

**CERTIFICATE COURSE IN CATERING
MANAGEMENT IN DIETETICS**



**SADAKATHULLAH APPA COLLEGE
(AUTONOMOUS)
TIRUNELVELI - 627011**

CERTIFICATE COURSE IN CATERING MANAGEMENT AND DIETETICS

ABOUT THE COURSE

The course provides students with basic knowledge about the hospitality industry. They are equipped with knowledge about basic kitchen skills, cooking skills, culinary skills and food presentation skills.

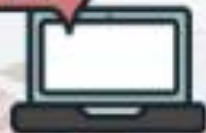


ELIGIBILITY

The eligibility criteria for enrolment in this course includes completion of 10+2 level with an aggregate of 50%.

INSTRUCTIONAL DESIGN

The duration of the course is for 12 months and the curriculum includes theory and practical classes. Students are evaluated through assignments, theoretical and practical exams.



OBJECTIVES

The students will be able to:
acquit with the various service styles;
set up and manage their own catering unit.



DEPARTMENT OF NUTRITION AND DIETETICS

CERTIFICATE COURSE IN NUTRITION AND DIETETICS			
Paper I	FOOD SCIENCE AND THERAPUTIC NUTRITION	18NNDC11	
Total Hrs: 45	Hrs./Week:2	Hrs/ Unit : 9	Credits: 3

OBJECTIVES:

To enable students

- To understand the vital link between nutrition and health.
- To obtain knowledge of different food groups and their nutritive value
- To gain knowledge about the methods of assessment of nutritional status
- To plan suitable diets for different age groups and for special conditions.

Unit -I

- a. Definition of Health, Classification of food according to functions- Energy yielding foods, Body Building foods and Protective foods. Food groups - Basic V and Basic VII
- b. Preliminary techniques and different methods of cooking.

Unit –II

Food Commodities: Nutritive Value of Cereals, Pulses, Fruits and Vegetables, Milk and Milk Products, Egg, Flesh foods.

Unit – III

a. Balanced Diet – Nutritional needs in human life cycle – Nutrition in Pregnancy, Lactation, Infancy, Pre-school age, School age, Adolescence, and Old age- RDA recommended by ICMR.

b. Menu planning – Factors influencing planning menus

Unit – IV

a. Definition of Dietetics – purpose of diet therapy – factors to be considered in planning therapeutic diets – Types and role of a Dietitian.

b. Routine hospital diets – clear fluid diet, full fluid diet, soft diet, regular normal diet - preoperative diet and postoperative diet.

Unit V:

a. Special feeding methods – Tube feeding – Parental feeding.

b. Diet for Diabetes Mellitus, Obesity, Underweight, Chronic Renal Failure, Cardiovascular disease, Peptic Ulcer, Hepatitis and Fever.

References:

1. Brown, Amy. Understanding Food: Principles and preparation; Wadsworth Thomson Learning. California, 2000.
2. Parker, Risk. Introduction to Food Science; Delmar Thomason Learning Albany, 2003.
3. Whitney, Eleanor Noss. Understanding Nutrition; Wadsworth Thomson Learning California, 2002.
4. Cummings, Leslie E. Nutrition Management for Food services; Delmar Publishers, New York, 1989.
5. Drummond, Karen Eich. Nutrition for Food service and culinary Professionals, John Wiley, New Jersey, 2004

CERTIFICATE COURSE IN NUTRITION AND DIETETICS			
Paper II	BASICS OF FOOD PRODUCTION AND SERVICE	18NNDC12	
Total Hrs:45	Hrs./Week:2	Hrs/Unit : 9	Credits: 3

OBJECTIVES:

To enable students

- To gain knowledge about the methods of purchasing, storage and issuing of food commodities, maintaining records in different areas.
- To gain knowledge in quantity food preparation and serving

Unit I

Requirement of catering Institutions – Lay out – Plan of area of food preparation – cooking, cleaning, storing, serving and dining – flow of traffic

Unit II

Equipment in food service: Classification- Major and Minor. Electrical and Non Electrical – use- Serving equipment- table ware, hollow ware, Glass ware and special equipments.

Unit III

Quantity cookery – Selection – purchase and storage –standardization, portion control- Cost control in food service.

Unit IV

- A. Mise-en-Place, Mise-en-scene
- B. Roles and responsibilities of a waiter.
- C. Food service- Styles of food service- Waiter service- Banquet service- Restaurant service- room service- Mechanics of waiter service- self service- Buffet service- cafeteria service- Leaf service-vending mobile catering .

Unit V

- a. Sanitation and Hygiene – Sanitation of eating places- Food handlers
- b..safety measures in food service

References:

1. Brown, Amy. Understanding Food: Principles and preparation; Wadsworth Thomson Learning. California, 2000.
2. Cummings, Leslie E. Nutrition Management for Food services; Delmar Publishers, New York, 1989.
3. Drummond, Karen Eich. Nutrition for Food service and culinary Professionals, John Wiley, New Jersey, 2004

CERTIFICATE COURSE IN CATERING MANAGEMENT AND DIETETICS		
Paper-III	BASICS OF DIETETICS AND QUANTITY FOOD SERVICE	18NNDCP1
(Practical)		
Total Hrs:30		Credits: 2

1. Units of measurement for food. Preparing market list and organization of work
2. Group experience in planning, preparing and serving different types of food.
3. Standardization of Recipes.
4. Organizing, Preparing and serving for 3 different meals for 50 members and more.
5. Food and Beverage service
 - a. Appraising of cutlery, crockery, glassware.
 - b. Laying and re-laying of table cloths.
 - c. Table'd' hote cover laying
 - d. A la carte – Cover lying
 - e. Serviette folds
 - f. Arrangement of side board
 - g. Preparing Serving and clearing practice
 - h. Receiving the guest, presenting the menu, taking orders and presenting the bill
6. Training in a food service institution– with special reference to purchase, production and serving area.
7. Visit to different types of Food Service Institution (hotels, hospitals, hostels and Industrial canteen)

Record and project report to be submitted at the time of practical examination

References:

1. Sardesai, Vishwanath M. Introduction to Clinical Nutrition; Marcel Dekker, New York, 2003.
2. Brown, Judith E. Nutrition Now; Wadsworth Thomson Learning, California, 2002.
3. Ray, Debashri. Nutritional Challenge and Total Quality Management; Sarup & Sons, Delhi, 2001.
4. Nath, R. Health and Disease Role of Micronutrients and Trace Elements; APH Publishing, New Delhi, 2000.
5. Birchfield, John C; Design and Layout of Foodservices facilities; John Wiley and Sons, Nw Jersey, 2003.



Sadakathullah Appa College (Autonomous)
Rahmath Nagar, Tirunelveli -627 011.

Certificate Course in Catering Management and Dietetics

Offered by Department of Nutrition and Dietetics

Upon Completion of the course students will be able to:

- Apply Nutritional Standards as expected in Food Service Management fields.
- Demonstrate professional ethics as expected for employment in the Catering Management field.
- Apply knowledge of basic food principles, including food purchasing, planning and preparation.
- Plan the diet based on the nutritional requirement for different age groups in society.
- Compare and correlate the physiological changes and the nutritional requirement of the people.