



प्राविधिक शिक्षा तथा व्यावसायिक तालीम परिषद्
पदपूर्ति समिति
सानोठिमी, भक्तपुर ।

प्राविधिक तथा प्रशिक्षण सेवा, पर्यटन प्राविधिक प्रशिक्षण समूह, होटल रेष्टुरा व्यवस्थापन उपसमूह
अधिकृतस्तर तृतीय श्रेणी कुकिङ्ग/बेकिङ्ग प्रशिक्षक पदको
खुला र आन्तरिक प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम

द्वितीय पत्र : सेवा सम्बन्धी विषय

पूर्णाङ्क : १००

1. The Cooking Profession
 - Development of the modern food service industry
 - Organization of classical and modern kitchen brigades
 - Attributes of a professional chef
2. Food Safety and Sanitation
 - Identify causes of food borne illnesses
 - Food safety
 - HACCP system
3. Tools and Equipment
 - Professional kitchen tools and equipment
 - How professional kitchen is organized
4. Knife Skills
 - Proper care for knives
 - Proper use of knives
 - Cut foods into a variety of classical shapes
5. Flavors and Flavorings
 - Basic principles of the physiology of the sense of taste and smell
 - Variety of herbs, spices, oils, vinegars, wines and other flavorings
6. Dairy Products
 - Identify, store and use a variety of milk – based products
 - Identify, store and serve a variety of cheeses
7. Mise en Place
 - Organize and plan work efficiently
 - Basic flavoring techniques
 - Prepare items needed prior to actual cooking
8. Principles of Cooking
 - Use of heat through conduction, convection and radiation
 - Affects of heat on food
 - Basic principles of various cooking methods
9. Stocks and Sauces
 - Variety of stocks
 - Recognize and classify sauces
 - Thickening agents
 - Variety of classical and modern sauces
10. Soups
 - Variety of clear and thick soups
 - Garnish and appropriate service of soups
11. Principles of Meat Cookery
 - The structure and composition of meats
 - Variety of meats
 - Meat inspection and grading practices
 - Appropriate purchase of meats

- Various cooking methods for meats
12. Fish and Shellfish
 - Structure and composition of fish and shellfish
 - Variety of fish and shellfish
 - Fish and shellfish inspection and grading practices
 - Appropriate purchase of fish and shellfish
 - Various cooking methods for fish and shellfish
 13. Eggs and Breakfast
 - Composition of eggs
 - Purchase and storage of eggs
 - Various cooking methods for eggs
 - Pancakes and other griddle cakes
 - Variety of breakfast foods
 14. Vegetables
 - Variety of vegetables
 - Appropriate purchase of vegetables
 - Purchase and storage of vegetables
 - Vegetable preservation
 - Prepare vegetables for cooking or serving
 - Various cooking methods for vegetables
 15. Potatoes, Grains and Pasta
 - Variety of potatoes, grains and pasta
 - Various cooking methods for potatoes, grains and pasta
 16. Healthy Cooking
 - Different categories of nutrients and their importance
 - Characteristics of healthy diet
 - Diet – planning tools
 - Range of vegetarian diet
 17. Salads and Salad Dressings
 - Variety of salad greens
 - Variety of salad dressings
 - Various preparation methods for salads
 - Appropriate salad presentation
 18. ORGANIZING KITCHEN DEPARTMENT
 - Introduction
 - Layout
 - Organization chart
 - Job description
 - Qualities of kitchen staff
 - First Aid
 - Fire Safety
 - Evacuation in Emergency – Fire, Earthquakes, Floods and Terrorist Attack
- Bakery**
19. The Baking Profession
 - History of Baking
 - Principal career position in modern food service and bakery operations
 - Characteristics required to be a successful baker
 - Attributes a student needs to become a professional baker
 20. Basic Professional Skills
 - Bakery Moths
 - Sanitation and Hygiene

21. Ingredients
 - Characteristics and functions of the major baking ingredients
 - Main types of wheat flours
 - Leavening Agents
 - Fruits and nuts
 - Chocolate and Cocoa
22. Basic Baking Principles
 - The factors that control the development of gluten in baking products
 - Dough and batter
 - Prevent the staling of baked items
23. Understanding Yeast Dough
 - Bread
 - Artisan Bread
 - Lean Yeast Dough
 - Crust Bread
 - Rich Yeast Dough
 - Quick Breads
24. Doughnuts, Fritters, Pancakes and Waffles
25. Basic Syrups, Creams and Sauces
26. Pies
27. Pastry Basics
 - Puff Pastry
 - Pate a choux
 - Strudel dough
 - Meringue
28. Tarts and Special Pastries
29. Cake Mixing and Baking
30. Assembling and Decoration of Cakes
 - Specialty Cakes
 - Cookies
 - Custards, Souffles, Puddings and Mousses
 - Frozen / Fruit Desserts
 - Dessert Presentation
 - Baking for Special Diets
31. ORGANIZING BAKERY DEPARTMENT
 - Introduction
 - Layout
 - Organization chart
 - Job description
 - Qualities of Bakers
 - First Aid
 - Fire Safety
 - Evacuation in Emergency – Fire, Earthquakes, Floods and Terrorist Attack
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33. **Instructional Skills and Classroom Management**

- Learning Domains and learning styles
- Bloom's Taxonomy
- Be a professional Technical and Vocational Education and Training (TVET) Instructor
- Occupational Safety and Health

Program Evaluation

- Conduct a CIPP Evaluation
- Conduct Goal-Free Evaluations
- Kirkpatrick's Levels of Training Evaluation
- Tyler's Goal-Based Evaluation Approach

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