

**MONTHLY SYLLABUS**

**SESSION-2016-17**

**CLASS-XI**

**SUBJECT : FOOD PRODUCTION-II (735)**

**THEORY : 60 / PRACTICAL : 40**

<b>MONTH</b>	<b>CONTENTS</b>
July 2016	<p style="text-align: center;"><b>THEORY</b></p> <p><b>Unit 1: Hygiene</b></p> <ul style="list-style-type: none"><li>a) Personal hygiene</li><li>b) Environmental hygiene</li><li>c) Food storage and causes of contamination</li><li>d) Food borne illnesses</li><li>e) Food poisoning</li><li>f) Garbage disposal</li></ul> <p style="text-align: center;"><b>PRACTICAL</b></p> <p><b>1. Basic cutting techniques</b> Slicing, chopping and mincing of various vegetables (to be practiced thoroughly by all students)</p> <p><b>2. Basic Indian gravies</b> Introduction and demonstration</p>
August 2016	<p style="text-align: center;"><b>THEORY</b></p> <p><b>Unit 2: Commodities</b></p> <p>1. Sugar</p> <ul style="list-style-type: none"><li>a) Introduction</li><li>b) Types of sugar</li><li>c) Role of sugar in cooking</li><li>d) Function of sugar</li></ul>

	<p>e) Storage of sugar</p> <p><b>2. Salt</b></p> <p>a) Introduction</p> <p>b) Types of salt</p> <p>c) Role of salt in cooking</p> <p>d) Storage and handling</p> <p style="text-align: center;"><b>PRACTICAL</b></p> <p><b>3. Preparation of general gravy</b></p> <p><b>4. Preparation of white / shahi gravy</b></p> <p><b>5. Preparation of makhni gravy</b></p> <p><b>6. Preparation of kadhhal gravy</b></p>
September 2016	<p style="text-align: center;"><b>September 2016(1.09.2016-7.09.2016 revision)</b></p> <p style="text-align: center;"><b>September 2016(8.09.2016-22.09.2016 SA-I Exam)</b></p> <p style="text-align: center;"><b>September 2016(23.09.2016-30.09.2016 Paper Discussion)</b></p> <p style="text-align: center;"><b>THEORY</b></p> <p><b>3. Herbs, spices and condiments</b></p> <p>a) Herbs—Types, description and uses</p> <p>b) Spices - Types, description and uses</p> <p>c) Condiments - Types, description and uses</p> <p style="text-align: center;"><b>PRACTICAL</b></p> <p><b>7. Preparation of rice</b></p> <p>Boiled (drainage and absorption method)</p> <p>a) Jeera pulao</p> <p>b) Vegetable pulao</p>
October 2016	<p style="text-align: center;"><b>October 2016 (1.10.2016-07.10.2016)</b></p> <p><b>4. Raising agents</b></p> <p>a) Classification of raising agents</p>

	<p><b>5. Thickening agents</b></p> <p>a) Factors</p> <p>b) types of thickening agents</p> <p style="text-align: center;"><b>October 2016 (08.10.2016-11.10.2016 Autumn Break)</b></p> <p style="text-align: center;"><b>October 2016 (12.10.2016-31.10.2016)</b></p> <p><b>6. Milk</b></p> <p>a) Nutritive value of milk, procession of milk</p> <p>b) Types of milk</p> <p>c) by products</p> <p style="text-align: center;"><b>PRACTICAL</b></p> <p><b>8. Preparation of simple vegetable dishes</b></p> <p>Aloo matar, aloo gobhi, matar paneer, bhindi masala etc.</p> <p>9. Preparation of various dals, choole etc.</p>
November 2016	<p style="text-align: center;"><b>THEORY</b></p> <p><b>7. Cream</b></p> <p>a) Introduction</p> <p>b) composition of cream</p> <p>c) uses of cream</p> <p>d) manufacture of cream</p> <p>e) types of cream</p> <p><b>8. Butter</b></p> <p>a) Introduction</p> <p>b) Processing of butter</p> <p>c) Types of butter Practical</p> <p><b>10. Preparation of Indian breads, phulka, poori, paratthas, stuffed paratthas etc.</b></p>

December 2016	<p style="text-align: center;"><b>December 2016(1.12.2016-30.12.2016)</b></p> <p style="text-align: center;"><b>THEORY</b></p> <p><b>9. Cheese</b></p> <p>a) Introduction</p> <p>b) Manufacture of cheese</p> <p>c) classification of cheese</p> <p>d) uses of cheese</p> <p>e) cheese varieties and descriptions</p> <p><b>December 2016 (31.12.2016-15.01.2017 winter break)</b></p> <p style="text-align: center;"><b>PRACTICAL</b></p> <p><b>11. Preparation of simple Indian sweets, kheer, payesh, payasam, phirnee, halwa etc.</b></p>
January 2017	<p style="text-align: center;"><b>January 2017 (16.01.2017-31.01.2017)</b></p> <p style="text-align: center;"><b>THEORY</b></p> <p><b>10. Flour</b></p> <p>a) Introduction</p> <p>b) structure of wheat</p> <p>c) Milling of wheat</p> <p>d) Storage of flour</p> <p>e) Types of flour</p> <p><b>11. Rice</b></p> <p>a) Introduction</p> <p>b) Processing of rice</p> <p>c) Types &amp; forms of rice</p> <p style="text-align: center;"><b>PRACTICAL</b></p> <p><b>12. Demonstration preparation of 10 sets of menus containing Indian regional item (30-40 Dishes)</b></p>

February 2017	<p><b>February 2017(1.02.2017-20.02.2017)</b></p> <p style="text-align: center;"><b>THEORY</b></p> <p><b>12. Cereals</b></p> <p>a) Introduction</p> <p>b) Types of cereals</p> <p><b>13. Pulses</b></p> <p>a) Introduction</p> <p>b) Types of pulses</p> <p><b>February 2017(21.02.2017-28.02.2017 revision)</b></p> <p style="text-align: center;"><b>PRACTICAL</b></p> <p><b>Preparation of all 10 menus by students and further repetition of all the menus to attain proficiency.</b></p>
March 2017	<b>SA-II Annual Examination</b>