



S.D MAHILA MAHAVIDYALAYA NARWANA



Home Science Department

Proudly Offers

**Add On Certificate Course
On
Cooking Skill**

STARTING FROM 24 March 2023



Dr. Reena

CONVENOR

**DR. ANJANA LOHAN
Principal**

Ph. No. 01684-240161

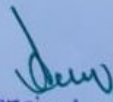


S D MAHILA MAHAVIDYALYA
NARWANA-126116 (JIND) HARYANA

Dated:-.....

Notice

सभी छात्राओं को सूचित किया जाता है कि 24.03.2023 से महाविद्यालय में Cooking Skills पर 30 घंटे का सर्टिफिकेट कोर्स करवाया जाएगा और कोर्स के अंत में परीक्षा ली जाएगी और छात्राओं को प्रमाण पत्र दिए जाएंगे।


Principal
S.D. Mahila Mahavidyalaya
Narwana



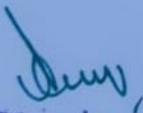

To
The Board of Studies,
S.D.Mahila Mahavidyalya,
Narwana.

Sub: Approval for Cooking skill certificate course.

Respected Madam,

We want to start a certified offline course "**Cooking skill**" (30 Hours) in our campus. A Certificate is an education goal for many students who want to improve their visibility among aggressive job applications. Certificates may help to provide students with increased skills and experience. Syllabus of cooking skill is attached with this application. Please kindly approve this certified course. We shall be thankful to you for this. Enclosed: Syllabus of the Certificate Course.

Yours Faithfully Reena Asst. Professor in Home Science Department


Principal
S.D. Mahila Mahavidyalya
Narwana


Ms. Reena
Asst. Prof. of Home Sc.

Subject: Approval for "Cooking Skills" by the Board of Studies

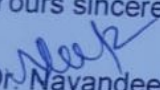
Dear Reena,

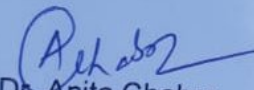
I am pleased to inform you that after careful consideration and review by the Board of Studies, has approved "Cooking Skills" which spans over 30+ hours of instruction.

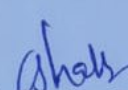
This course has been evaluated thoroughly to ensure its alignment with our institution's academic standards and objectives. We believe that it will significantly contribute to the academic enrichment of our students and align with our commitment to providing high-quality education.


Thank you for your interest and support in our academic endeavors.

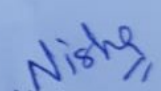
Yours sincerely,

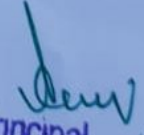


Dr. Nayandeep
Assoc. Prof. in Eco.
Convener


Dr. Anita Chabra
Asst. Prof. in Hindi
Member


Dr. Shalu Sachdeva
Asst. Prof. in Hist.
Member


Suman Garg
Asst. Prof. in Eng.
Member


Nisha
Asst. Prof. in Physics
Member


Principal
S.D. Mahila Mahavidyalaya
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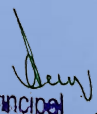
Detailed Syllabus for Cooking Skills

Duration: 30 hour

Marks: 40

Personal Hygiene for food handlers, Basic Hygiene: Cleaning the kitchen, cleaning the equipment, Preparing for work, Culinary Terms, Knife skills, Washing and blanching vegetables, fruits, meats and fish. Kitchen management, Storing Food. Food Presentation (consistency, texture, flavour, colour, garnishes), Health and Safety, Basic First Aid, method of cooking and principle of cooking.

Operate equipment safely and correctly: Apply principles of food handling and preparation, Production of food products , Types of menu, breakdown and prepare menu items in a commercial kitchen. Adulteration in food.


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Questions paper
Certificate course on Cooking Skill

Time: 2:30 hour

समय: 2:30 घंटा

Marks: 40

अंक: 40

Instruction

- Before beginning to answer a question, its **serial number** must be written.

