salad/Chutney/Raita/Papad (A.P.C.) | 2 | 10 | 12 |
| 5. | Prepare the Indian Dishes | Mutton Shahi Korma Sultana Pulao/Aloo Paratha Dal Makhani Aloo Parbar Salad/Chutney/Raita/Papad (A.P.C.) | 2 | 10 | 12 |
| 6. | Prepare the Indian Dishes | Fish Amrithsari Sabji ki Taheri Chhola Aloo Gobi Paneer Butter Masala Salad/Chutney/Raita/ Papad (A.P.C.) | 2 | 10 | 12 |
| 7. | Prepare the Indian Dishes | Mulligatawny Soup -----X----- Mutton Vindaloo Sultana Pulao | 2 | 10 | 12 |

| S. No | Task Statement | Related Technical Knowledge | Time (Hrs) | | |
|-------|---------------------------|---|------------|----|-----|
| | | | T | P | Tot |
| | | Shahi Dal Sabji Sangam Chutney /Raita /Salad/ Papad (A.P.C.) | | | |
| 8. | Prepare the Indian Dishes | Lassi Puri Bhaji Vegetable Cutlets Bonda Pickle | 2 | 10 | 12 |
| 9. | Prepare the Indian Dishes | Dosa Samber Uttapum Idly Upama Coconut Chutney | 2 | 10 | 12 |
| 10. | Prepare the Indian Dishes | Hara Kebab Chicken tandoori Paneer Tikka Tandoori Roti Kuchumber / Mint Chutney | 2 | 10 | 12 |
| 11. | Prepare the Indian Dishes | Tandoori Salad Shami Kebab Seekh Kebab Naan Dal Basanti Kuchumber / Mint Chutney | 2 | 10 | 12 |
| 12. | Prepare the Indian Dishes | Samosa Aloo Chops Vegetable Pakodas Paneer Pakodas Meat balls Kuchumber / Mint Chutney | 2 | 10 | 12 |
| 13. | Prepare the Indian Dishes | Rasam -----X----- Haidarabadi Biryani Cucumber Raita Baigan Ka Bharta | 3 | 10 | 12 |
| 14. | Prepare the Indian Dishes | Madras Soup -----X----- Goan Prawn Curry Jira Rice | 2 | 10 | 12 |

| S. No | Task Statement | Related Technical Knowledge | Time (Hrs) | | |
|-------|---------------------------|--|------------|------------|------------|
| | | | T | P | Tot |
| | | Cauliflower Poriol Toor Dal Salad/Chutney/Raita/ Papad (A.P.C.) | | | |
| 15. | Prepare the Nepali Dishes | MoMo cha Baji Set (Baji, Soyabean, Bara, Chhoila, Fish), salad | 2 | 10 | 12 |
| 16. | Prepare the Nepali Dishes | Aloo Tama Sel Roti Chana Ko Tarkari, Achar | 2 | 10 | 12 |
| 17. | Prepare the Nepali Dishes | Sandeko Sukuti Chamre Gundruk ko Jhol Aloo Maseura Mula ko Achar | 2 | 10 | 12 |
| 18. | Prepare the Nepali Dishes | Tareko Kholaka Machha Jogi Bhat (Bhuja) Aloo Tama Bodi Ko Ras Rayo ko Saag Kakro ko Achar | 2 | 10 | 12 |
| 19. | Prepare the Nepali Dishes | Kukhura ko Sekuwa Nauni Bhuja Kwatti ko Jhol Chamsur Palungo Aloo ko Achar | 2 | 10 | 12 |
| 20. | Prepare the Nepali Dishes | Khasi Ko Bhutuwa Dada Bhuja Jhaneko Masko Dal Bhatamas Ghiraula Golbheda ko Achar | 2 | 10 | 12 |
| 21. | Prepare Indian sweets | Rasbari, Lalmon, Gulabjamun, Jeri, Laddu, Haluwa, Burfi, Kalakand, Dudhmalai, Rasmalai etc. | | 14 | 14 |
| | | Total | 40 | 194 | 234 |

Reference books:

- Arora, K. (2008). Theory of Cookery, Frank Bro and Company, New Delhi
- Thangam, P. (2007). Modern Cookery, Orient Longman Pvt. Ltd.
- Nepalese Showcase Menu
- Joshi B. (2009). Panjosh Basic Cookery, Sukunda Publication

Computer Application

Total: 78 hours

Theory: 20 hours

Practical: 58 hours

Course description:

This course provides a foundation in computer technology and how it relates to everyday business computing. Students will be able to work with computer to write memo, letters and also have the knowledge of data entry for food and beverage cost control. Students also learn basic computing concepts during lectures, and these concepts are reinforced in practical lab sessions using modern standards of business computing.

