

Basic Food Preparation (Cook)

(BFP-01, Revised Syllabus-2080)

Course Title: Basic Food Preparation (Cook)

Objectives:

This course acquires to aim the following objectives:

- To acquire the knowledge, skill and attitude on Basic food preparation activities
- To be aware of the organizational aspect of basic food preparation department and perform various basic food preparation task effectively
- To be able to manipulate basic food preparation service technique as required
- To be able to implement the professional competence at Basic level (Commis III)

Admission Requirement

- The Candidate should be a Nepalese Citizen
- The Candidate should have successfully completed School Leaving Certificate
- The Candidate should the basic knowledge of English language, both verbal and written
- The Candidate should possess good health and be able to withstand long hours of work

Selection Criteria

- Written Test, and
- Interview

Duration

- This course is designed for a total of Three months (12 weeks).

Class Conduct

- This course consists of both well planned Theory and Practical sessions
- The Demonstration classes will be held as per the convenience in between the Theory and Practical Classes
- Each section would consist no more than Forty (40) Students in a class during Theory
- Each group would consist of Twenty (20) students during the Practical for every Forty (40) Students
- For every Forty (40) Students; the Demonstration classes shall be divided into groups of Twenty (20).
- Demonstration and Practical shall be conducted for both Kitchen “Hot kitchen and Bakery”.

Course Summary

1. Theory week	3.5 weeks × 6 days × 4 hours = 84 hours	
I. Food Production – 69 hrs.		
II. Related Subjects – 15 hrs.		
2. Demonstration Week	2 weeks × 6 days × 4 hours	= 48 hours
3. Practical week (Kitchen & Bakery)	5 weeks × 6 days × 8 hours	= 240 hours
4. Revision	0.5 weeks × 3 days × 4 hours	= 12 hours
5. Examination Weeks	1 week × 5 days × 4 hours	= 20 hours
	
Total		404 hours

Examination and Test

Theoretical Examination	30%
Practical Examination	50%
Internal Evaluation	20%

Certification

The students shall be awarded with the certificate of performance on the successful completion of:

- I. A minimum of 80% class attendance
- II. Appearance at Theoretical and Practical Examination
- III. A Certificate shall be awarded on the completion of the training according to the following merits:

80 and above	=	A	=	Excellent
60 to 79	=	B	=	Very good
40 to 50	=	C	=	Good
Below 40	=	D	=	Satisfactory

1. Theory (69 hours)

Course Introduction 2 hours

- Introduction
- Objective of the Course
- Rules and Regulations of NATHM
- Course Outline
- Orientation tour of the NATHM

Introduction to Catering Establishments	3 hours
<ul style="list-style-type: none"> • Catering and Types • Hotel Organization • Functions of Various departments 	
Kitchen Organization	3 hours
<ul style="list-style-type: none"> • Introduction • Kitchen Brigade • Duties and Responsibilities 	
Kitchen Equipment	2 hours
<ul style="list-style-type: none"> • Introduction • Classification and examples 	
Method of Cooking	6 hours
<ul style="list-style-type: none"> • Origin of cooking • Definition and Objectives • Heat Transfer • Classification and its process • Rules to follow while cooking 	
(Commodities: 23 hours)	
Vegetables	2 hours
<ul style="list-style-type: none"> • Introduction • Classification • Purchasing specification 	
Cereals	2 hours
<ul style="list-style-type: none"> • Introduction • Classification and uses 	
Fruits and nuts	2 hours
<ul style="list-style-type: none"> • Introduction • Classification and uses 	
Raising Agents	1 hour
<ul style="list-style-type: none"> • Introduction • Types and uses 	
Herbs and Spices	1 hour
<ul style="list-style-type: none"> • Introduction • Types and uses 	
Milk and Milk products	4 hours
<ul style="list-style-type: none"> • Food values • Treatment • Different milk products 	

Fats and Oil	2 hours
<ul style="list-style-type: none"> • Introduction • Types and uses 	
Eggs	1 hour
<ul style="list-style-type: none"> • Introduction • Food value • Uses 	
Fish	2 hours
<ul style="list-style-type: none"> • Introduction • Purchase specification • Classification • Cuts 	
Poultry and game	2 hours
<ul style="list-style-type: none"> • Introduction • Types and uses 	
Meat	4 hours
<ul style="list-style-type: none"> • Introduction • Composition • Classification – Lamb/Mutton, Veal/Beef, Pork • Cuts and culinary uses 	
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Stock	2 hours
<ul style="list-style-type: none"> • Definition • Importance • Types and uses 	
Sauce	4 hours
<ul style="list-style-type: none"> • Definition • Function • Types of mother sauce • Derivatives 	
Soup	3 hours
<ul style="list-style-type: none"> • Definition • Classification 	
Salad and Sandwiches	3 hours
<ul style="list-style-type: none"> • Introduction • Parts and types of salad • Component and types of Sandwiches 	

Breakfast	2 hours
<ul style="list-style-type: none"> • Introduction • Types of Breakfast 	
Receiving and Storing	4 hours
<ul style="list-style-type: none"> • Purpose and process • Forms used 	
Menu planning and Costing	8 hours
<ul style="list-style-type: none"> • Introduction to menu & types • Rules regarding menu planning • Menu costing & Recipe Costing 	
Industrial Film show and HACCP videos	4 hours
Related Subjects	(15 hours)
Tourism	2 hours
<ul style="list-style-type: none"> • Introduction of Tourism Industry • Importance of Tourism • Impacts of Tourism 	
Nutrition	5 hours
<ul style="list-style-type: none"> • Introduction of Balanced Diet • Importance of Balanced Diet • Types of Nutrition and its function 	
Food Safety and Sanitation	6 hours
<ul style="list-style-type: none"> • Importance of Hygiene • Personal Hygiene • Kitchen Hygiene • Food Poisoning, causes and remedies 	
First Aid	2 hours
<ul style="list-style-type: none"> • Introduction and its need • First aid box • Dealing with cuts, burns and scalding • HIV and drug abuse 	

2. Demonstration (2 Weeks) (48 hours)

Menu 1 (2 days × 4 hours) 8 hours

Vegetables cutting
(Macedoine, Brunoises, Julienne, Paysanne, Jardiniere)
Stock
(White stock and Brown Stock)
Soup
(Thick and thin soup)

Menu 2 (2 days × 4 hours) 8 hours

Sauce
(Bechamel, Espagnole, Tomato, Hollandaise, Velouté)
Salad and Dressing
(Mayonnaise & Vinaigrette with Coleslaw, Apple Walnut salad and Italian Salad)

Menu 3 (2 days × 4 hours) 8 hours

Sandwiches
(Plain Chicken Sandwich, Toasted BLT sandwich & Grilled Cheese Sandwich)
Breakfast
(simple arrangements of breakfast plates that includes component of Continental and Indian Breakfast)

Bakery and Pastry (6 days × 4 hours) 24 hours

Yeast Goods
Paste and Products
Cake Preparations

3. Practical (Kitchen and Bakery) 5 Weeks (240 hours)

Continental Menu with Dessert	8 Menu
(3 course 4 menu)	
(4 course 4 menu)	
Indian with Dessert	2 Menu
Chinese with Dessert	2 Menu
Nepali with Dessert	2 Menu
Buffet with Dessert	1 Menu

Total 15 Menu

4. Revisions and Examination (32 hours)