कृपया प्रश्न का उत्तर लिखना शुरू करने से पहले, प्रश्न का क्रमांक अवश्य लिखें ।

- Don't leave **blank pages** in your answer-book.

उत्तर- पुस्तिका के बीच में खाली पन्ना / पन्ने न छोड़ें ।

- Except answer –book, **no extra sheet** will be given. Write to the point and do not strike the written answer.

उत्तर- पुस्तिका के अतिरिक्त कोई अन्य शीट नहीं मिलेगी । अतः आवश्यकतानुसार ही लिखें और लिखा उत्तर न कटे ।

- Before answering the question, ensure that you have been supplied the correct and complete question paper, **no claim in this regard, will be entertained after examination.**

कृपया प्रश्नों का उत्तर देने से पूर्व यह सुनिश्चित कर लें कि प्रश्न - पत्र पढ़ा जा रहा है, परीक्षा के उपरांत

इस सम्बन्ध में कोई भी दावा स्वीकार नहीं किया जायेगा ।

Principal
S.D. Mahila Mahavidyalaya
Narwana

Note: (I) All questions are compulsory

सभी प्रश्न अनिवार्य हैं ।

(ii) Marks are indicated against each question.

प्रत्येक प्रश्न के अंक उसके सामने दिए गए हैं ।

Question 1. Write a note on preparation of Vegetables before Cooking. 5

प्रश्न 1. पकाने से पहले सब्जियों की तैयारी पर एक नोट लिखें।

Question 2. How you will Control Flavour Changes in vegetables while cooking? 5

प्रश्न 2. आप खाना बनाते समय सब्जियों में स्वाद परिवर्तन को कैसे नियंत्रित करेंगे? 5

Question 3. How you will Control texture changes in vegetables while cooking? 5

प्रश्न 3. आप पकाते समय सब्जियों की बनावट में होने वाले बदलाव को कैसे नियंत्रित करेंगे? 5

Question 4. Define frying? Explain various types of frying. 5

प्रश्न 4. तलने को परिभाषित करें? तलने के विभिन्न प्रकारों को समझाइये। 5

Question 5. Write a short note on microwave cooking? 5

प्रश्न 5. माइक्रोवेव में खाना पकाने पर एक संक्षिप्त टिप्पणी लिखें? 5

Question 6. What are the dry heat methods of cooking? 5


प्रश्न 6. खाना पकाने की शुष्क ताप विधियाँ क्या हैं? 5

Question 7. What are the moist heat methods of cooking? 5

प्रश्न 7. खाना पकाने की नम ताप विधियाँ क्या हैं? 5

Question 8. What is the Principle of food cooking? 5

प्रश्न 8. भोजन पकाने का सिद्धांत क्या है? 5


Principal
S.D. Mahila Mahavidyalaya
Narwana

Title: Cooking Skills

Duration: 30+ hours

Overview:

This certificate course, designed by home science Department, aims to increase cooking skills and nutrition knowledge and cooking skills are one of the important determinants of food choice. A proposed short self-reported questionnaire is designed to measure cooking skills of participants. This course will blend theoretical knowledge with practical application to ensure participants. Cooking skills will also help low socioeconomic populations reach nutritional well-being.

Course Structure:

1. Personal Hygiene for food handlers, Basic Hygiene: Cleaning the kitchen, cleaning the equipment, Preparing for work, Culinary Terms, Knife skills, Washing and blanching vegetables, fruits, meats and fish. Kitchen management, Storing Food. Food Presentation (consistency, texture, flavour, colour, garnishes), Health and Safety, Basic First Aid, method of cooking and principle of cooking.
2. Operate equipment safely and correctly: Apply principles of food handling and preparation, Production of food products, Types of menu, breakdown and prepare menu items in a commercial kitchen. Adulteration in food.
3. Assessment and Feedback

Certification:

Participants who successfully complete all modules and assignments will be awarded a certificate by the home science Departments.

Target Students:

2nd year students of all streams.

