

# Value Added Course

## Dynamics in Food Preparation

**Total : 30 hours**

**Odd Semester**

### **UNIT-I: Introduction**

- Definitions in food science.
- Composition and functions of foods.
- Food pyramid.
- Principles of safe food preparation.

### **UNIT-II: Cooking Process**

- Objectives of Cooking.
- Cooking methods- Moist heat methods, Dry heat methods; Fat as medium of cooking, Microwave cooking.
- Effect of cooking on Nutrients.

### **UNIT-III: Cooking Equipment**

- Types of cooking equipment- Grill, Boiler, Oven and Microwave. Mechanical processing equipment- Vegetable Peeler, Chopper, Mixer, Slicing machine and mincing equipment.

### **UNIT-IV: Role of Foods in Cookery**

- Role of cereals, pulses, fats/oils, milk and milk products, flesh foods, sugars, vegetables, fruits and spices in cookery

### **Course Outcomes**

**This course enables the students to:**

- 1. Learn the principles of safe food preparation and food pyramid.
- 2. Gain knowledge on cooking methods and effect of cooking on nutrients.
- 3. Apply knowledge about effect of cooking on nutrients.
- 4. Able to differentiate different cooking equipment and role of different food items in cookery.