# Skills Development Program of the Ministry of Tourism

## HUNNAR SE ROZGAR

## Course Guidelines

<table>
<thead>
<tr>
<th>Course Title</th>
<th>Cook (Regional)</th>
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<tbody>
<tr>
<td><strong>Objective</strong></td>
<td>Skill development and certification for employment</td>
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<tr>
<td><strong>Eligibility</strong></td>
<td>8th Class pass</td>
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<td></td>
<td>Age: 18 to 28 years</td>
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<tr>
<td><strong>Duration</strong></td>
<td>Eight Weeks or 280 hours</td>
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<td>Teaching of seven hours per day - five days a week or 35 hours per week</td>
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<tr>
<td><strong>Industrial Training</strong></td>
<td>Industrial Training of eight hours per week for eight weeks. Minimum clock in of 64 hours certified through log sheet by industry / trainer to be organized by institute. In case institute is unable to organize and additional day of 8hrs per week training in institute be organized</td>
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<tr>
<td><strong>Admission</strong></td>
<td>Through Advertisement on first come first served basis with minimum class size of 25 and maximum 30 students</td>
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<tr>
<td><strong>Fee</strong></td>
<td>No course fee for trainee. Institute to pay Rs.2000/- to trainee at the end of course</td>
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<tr>
<td><strong>Course Administration</strong></td>
<td>To be delivered by Central Institutes of Hotel Management &amp; four IHMs/FCIs @ Faridabad, Chandigarh, Kurukshetra &amp; Ajmer</td>
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<tr>
<td><strong>Attendance and Examination</strong></td>
<td>Students must attain minimum 90% attendance to be entitled for stipend. There will be one hour objective type, multiple choice paper to test theoretical knowledge and 4/5 tasks tested in practical. Minimum pass marks are 60%. Two external and one internal examiner during test</td>
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<tr>
<td><strong>Certification</strong></td>
<td>By NCHMCT</td>
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Training Module for Hospitality Training Programme in Food Production
Duration 8 weeks

| Theory classes | : 1 hour per day |
| Demo/Preparation | : 2 hours per day for next day |
| Practical classes | : 4 hours per day |

**KNOWLEDGE**

**Understanding the Industry**
- Hotels
- Various types of catering establishments
- Different types of kitchens
- Kitchen organisation
- Your place in kitchen

**Personal Hygiene for Food handlers**
- Your appearance & uniform
- How to wash hands correctly
- How to develop a daily personal hygiene routine
- How to handle equipment and utensils

**Basic Hygiene**
- Ten main reasons for food poisoning
- To protect food from contamination
- General rules for food handlers
- Prevailing food standards in India, food adulteration as a public health hazard

**Cleaning the Kitchen and equipment and preparing for work**
- Identification of kitchen equipments
- Various food pans & cooking equipments
- Cleaning Floors/ Work surface/ ventilators / Refrigerators and Deep Freezers
- Cleaning Dish Room
- Pot / Container wash up
- Still Room
- Kitchen Rules

**Skill**
- Describe the correct methods of cleaning the kitchen equipments
- Explain how to clean the kitchen correctly
- Describe how the working area is prepared for work

**Knife Skills**
- Peeling and paring with Knives
- Vegetable cuts & Fruit cuts
- Use of Chopping boards / Cutting pads
- Care of Knives
- Explain and observe safety rules concerning knife
- Describe the use of various types of knifes
- Name & explain various types of vegetables & fruit cuts

**Washing and Blanching Food**
- Soaking food items
- washing
| Disinfecting |
| Blanching |
| Rinsing |

**Vegetables and Spices**
- Identification of vegetables
- Standard quality of vegetables
- Spices and herbs used in Indian cuisine

**Garbage Disposal**
- Different methods
- Advantages & Disadvantages

**Handling Complaints**
- Facts on complaints
- Why do customers complain
- Customers expectations in lodging a complaint
- Complaints are sales opportunities

**Basic First-Aid**
- Demonstration of first aid techniques preferably by St. John Ambulance
- First of wounds, scars & minor injuries

**Egg**
- Breakfast Egg Preparation:
  - Egg fry (single / double)
  - Boiled egg
  - Omelette stuffed scrambled egg / Bhurji

**Snacks**
- Regional snacks including samosa, pakora, idli, dosa, dhokla, noodles etc.

**Soup**
- Preparation of tomato, vegetable, chicken & three regional soups

**Salads and Sandwiches**
- Preparation of simple salads and sandwiches

**Preparation of**
- Chutney, Raita & Indian Marinades

**Preparation of**
- Rice and Pulses (Atleast four items each)

**Vegetable Cookery**
- Different vegetables preparations
- Effect of heat on different vegetables

**Basic preparation of**
- Meat, chicken and fish for Indian kitchen (cuts, joints, portion)

**Poultry – Mutton – Fish Curry**
- Basis preparation as per regional specialities

**Flour**
- Kneading of flour, preparation of:

**Indian Bread**
- Roti
- Poories
- Naan,
<table>
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<tr>
<th>Indian Sweets</th>
<th>Preparation of regional sweet dishes (At least four)</th>
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<tbody>
<tr>
<td>Beverages</td>
<td>Preparation of Tea, Coffee, Lassi etc.</td>
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<tr>
<td>Preparation of Regional popular items and Practice (Approx. 12-15 items)</td>
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</tbody>
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**IMPORTANT:** Each popular regional item must be practiced repeatedly to ensure proficiency.