Requirements:


Gas chulla, Knife, kitchen instruments, Apron and cap

Faculty:

Experienced faculty members from the departments will deliver lectures and mentor participants throughout the course.

Mode of Instruction:

The course will be delivered through lectures and practical and group discussions.


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Course Outcome:

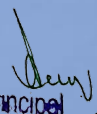
Upon completion of the course, participants will be equipped with the nutrition knowledge, balance diet and cooking skills and can start self employment thereby enhancing their professional prospects in various fields.

We request the Board of Studies to consider and approve this proposal. Your support in this matter is crucial, and we are willing to provide any further information or clarification if required.

Thank you for your time and consideration. We look forward to a positive response and the opportunity to contribute to the enrichment of our student's academic journey.

Sincerely,

Reena


Principal
S.D. Mahila Mahavidyalaya
Narwana

Certificate Course on Cooking Skills

S.D. MAHILA

Class. BA IInd year		Month 24.03. to 19 April																	Year 2023		Lecturer	
Roll No.	Name	24	25	26	27	28	29	30	31	T	2	3	4	5	6	7	8	9	10	11		
06	Sonia	P	P		A	P	P		P	P		P		P	P	P	P		P	P		
033	Mamta	P	P		P	P	P		A	P		P		P	P	P	P		P	P		
046	Mamta	P	P		P	P	A		P	P		P		P	P	P	P		P	P		
049	Bharti	P	P		P	P	P		P	A		P		P	P	P	P		P	P		
050	Nisha	P	P		P	P	P		P	P		P		P	P	A	P		P	P		
054	Muskan	P	P		A	P	P		P	P		P		P	P	P	P		P	P		
056	Ashma	P	P		P	P	P		P	P		P		P	P	P	A		P	P		
69	Nisha	P	P		P	A	P		P	P		P		P	P	P	P		P	P		
87	Pinky	P	P		P	P	P		P	P		P		P	P	A	P		P	P		
92	Anju	P	P		P	P	P		A	P		P		P	P	P	P		P	A		
93	Shiksha	P	P		P	P	P		P	P		P		P	P	P	A		P	P		
94	Mangyeet	P	P		P	P	P		P	P		P		A	P	P	P		P	P		
110	Neha	P	P		A	P	P		P	P		P		P	P	P	P		P	P		
112	Priti	P	P	S	A	P	P	H	P	P	S	P	H	P	P	P	P	S		P	P	
118	Ankita	P	A	U	P	P	P	O	P	P	U	P	O	P	P	P	P	U		P	P	
133	Tamara	P	P	N	P	P	A	L	P	P	N	P	L	P	P	P	P	N		P	P	
142	Nidhi	P	P	D	P	P	A	T	P	P	D	P	I	P	P	P	P	D		P	P	
181	Mamta	P	P	A	P	P	P	D	P	A	A	P	D	P	P	P	P	A		P	P	
185	Brajatru	P	P	Y	P	P	P	A	P	P	Y	A	A	P	P	P	P	Y		P	P	
191	Sanyana	P	P		P	P	P	Y	P	P		P	Y	P	P	P	P			P	P	
193	Pooja	P	P		P	P	P		P	P		A		P	P	P	P			P	P	
195	Suman	P	A		A	P	P		P	P		P		P	P	P	P			P	P	
199	Sheetal	P	P		P	P	P		P	P		P		P	P	P	P			P	P	
202	Anchal	P	P		P	P	P		P	P		P		P	P	A	P			P	P	
206	Karm-yeet	P	P		P	P	P		P	P		P		P	P	P	P			P	P	
213	Muskan	P	P		A	P	P		P	P		P		P	P	P	P			P	P	
214	Pooja	P	P		A	P	P		P	P		P		P	P	P	P			P	P	
218	Aarti	P	P		P	P	A		P	P		P		P	P	P	A			P	P	
229	Neeru	P	P		P	A	P		P	P		P		P	P	P	P			P	P	
247	Breeti	P	P		P	A	P		P	P		P		P	P	P	P			P	P	
255	Nishu	P	P		P	P	P		P	P		P		P	P	P	P			P	P	
260	Kavita	P	P		P	P	A		P	P		P		P	P	P	P			P	P	

24 March to 12 April 2023

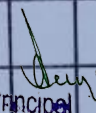
MAHAVIDYALYA NARWANA

Lecturer Delivered..... Previous Lecturer Delivered..... Total.....

