

HS-108- CULINARY AND NUTRITION LAB

Course Title	CULINARY AND NUTRITION LAB	Course Code	HS-108
Year	I Year	Course Group	Core
Teaching Scheme in Hrs (L:T:P)	1:0:2	Credits	2
Methodology	Lecture+ Practicals	Total Contact Periods	90
CIE	60 Marks	SEE	40 Marks

Pre-requisites

Basic knowledge of nutritive values and calculations for studying CULINARY AND NUTRITION LAB

Course Outcomes

Upon completion of the course the student shall be able to

COURSE OUTCOME	
CO1	Prepare and calculate nutritive value of Chinese preparation.
CO2	Prepare and calculate nutritive value of Soups, Salads and Raitas.
CO3	Prepare and calculate nutritive value of Fast Foods
CO4	Prepare and calculate nutritive value of Snacks.
CO5	Prepare and calculate nutritive value of Chutneys.
CO6	Prepare and calculate nutritive value of Sweets.

COURSE CONTENT

UNIT – I: CHINESE PREPARATIONS:

Duration: 15 Periods

- a. Chinese Fried Rice.
- b. Mixed Vegetable Rice/Noodles.
- c. Egg Fried Rice/Noodles.
- d. Veg/Chicken Manchuria.
- e. Veg/Chicken65.
- f. Baby corn Manchuria

UNIT – II: SOUPS, SALADS AND RAITAS:

Duration: 15 Periods

- a. Tomato Soup.
- b. Cream of Spinach Soup.
- c. Sprouted Salad.
- d. Mixed vegetable Salad.

- e. Chicken Manchow soup.
- f. Chicken Hot & Sour Soup
- g. Chicken Noodles Soup.
- h. Cucumber Raita.
- i. Mixed Veg Raita.
- j. Kadhi.
- k. Pakoda Kadhi.

UNIT – III: FAST FOODS:

Duration: 15 Periods

- a. Paneer Tikka.
- b. Chicken Tikka
- c. Chicken Cheese sandwich
- d. Chicken rolls.
- e. Fruit Chat.
- f. Papdi Chat.
- g. Pasta.
- h. Plain/Tomato/Club/Mint Sandwich.
- i. Pav Bhaji.
- j. Bhel/Sev/Pani Puri.
- k. Burger.
- l. Pizza.
- m. Vada Pav.

UNIT – IV: SNACKS:

Duration: 15 Periods

- a. Birds Nest.
- b. Veg/NonVeg Cutlet.
- c. Palak Dumplings.
- d. Plain/Masala/Dahi Vada.
- e. Veg Samosa
- f. Kheema Samosa
- g. Cheese toasts
- h. Cheese kababs
- i. Cheese pasta
- j. Pancake

UNIT – V: CHUTNEYS & SAUCES:

Duration: 15 Periods

- a. Groundnut chutney.
- b. Sesame Mint chutney.
- c. Coconut roasted Bengal gram chutney.
- d. Mint/Green Chutney.
- e. Tomato Chutney.
- f. Raw Mango Chutney.
- g. Sweet/Dates Chutney
- h. Tomato Sauce.
- i. Tomato Ketchup

UNIT – VI: SWEETS & CHOCOLATES:

Duration: 15 Periods

- a. Custard/Fruit Salad.
- b. Qubani Ka Meetha.
- c. Doughnuts
- d. Carrot/BeetRoot/Sweet Potato Halwa.
- e. Double Ka Meetha.
- f. Gulab/Kala Jamoon
- g. Applepie

Reference books

1. *Good Housekeeping Pakistani Cookery* by Meera Taneja, published by Ebury Press, London, Great Britain, 1985.
2. *Modern Cookery for Teaching and the Trade Vol – I* by Thangam E. Philip, published by Orient Longman Ltd., Hyderabad, 2005.
3. *Modern Cookery for Teaching and the Trade Vol – II* by Thangam E. Philip, published by Orient Longman Ltd., Hyderabad, 1988.
4. *Cookshelf Baking* by Emma Patmore, published by Paragon Books, China, 2002.
5. *Cakes and Chocolates* by Nita Mehta, published by SNAB Publishers Pvt. Ltd., New Delhi, 2002.
6. *Low Calorie Cooking for the Indian Kitchen* by Nita Mehta, published by SNAB Publishers Pvt. Ltd., New Delhi, 2001.