Course objectives:

After the completion of the course the students will be able:

1. Know the characteristics and types of computer
2. Apply the computer in day to day work
3. Know input and output devices
4. Explain Number system, Boolean operations, and Logic Gates
5. Explain programming language
6. Operate e-mail, internet
7. Handle electronic commerce

| S. No | Task Statement | Related Technical Knowledge | Time (Hrs) | | |
|-------|---|---|------------|---|-----|
| | | | T | P | Tot |
| 1. | Introduce Computer system | The History Behind Definition Advantages and Disadvantages | 2 | 2 | 4 |
| 2. | List the characteristics of Computer | Accuracy, Speed, Vast Storage, Accuracy, Reliability, Diligence, Automatic, Non-intelligent, Versatile | 2 | | 2 |
| 3. | Identify the types of Computer | Large Super Computers, Mainframes, Minicomputers, Workstations, Microcomputers, Laptops and Palmtops | 2 | | 2 |
| 4. | Describe the applications of Computer | Computer applications | 2 | 4 | 6 |
| 5. | Identify the components of Computer | Components of Computer | 1 | 1 | 2 |
| 6. | Identify the Input Devices | Keyboard, Mouse, Microphone, Speakers | 1 | 1 | 2 |
| 7. | Identify the Output Devices | Monitors, Printers: Impact (Dot Matrix); Non-Impact (Ink-jet and laser printer) | 1 | 1 | 2 |
| 8. | Identify the CPU (CU, ALU and Registers) | CPU (CU, ALU and Registers) | 1 | 1 | 2 |
| 9. | Identify the Storage | Primary Cache Memory, RAM and ROM and their types. Auxiliary Magnetic Tape; Magnetic Disks: Hard Disk, Pen Drive, Memory Card; Optical Disk: CD, DVD, Magneto- Optical (MO) devices. | 2 | 4 | 6 |
| 10. | Identify the Software | Introduction System Software Introduction | 1 | 4 | 6 |

| S. No | Task Statement | Related Technical Knowledge | Time (Hrs) | | |
|-------|---|--|------------|---|-----|
| | | | T | P | Tot |
| | | System Software Operating System, Utility Software Application Software Word Processor, Spread Sheet, Presentation Tool | | | |
| 11. | Identify the Number System, Boolean Operations and Logic Gates | Decimal, Binary Octal and Hexa- decimal Number System Binary-Decimal and Decimal-Binary Conversion Binary Addition and Subtraction Logic Gates (AND, OR, NOT) | 1 | 2 | 4 |
| 12. | Identify the Programming Language | Machine Language and Assembly Language High-Level and Low-Level Language Assemblers, Compilers and Interpreter Problem – Solving and Programming Techniques Algorithms Flowcharts | 1 | 2 | 4 |
| 13. | State/Identify the network and communication | Overview of Network Network Topologies (Ring, Bus, Mesh, Star) TCP/IP Types of Network LAN, MAN and WAN Internet and Intranet | 2 | 3 | 6 |
| 14. | Use the applications to the internet | Client-Server Architecture World Wide Web (www) Static Vs. Dynamic Contents Electronic Mail (e-mail) | | 4 | 4 |
| 15. | Identify the hardware | Knowledge of basic computer parts. Assembling the computer | | 4 | 4 |
| 16. | Identify the software | The Operating System Installation Introduction to Device Drivers. Files (File Names/ Formats/ Extensions) and Folders. | | | |
| 17. | Use the MS DOS | Lab consisting of several DOS commands to accomplish various tasks. (Create, Move, Rename, Copy, Delete Files/Folders.) | | 4 | 4 |
| 18. | Use the MS Office | Lab consisting of standard keys to | | 3 | 3 |

| S. No | Task Statement | Related Technical Knowledge | Time (Hrs) | | |
|-------|---|--|------------|-----------|-----------|
| | | | T | P | Tot |
| | | perform similar tasks on various office element software like Word, Excel, and PowerPoint. | | | |
| 19. | Identify the Computer Network and Internet | Visibility of computers inside a network, sharing of resources, browsing through the Internet, the fundamentals of e-commerce etc. | | 4 | 4 |
| 20. | Use the computer applications in food productions | Purchasing of commodities Receiving of commodities Storing of commodities Issuing of commodities Inventory control | | 10 | 10 |
| | | Total | 20 | 58 | 78 |

Reference books:

- Introduction to Computers, Peter Norton's, Tata McGraw-Hill
- Computer Fundamentals, P.K.Sinha

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CTEVT would like to extend its heartfelt thanks to the following experts who contributed in the process of developing the curriculum of TSLC in Culinary in Arts

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