U12	Lecturer Delivered	Previous Lecturer Delivered	Lecturer Attended	Previous Lecturer Attended	Total Attended	Remarks
P	P		14		15	Sonika
P	A		13		15	Mantra
P	P		14		15	Mamta
P	P		14		15	Bharti
P	A		13		15	Nika
P	P		14		15	Mukhan
P	P		14		15	Alma
P	P		14	..	15	Nisha
P	P		14		15	Pinky.
A	P		13		15	Anita
P	A		13		15	Shiksha
P	P		14		15	Manjeet
P	P		14		15	Neha
P	P		14		15	Priti
P	P		14		15	Ankita
P	P		14		15	Tamara
P	P		14		15	Rishi
P	P		14		15	Mamta
A	P		14		15	Grajatari
P	P		14		15	Sanjana
P	P		14		15	Pooja
A	P		13		15	Susana
P	P		14		15	Sheeta
P	P		14		15	Anchal
P	P		15		15	Karunjeet
P	P		14		15	Manken
P	P		13		15	Pooja
P	P		14		15	Aarti
P	P		14		15	Neeva

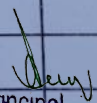
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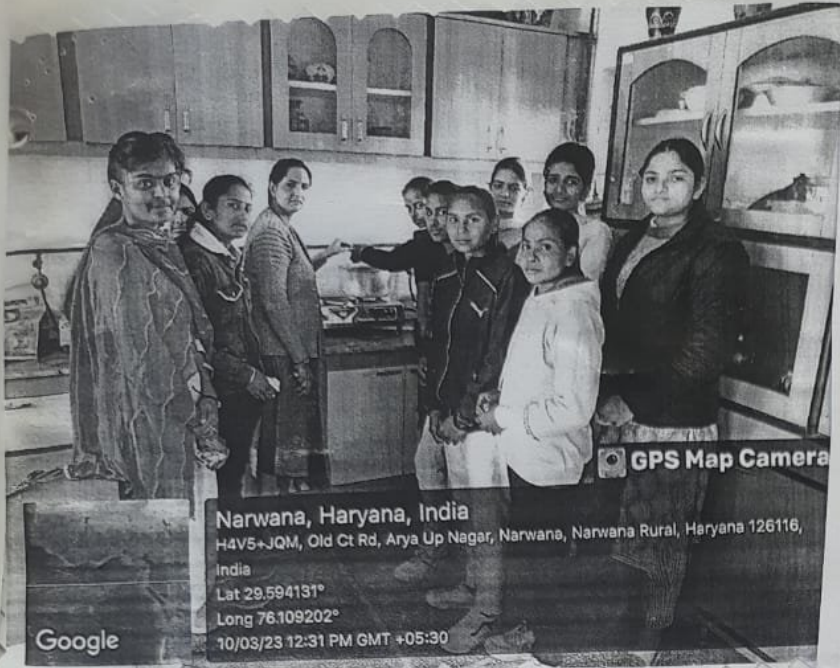
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Anjali	P	P	\	P	P	P	M	P	A	/	P	M	P	P	P	P	\
Anjali	P	P	S	P	P	P	O	P	P	S	A	O	P	P	P	P	S
Monika	P	A	V	P	P	P	L	P	P	V	P	L	P	P	P	P	U
Ashu	P	P	N	P	P	P	I	P	A	N	P	I	P	P	P	A	N
Usha Rani	P	P	D	A	P	P	D	P	P	D	P	D	P	P	P	P	D
Mankeet	P	P	A	A	P	P	A	P	P	A	P	A	A	P	P	P	A
Preeti	P	A	Y	P	P	P	Y	P	P	Y	P	Y	P	P	P	A	Y


