

FACULTY OF SCIENCES

SYLLABUS FOR THE

SUBJECT: HOME SCIENCE

for the award of the Degree in

BACHELOR OF ARTS/ BACHELOR OF SCIENCE

(Offered under 3-year UG Degree Programme)

(Credit Based Grading System)
under NEP 2020

Batch: 2025–28



GURU NANAK DEV UNIVERSITY AMRITSAR

Note: (i) Copy rights are reserved.

Nobody is allowed to modify/ publish/ print it in any form.

Defaulters will be prosecuted.

(ii) Syllabi are subject to change at the discretion of the authority. Please visit the University website from time to time.

SCHEME**HOME SCIENCE****SKILL ENHANCEMENT COURSES****SEC-I**

Sr. No.	Course Code	Course Title	Credits L-T-P	Total Marks
1.		COOKING AND CATERING-I (THEORY)	1-0-0	25
2.		COOKING AND CATERING-I (PRACTICAL)	0-0-2	50

SEC-II

Sr. No.	Course Code	Course Title	Credits L-T-P	Total Marks
1.		COOKING AND CATERING-II (THEORY)	1-0-0	25
2.		COOKING AND CATERING-II (PRACTICAL)	0-0-2	50

SEC-III

Sr. No.	Course Code	Course Title	Credits L-T-P	Total Marks
1.		COOKING AND CATERING-III (THEORY)	1-0-0	25
2.		COOKING AND CATERING-III (PRACTICAL)	0-0-2	50

HOME SCIENCE
SKILL ENHANCEMENT COURSES
SEC-I
COOKING AND CATERING-I
(THEORY)

Time: 3 Hrs.

L-T-P
Credits: 1-0-0
Marks : 25

Instructions for the paper setters:

Eight questions of equal marks (specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any section.

Course Outcome

- Students will be able to understand the basics of Culinary Arts, Cookery and Food Production.
- The course aims to equip the students to develop knowledge and understanding of important principles and techniques of cooking needed in Hospitality Industry. They will be able to comprehend the principles of food hygiene and safe kitchen practices.
- The course will provide ample opportunities for employment in Food Production and Hospitality Industry like hotels, restaurants, bakeries, food Joints, Café's and food blogging etc.

SECTION-A

- Need, Importance and Scope of cooking and catering
- Aims and Objectives of cooking
- Methods of cooking-their principle, advantages and disadvantages, methods of heat transfer in cooking.

SECTION-B

- Culinary Terms: List of culinary (common and basic) terms, Explanation with examples
- Knowledge and understanding of common kitchen ingredients, uses and storage (Spices, Condiments, Liquids, Sweetening, Fats and Oils, Raising or Leavening agents, Thickening and Binding agents, Flavorings and Seasonings).

SECTION-C

- Knowledge of basic kitchen equipment and tools, their care and maintenance (Pre-preparation & Preparation equipment, Ancillary equipment: knives, utensils, pots and pans)
- Classification and Selection of kitchen equipment.

SECTION-D

- Hygiene and Sanitation in Kitchen: General principles of Food Hygiene, Personal Hygiene, Kitchen hygiene, Good Hygiene Practices
- Waste Disposal: Types of kitchen waste, Methods of waste disposal.

Books Recommended:

1. Sunetra Roday, (2011). Food Hygiene and Sanitation, Tata McGraw Hill Education, latest available edition.
2. Karnail Singh, (2011). Hygiene and Sanitation Management in Hospitality Industry, Naman Publisher & Distributors.
3. Mohini Sethi & Surjeet Malhan; (2018), Catering Management: An Integrated Approach, New Age International Publisher.
4. Rajwinder Kaur Randhawa; Textbook of Foods and Nutrition, Pradeep Publications.
5. Park K.; Textbook of Preventive and Social Medicine, Banarsidas Bharat Ltd.

HOME SCIENCE
SKILL ENHANCEMENT COURSES
SEC-I
COOKING AND CATERING-I
(PRACTICAL)

Time: 3 Hrs.

L-T-P
Credits: 0-0-2
Marks : 50

Note: The question paper will be set by the examiner based on the syllabus.

1. Planning and preparation of recipes using different methods of cooking (at least 2 recipes in each).
 - Boiling
 - Steaming
 - Grilling
 - Baking
 - Roasting
 - Shallow frying
 - Deep frying
 - Microwave cooking
2. Basic Hygiene practices to be observed in the Kitchen.
3. Identification of Raw Materials.

HOME SCIENCE
SKILL ENHANCEMENT COURSES
SEC-II
COOKING AND CATERING-II
(THEORY)

Time: 3 Hrs.

L-T-P
Credits: 1-0-0
Marks : 25

Instructions for the paper setters:

Eight questions of equal marks (specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any section.