Suggested learning Outcomes

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

CO1: Explain the preparation of Chinese foods.

- 1.1 Explain how to prepare Chinese Fried Rice.
- 1.2 Explain how to prepare Mixed Vegetable Rice/Noodles.
- 1.3 Explain how to prepare Egg Fried Rice/Noodles.
- 1.4 Explain how to prepare Veg/Chicken Manchuria.
- 1.5 Explain how to prepare Veg/Chicken65.
- 1.6 Explain how to prepare Baby corn Manchuria

CO2: Demonstrate the preparation of Soups, Salads and Raitas .

- 2.1. Explain the preparation of Tomato Soup.
- 2.2. Explain the preparation of Cream of Spinach Soup.
- 2.3. Explain the preparation of Sprouted Salad.
- 2.4 Explain the preparation of Mixed vegetable Salad.
- 2.5 Explain the preparation of Chicken Manchow soup.
- 2.6 Explain the preparation of Chicken Hot & Sour Soup.
- 2.7 Explain the preparation of Chicken Noodles Soup.
- 2.8 Explain the preparation of Cucumber Raita.
- 2.9 Explain the preparation of Mixed Veg Raita.
- 2.10 Explain the preparation of Kadhi.
- 2.11 Explain the preparation of Pakoda Kadhi.

CO3: Explain the making of Fast foods.

- 3.1. Explain how to prepare Paneer Tikka.
- 3.2. Explain how to prepare Chicken Tikka

- 3.3. Explain how to prepare Chicken Cheese sandwich
- 3.4. Explain how to prepare Chicken rolls.
- 3.5. Explain how to prepare Fruit Chat.
- 3.6. Explain how to prepare Papdi Chat.
- 3.7. Explain how to prepare Pasta.
- 3.8. Explain how to prepare Plain/Tomato/Club/Mint Sandwich.
- 3.9. Explain how to prepare Pav Bhaji.
- 3.10. Explain how to prepare Bhel/Sev/Pani Puri.
- 3.11. Explain how to prepare Burger.
- 3.12. Explain how to prepare Pizza.
- 3.13. Explain how to prepare Vada Pav.

CO4: Explain the preparation of snacks

- 4.2 Explain the making of Birds Nest.
- 4.2. Explain the making of Veg/NonVeg Cutlet.
- 4.3. Explain the making of Palak Dumplings.
- 4.3 Explain the making of Plain/Masala/Dahi Vada.
- 4.4 Explain the making of Veg Samosa
- 4.5 Explain the making of Kheema Samosa
- 4.6 Explain the making of Cheese toasts
- 4.7 Explain the making of Cheese kababs
- 4.8 Explain the making of Cheese pasta
- 4.9 Explain the making of Pancake

CO5: Demonstrate the preparation of Chutneys and Sauces

- 5.1. Demonstrate the preparation of Groundnut chutney.
- 5.2. Demonstrate the preparation of Sesame Mint chutney.
- 5.3. Demonstrate the preparation of Coconut roasted Bengal gram chutney.
- 5.4. Demonstrate the preparation of Mint/Green Chutney.
- 5.5. Demonstrate the preparation of Tomato Chutney.
- 5.6. Demonstrate the preparation of Raw Mango Chutney.
- 5.7. Demonstrate the preparation of Sweet/Dates Chutney.
- 5.8. Demonstrate the preparation of Tomato Sauce.
- 5.9. Demonstrate the preparation of Tomato Ketchup

CO6: Preparation of Sweets and Chocolates

- 6.1. Explain the preparation of Custard/Fruit Salad.
- 6.2. Explain the preparation of Qurbani Ka Meetha.
- 6.3. Explain the preparation of Doughnuts.
- 6.4. Explain the preparation of Carrot/BeetRoot/Sweet Potato Halwa.
- 6.5. Explain the preparation of Double Ka Meetha.
- 6.6. Explain the preparation of Gulab/Kala Jamoon.
- 6.7. Explain the preparation of Applepie