 Principal
 S.D. Mahila Mahavidyalaya
 Narwana

MAHAVIDYALYA NARWANA

Lecturer Delivered.....			Previous Lecturer Delivered.....			Total.....	Remarks
10	11	12	Lecturer Attended	Previous Lecturer Attended	Total Attended		
A	P	P	13		15	Anjali	
P	P	P	14		15	Anjali	
P	P	P	14		15	Monika	
P	A	P	12		15	Ashu	
P	P	P	14		15	Usha Pami	
P	P	P	13		15	Mankeet	
P	P	P	13		15	Deepto	


 Principal
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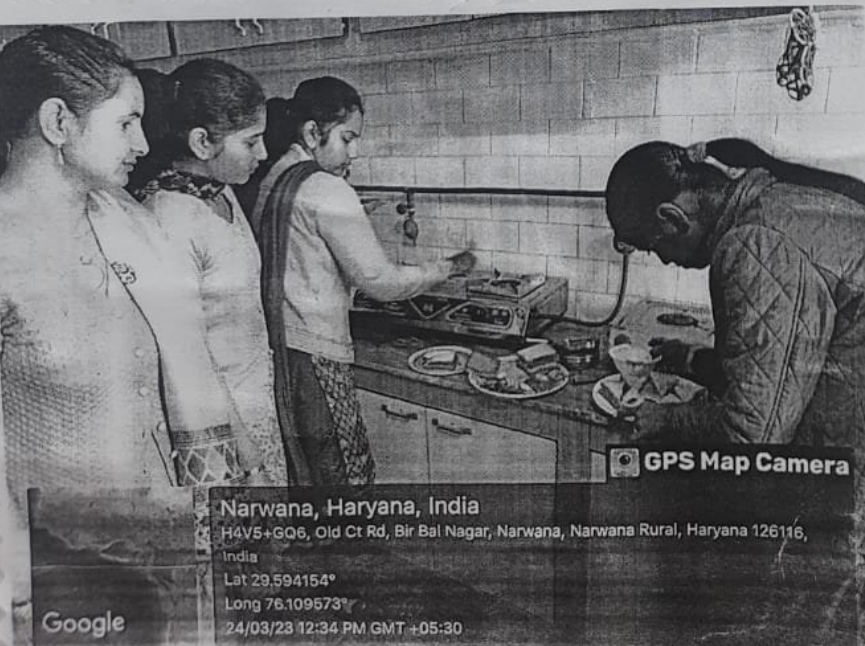
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India

