

Foods and Nutrition (Practical)

Max Marks: - 100

Credit: 4

Teaching workload: Two practicals/week (3hours/practical)

Total teaching workload: 30 practicals/batch

Learning outcome

1. This practical course will enable the students to learn basic cooking skills and various methods of cooking used.
2. This course will enable the students to understand preparation of one portion size of every recipe.
3. Students will develop skills in preparing certain dishes using food preservation techniques.
4. Students will learn testing of common adulterants in food items.

Objectives

1. To learn the basics of methods of cooking.
2. To learn cooking of basic recipes of various food groups.
3. To learn preparations using various principles of food preservation.
4. To learn testing of adulterants in common food items.

Content

1. Weights & Measures, basic terms used in cookery
2. Methods of Cooking
3. Table settings
4. Visit to Departmental Store & preparation of list to explore various ready to eat, preserved & convenience food items.
5. Preparation of following basic as well as fancy food preparations for the following (emphasis should be on preparation of one portion size of each recipe):
 - **Beverages-** Tea (hot & iced), coffee (hot & cold), milk shakes, fruit-punch using squashes, fruit-punch using fresh fruits, lemonade, jaljeera, aamla shake, aam panna , mocktails and any other two fancy beverages.
 - **Cereal cookery** –chapaati, puri (plain, missi), parantha (stuffed, plain), pancakes, bhatura, rice(plain, pulao, sweet), khichdi, daliya, upma, poha, halwa, baati, choorma, mathri (namakpara, shakkarpara), chowmein, pizza, sandwiches (open, club, cucumber+ tomato).
 - **Pulses & Legumes** - daal (plain as well as daal fry), rajma, chhole, dal makhani, kadhi, mangodi, pancake, dahi-vada, dal pakodi, besan-pakodi, sprout chaat, fermented products, sweets (besan laddoo, mohanthaal, dal halwa).

- **Vegetables-** Dry vegetables (aalu gobi, methi aalu, palak tamaatar), stuffed vegetables (bhindi, capsicum), vegetables with gravy (dahi aalu, malai kofta, gatta, dumaalu, matar paneer, chilli paneer), baked vegetables.
 - **Soups-**clear & cream including Indian soups-spinach soup, cream of tomato soup, cream of mixed vegetable soup, minestrone soup, sweet corn soup, pea soup, lentil soup, lemon coriander soup, hot and sour soup.
 - **Fruits-** Salads: tossed salad, Russian salad, fruit salad, sprout salad, kosambri, corn chana pasta salad, salad dressings and desserts.
 - **Milk & milk products-**Fruit custard, various types of kheer, fruit cream, various types of khoya burfi, Sandesh, rabdi, ice-cream.
 - **Eggs-** Boiled, omelette, fried (half, full), poached.
 - **Snacks-**samosa, kofta, kachori, dosa, idli, vada, sambhar, khaman dhokla, uttapam, tikki chola, pav bhaji, sago khichri, mixed veg cutlets, harabhara kabaab, paneer tikka, spring rolls.
 - **Sweets-**jalebi, sandesh, gulab jamun, laddu, coconut barfi, gujiya, petha roll.
 - **Baked products-** cakes & biscuits.
6. Preparation of food items using various food preservation techniques:
- Pickles of seasonal vegetables
 - Sauces and chatneys (any two)
 - Jams and jellies (one each)
 - Squash, sharbats (natural as well as synthetic) (One each)
 - Preservation by dehydration
7. Testing of food items for presence of adulterants:
- Metanil yellow in turmeric powder, arhar dal and yellow sweets
 - Vanaspati ghee in pure ghee
 - Chalk powder and sand in wheat flour
 - Aluminium in sweets
 - Argemone oil in mustard oil
 - Lead chromate and coal tar dye in turmeric powder
 - Starch in milk

References

1. Bamji MS, Krishnaswamy K, Brahmam GNV Textbook of Human Nutrition, 3rd edition. Oxford and IBH Publishing Co. Pvt. Ltd. 2009.
2. Bhatt C M and Sharma R N. A manual on food preservation at home. Directorate of Publications, Haryana Agricultural University, Hissar,125004,1982.
3. Chadha R and Mathur P (eds). Nutrition: A Lifecycle Approach. Orient Blackswan, Delhi. 2015

4. Gupta S, Seth R, Khanna K and Mahna R. Art and Science of Cooking – A student's Manual, Blaze Publishers & Distributors Pvt Ltd., New Delhi 1991.
5. Khanna K, Gupta S, Seth R, Mahna R, Rekhi T The Art and Science of Cooking: A Practical Manual, Revised Edition. Elite Publishing House Pvt Ltd. 2004.
6. Raina U, Kashyap S, Narula V, Thomas S, Suvira, Vir S, Chopra S. Basic Food Preparation: A Complete Manual, Fourth Edition. Orient Black Swan Ltd. 2010.
7. Sankhla A, Mogra R. and Avinash P. A Practical Guide To Food Preservation (eBook), Agrotech Publications, www.kopykitab.com (ISBN 9788183213073), 2014.
8. Sharma Sheel, Practical Biochemistry. Classic Publishing House, Jaipur- Delhi (1993).
9. Srilakshmi, B. Food Science, 4th Edition. New Age International Ltd. 2007.
10. Wardlaw and Insel MG, Insel PM Perspectives in Nutrition, Sixth Edition. Mosby 2004.