CO-PO mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	Mapped POs
CO1	y	y			y						PO1,PO2,PO5
CO2		y									PO2
CO3		y			y					y	PO2, PO5, PO10
CO4		y									PO2
CO5		y			y					y	PO2, PO5, PO10
CO6		y									PO2

STATE BOARD OF TECHNICAL EDUCATION & TRAINING: TELANGANA
DIPLOMA EXAMINATIONS (C-26)
MID -I EXAMINATION
HS-108- CULINARY AND NUTRITION LAB
Model Question Paper

Duration: 1 Hour

Max. Marks: 20

Note: Answer Any one question.

1. Explain the main characteristics of Chinese cuisine and its cooking methods.
2. Describe the importance of balance in flavor, texture, and color in Chinese food preparation.
3. Discuss the different styles of Chinese cooking such as Cantonese, Szechuan, Hunan, and Peking cuisine.
4. Explain the role of sauces, seasonings, and condiments in Chinese preparations.
5. Describe various Chinese cooking techniques such as stir-frying, steaming, braising, and deep-frying.
6. Discuss the methods of preparing clear soups and thick soups.
7. Discuss the modern trends in soup preparation and presentation.
8. Explain the principles of salad preparation and presentation.
9. Explain the preparation of fruit salads and vegetable salads.
10. Explain the role of salads in modern healthy eating habits.

**STATE BOARD OF TECHNICAL EDUCATION & TRAINING: TELANGANA
DIPLOMA EXAMINATIONS (C-26)
MID -II EXAMINATION**

HS-108- CULINARY AND NUTRITION LAB

Model Question Paper

Duration: 1 Hour

Max. Marks: 20

Note: Answer Any one question.

1. Explain the methods used in the preparation of popular fast foods such as burgers, pizzas, and sandwiches.
2. Describe the preparation process of traditional Indian snacks like samosas, pakoras, and bhel puri.
3. Discuss the importance of hygiene and food safety during the preparation of fast foods and snacks.
4. Compare homemade fast foods with commercially prepared fast foods in terms of nutrition, cost, and taste.
5. Explain the role of ingredients such as oils, spices, sauces, and preservatives in the preparation of snacks and fast foods.
6. Describe the equipment and utensils commonly used in preparing fast foods and snacks.
7. Discuss the nutritional value and health effects of consuming fast foods regularly.
8. Explain how different cooking methods such as frying, baking, grilling, and steaming are used in snack preparation.
9. Write an essay on the preparation and serving of healthy snacks for children and teenagers.
10. Discuss the advantages and disadvantages of consuming fast foods regularly.
11. Explain the preparation of instant snacks and their popularity among youth.

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DIPLOMA EXAMINATIONS (C-26)
END EXAMINATION**

HS-108- CULINARY AND NUTRITION LAB

Model Question Paper

Duration: 2 Hour

Max. Marks: 40

Note: Answer Any one question.

1. Explain the methods of preparation and preservation of traditional Indian chutneys.
2. Discuss the nutritional value and culinary importance of chutneys in Indian cuisine.
3. Describe the preparation of coconut chutney, mint chutney, and tomato chutney with suitable examples.
4. What are the factors affecting the quality and shelf life of chutneys?
5. Compare fresh chutneys and preserved chutneys in terms of ingredients, preparation, and storage.
6. Define sauces and explain their role in cookery.
7. Describe the preparation methods of white sauce, tomato sauce, and brown sauce.
8. Explain the classification of sauces with suitable examples.
9. Discuss the importance of consistency, flavor, and seasoning in sauce preparation.
10. Write an essay on mother sauces and their derivatives used in food preparation.
11. Describe the ingredients, methods, and precautions involved in preparing milk-based sweets.
12. Compare homemade and commercial preparation of chutneys, sauces, and sweets.
13. Describe the common mistakes in preparing chutneys, sauces, and sweets and suggest remedies.