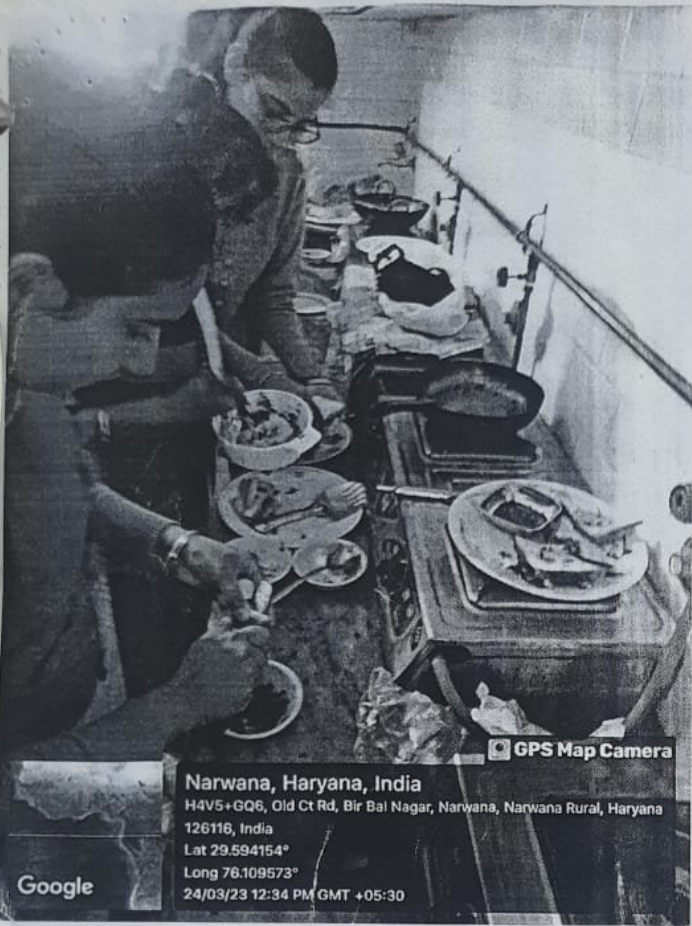
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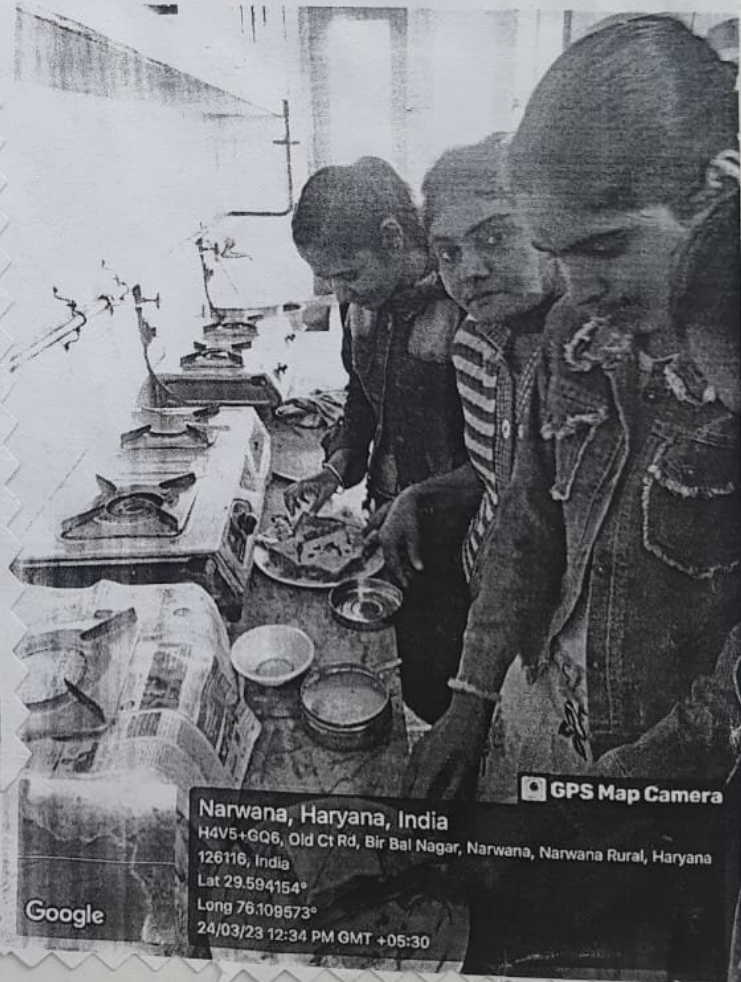
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126116, India
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Long 76.109573°
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India
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Lat 29.594154°
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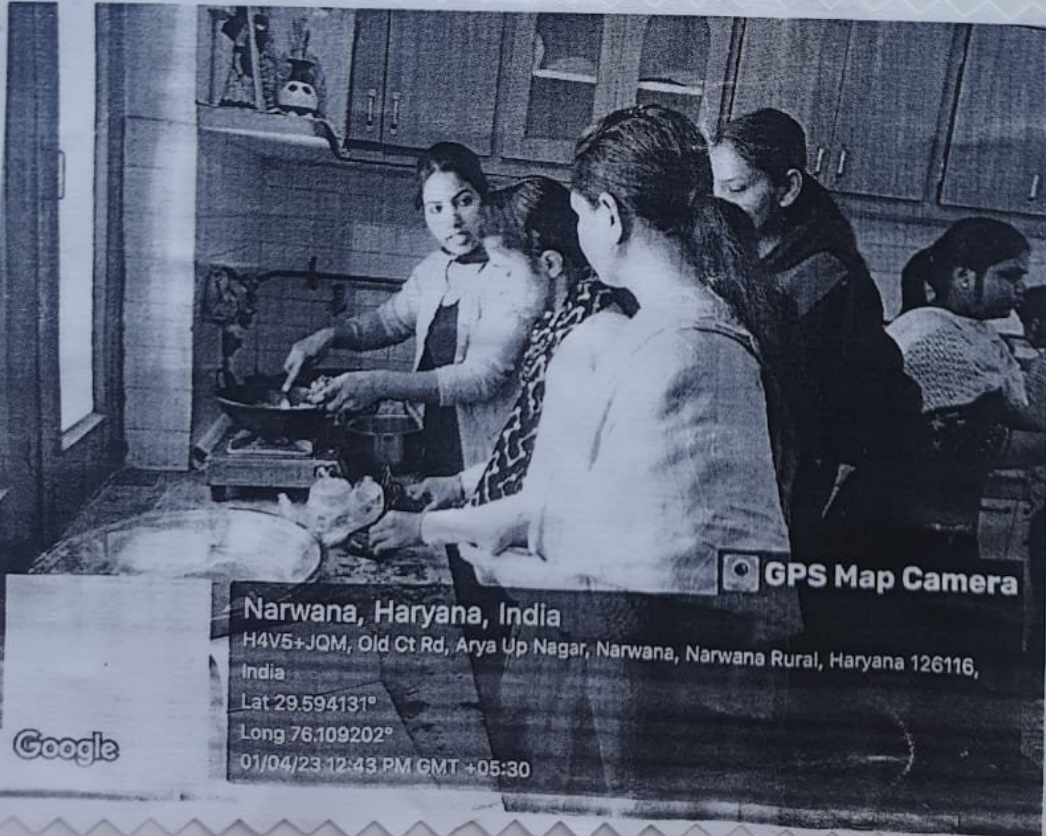
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Long 76.109202°