Course Outcome

- Students will be able to understand the basics of Culinary Arts, Cookery and Food Production.
- The course aims to equip the students to develop knowledge and understanding of important principles and techniques of cooking needed in Hospitality Industry. They will be able to comprehend the principles of food hygiene and safe kitchen practices.
- The course will provide ample opportunities for employment in Food Production and Hospitality Industry like hotels, restaurants, bakeries, food Joints, Café's and food blogging etc.

SECTION-A

- Functions of Food, Different components of food
- Classification of ingredients as perishables, non-perishables, and semi-perishables.

SECTION-B

- Knowledge of basic food nutrients, types, functions, sources and deficiency and excess (in brief) : Carbohydrates, Proteins.

SECTION-C

- Knowledge of basic food nutrients, types, functions, sources and deficiency and excess (in brief) : Fats, Vitamins (Fat soluble and Water soluble), Minerals.

SECTION-D

- Knowledge of Indian spices and condiments
- Basics of Indian Cookery: Indian Masalas & Gravies: Garam masala, pulao masala, sabzi masala, curry powder, sambhar powder, rasam powder, chaat masala, tandoori marination, white, red, green and yellow gravies.

Books Recommended:

1. Rajwinder Kaur Randhawa; Textbook of Foods and Nutrition, Pradeep Publications.
2. Mudambi Sumati R; Fundamentals of Foods, Nutrition and Diet Therapy, New Age International publication.
3. Antia F P; Clinical Dietetics and Nutrition, Oxford publication.
4. Monisha Bardhwaj; (2016). The Indian Cookery course, Kyle Cathie Publisher.
5. Vir Shanghvi; (2018). The Indian Pantry, Penguin Indian Publisher.

HOME SCIENCE
SKILL ENHANCEMENT COURSES
SEC-II
COOKING AND CATERING-II
(PRACTICAL)

Time: 3 Hrs.

L-T-P
Credits: 0-0-2
Marks : 50

Note: The question paper will be set by the examiner based on the syllabus.

- Preparation of Basic Indian Gravies: White, red, green, and yellow gravies.
- Planning and Preparation of Indian recipes (starters, snacks, and meal dishes) using different marination and gravies.
- Breakfast and appetizer preparations - Preparation of salads, sandwiches, hors d'oeuvres.
- Identification of spices and condiments

HOME SCIENCE
SKILL ENHANCEMENT COURSES
SEC-III
COOKING AND CATERING-III
(THEORY)

Time: 3 Hrs.

L-T-P
Credits: 1-0-0
Marks : 25

Instructions for the paper setters:

Eight questions of equal marks (specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any section.

Course Outcome

- Students will be able to understand the basics of Culinary Arts, Cookery and Food Production.
- The course aims to equip the students to develop knowledge and understanding of important principles and techniques of cooking needed in Hospitality Industry. They will be able to comprehend the principles of food hygiene and safe kitchen practices.
- The course will provide ample opportunities for employment in Food Production and Hospitality Industry like hotels, restaurants, bakeries, food Joints, Café's and food blogging etc.

SECTION-A

- Principles of food purchasing
- Principles of food storage

SECTION-B

- Food Spoilage: Causes and prevention, food safety
- Pest management (in brief)

SECTION-C

- Menu Planning: Objectives of Menu Planning, Factors to be considered while planning a menu, Menu terminology, Types of Menus.
- Types of Meals - Breakfast, brunch, lunch, hi-tea, dinner, supper.
- Courses of French Classical Menu-Sequence, Examples from each course.

SECTION-D

- Regional Cookery: Indian Regional Cuisine (North and South Indian cuisine) with reference to ingredients used, traditional preparation methods, utensils, and accompaniments.
- Bakery: Bakery terms, Knowledge of equipment and basic ingredients used in bakery.

Books Recommended:

1. Mohini Sethi & Surjeet Malhan; (2018), Catering Management: An Integrated Approach, New Age International Publisher.
2. Parvinder, S. Bali; (2018). Theory of Bakery, Oxford University Press.
3. Parvinder, S. Bali; (2012). International Cuisine & Food Production Management, Bakery, Oxford University Press.
4. Rachel Muthachen; Regional Indian Cookery, Jaico Publishing House.
5. Rajwinder Kaur Randhawa; Textbook of Foods and Nutrition, Pradeep Publications.
6. Monisha Bardhwaj; (2016). The Indian Cookery course, Kyle Cathie Publisher.
7. Vir Shanghvi; (2018). The Indian Pantry, Penguin Indian Publisher.

HOME SCIENCE
SKILL ENHANCEMENT COURSES
SEC-III
COOKING AND CATERING-III
(PRACTICAL)

Time: 3 Hrs.

L-T-P
Credits: 0-0-2
Marks : 50

Note: The question paper will be set by the examiner based on the syllabus.

- Planning of menus and preparation of recipes from different regions of India (North and South Indian cuisine- minimum 2 menus)
- Planning of menus for different meals (breakfast, lunch, hi tea, dinner, party and festival- minimum 3 menus)

Preparation of bakery recipes (cakes, muffins, breads, pudding, pies, cookies)