

GUJARAT TECHNOLOGICAL UNIVERSITY

Diploma in Home Science

Semester: I

Subject Name: **Cooking Methods**

Subject Code: **310020**

Teaching Scheme				Evaluation Scheme		
Theory	Tutorial	Practical	Total	University Exam (Theory) (E)	Mid Sem Exam (Theory) (M)	Internal Assessment (I)
2	0	6	5	70	30	50

Rationale:

The students get knowledge of various cooking methods used from basic to advance like Microwave cooking.

Topic No.	Name of Topic	Lecture Hour	Practical Hour	Total Hour	% weightage
1	Cooking Method	10	24	34	
2	Equipment	4	18	22	
3	Scientific Approach to cooking method	4	18	22	
4	Terms Used	10	24	34	
Total		28	84	112	

Objectives:

- To make the students aware of various cooking methods and develop skills in each methods.
- To make them use various cooking equipments effectively.

Sr. No.	Course Content:
1.	<p>COOKING METHOD:</p> <p>a. Necessity of cooking foods.</p> <p>1.2 Cooking methods</p> <p style="padding-left: 20px;">1.2.1 Boiling</p> <p style="padding-left: 20px;">1.2.2 Steaming</p> <p style="padding-left: 20px;">1.2.3 Shallow frying</p> <p style="padding-left: 20px;">1.2.4 Baking</p> <p style="padding-left: 20px;">1.2.5 Roasting</p>

	1.2.6 Sprouting 1.2.7 Fermentation 1.2.8 Stewing 1.2.9 Pressure cooking 1.2.10 Cooking in a aluminum foil 1.2.11 Microwave cooking 1.2.12 Solar cooking
2.	EQUIPMENT: 2.1 Equipments needed in various cooking procedures. 2.2 Importance of weight & measure equipment for metric measurement and household measurement
3.	SCIENTIFIC APPROACH TO COOKING METHOD: 3.1 Effect of different cooking procedures on digestibility and composition of foods. 3.2 Nutritive changes during and every sprouting and fermentation. 3.3 Method of food fortification. 3.4 Importance of low calorie diet 3.5 Importance of raw food

Terms Used:

- | | | | |
|-------------|-------------|--------------|-----------|
| 1. Bake | 2. Barbecue | 3. Beat | 4. Blanch |
| 5. Blend | 6. Boil | 7. Broil | 8. Brush |
| 9. Chop | 10. Combine | 11. Cube | 12. Dice |
| 13. Dust | 14. Grate | 15. Julienne | 16. Knead |
| 17. Parboil | 18. Puree | 19. Saute | 20. Shift |
| 21. Steam | 22. Steep | 23. Stew | 24. Whip |

Laboratory Experiences:

Recipes based on various cooking methods:

- | | | |
|--------------|-----------------|----------------------|
| 1. Frying | 2. Boiling | 3. Roasting |
| 4. Stewing | 5. Steaming | 6. Baking |
| 7. Sprouting | 8. Fermentation | 9. Microwave cooking |

Term Work:

Make minimum three recipes of prescribe each cooking method

Model plan of each practical

1. Name of cooking method
2. A list of raw material for each cooking method

3. Time limit of each raw food for cooking : hour/min.
4. List of raw material for particular recipes (with metric measurement & household measurement)
5. Necessary equipment for recipes
6. Method of recipes.

References Books:

- | | | |
|---|----------------------------|--|
| 1.The Complete Sprouting Book | | Per Per & ita Selloman Immlan Premm Ltd. |
| 2.The Raw Food Way to Health | Jenet Hunt. | Thomsan Bub Ltd.
Welling Borough
Narthampt Sons.
Frank Bros & Co.
J.B.Lippincott Co. |
| 3.Theory of Cookery. | Krishna Arora | |
| 4.Nutrition Principles and Application
in Health Promotions Philadelphia | Larel Jean West .
Surto | |
| 5.Malnutrition and Food Habits. | RFA-Dean Anne Nurgess | |