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India

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Long 76.109202°

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S.D. MAHILA MAHAVIDYALYA



NARWANA (JIND)

(Affiliated to Ch. Ranbir Singh University, Jind)

Certificate of Participation

This is to certify that Miss/Mrs **Neha** of **Class BA 2nd Year** Participated in **Cooking Skills (Session 2022-23)** Course for a duration of 30 hours organized in College Campus by Commerce and Economics dept., Computer dept. and Placement Cell.

Convener

Co-Convener

Principal



S.D. MAHILA MAHAVIDYALYA



NARWANA (JIND)

(Affiliated to Ch. Ranbir Singh University, Jind)

Certificate of Participation

This is to certify that Miss/Mrs **Gayatri** of **Class BA 2nd Year** Participated in **Cooking Skills (Session 2022-23)** Course for a duration of 30 hours organized in College Campus by Commerce and Economics dept., Computer dept. and Placement Cell.

Convener

Co-Convener

Principal



S.D. MAHILA MAHAVIDYALYA
NARWANA (JIND)



(Affiliated to Ch. Ranbir Singh University, Jind)

Certificate of Participation

This is to certify that Miss/Mrs **Anjali** of **Class BA 2nd Year** Participated in **Cooking Skills (Session 2022-23)** Course for a duration of 30 hours organized in College Campus by Commerce and Economics dept., Computer dept. and Placement Cell.

Convener

Co-Convener

Principal



S.D. MAHILA MAHAVIDYALYA
NARWANA (JIND)



(Affiliated to Ch. Ranbir Singh University, Jind)

Certificate of Participation

This is to certify that Miss/Mrs **Mamta** of **Class BA 2nd Year** Participated in **Cooking Skills (Session 2022-23)** Course for a duration of 30 hours organized in College Campus by Commerce and Economics dept., Computer dept. and Placement Cell.

Convener

Co-Convener

Principal

S.D. MAHILA MAHAVIDYALYA, NARWANA

34
40

Roll No. 305 Class B.A Sec. Subject Cooking Skill

Date 13.04.23 (Cooking Skill) Signature Anjali

Q: write a note on preparation of vegetables before cooking.

Ans * Vegetables can be exposed to bacteria through soil or water -

Fruit and vegetables are extremely versatile. most can be eaten raw, cut up and served with dips, ~~or~~ grated into salads. Some need to be cooked to make them edible.

* wash fruit and vegetables before cooking or eating them -

Principal
S.D. Mahila Mahavidyalaya
Narwana

① Washing fruit and vegetables before eating them is good food safety practice.

② Make sure to wash all fresh berries and other fruit and vegetables if eating them uncooked.

③ To wash vegetables, rub or brush them under a cold running tap.

* This is down to personal taste, but bear in mind that the longer you cook them the more nutrients will be lost.

S.D. MAHILA MAHAVIDYALYA, NARWANA

Roll No. 1211913009046 Class 2nd year Sec. Subject Cooking skills

Date 13.04.2023

Signature

Cooking skill

Q.1

Ans

- washing fruit and vegetables before eating them is good food safety practice.
- Make sure to wash all fresh berries, and other fruit and vegetables if eating them uncooked.
- It is very important to wash vegetables if there is any soil present, as soil may contain harmful bacteria.
- To wash vegetables, scrub or brush them under a cold running tap.
- Prepare vegetables just before you cook them, if possible
- This will prevent vitamin and mineral loss
- Clean chopping boards and knives thoroughly between use.
- Try microwaving or steaming them; instead of boiling or frying.
- Avoid adding salt, sugar, cream and sauces.
- Flavour your vegetables with lemon juice, garlic, ginger, pepper, and herbs or spices instead of salt.

S.D. MAHILA MAHAVIDYALYA, NARWANA

Roll No. 185 Class B.A. Ind. Sec. Subject Cooking skills

Date 13.04.2023

Signature Gayatri

Certificate course on Cooking skills.

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Cooking skills

Q → Washing fruit and veg. before them is good safety practice.

→ Make sure to wash all fresh berries and other fruit and vegetables if eating them uncooked.

→ To wash vegetables before cook them, if possible.

→ This will prevent vit. and mineral loss.

→ Try microwaving or steaming them, instead of boiling or frying.

→ Avoid adding salt, sugar cream and sauces.

→ Flavour your veg. with lemon juice, garlic, ginger pepper and herbs or spices instead of salt.

Principal
S.D. Mahila Mahavidyalaya
Narwana

S.D. MAHILA MAHAVIDYALYA, NARWANA

Roll No. 033

Class B.R

Sec.

Subject Cooking Skill

30/40

Date 13/04/23

Signature [Signature]

(Cooking Skill)

Q21. Write a note on preparation of vegetables before cooking? Ans
Vegetables can be exposed to bacteria through soil or waters.

Fruit and vegetables are extremely versatile most can be eaten raw, cut up and served with dips, or grated into salads some need to be cooked to make edible.

Wash fruit and vegetables before cooking or eating them.

1.) washing fruit and vegetables before eating them is good food safety practice.

2.) Make sure to wash all fresh berries and other fruit and vegetables if eating them uncooked.

3.) To wash vegetables, rub or brush them under a cold running tap.

★ This is down to personal taste. but bear in mind that the longer you cook them the more nutrients will be lost.

Principal
S.D. Mahila Mahavidyalaya
Narwana