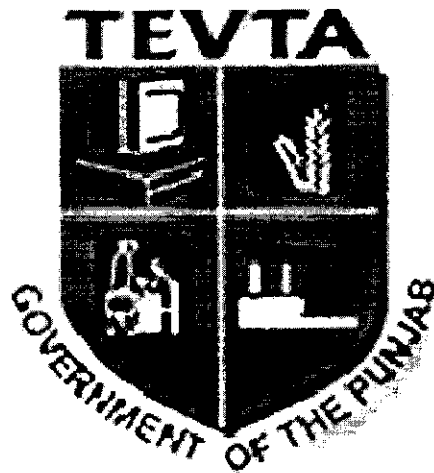


GOVERNMENT OF THE PUNJAB

**TECHNICAL EDUCATION & VOCATIONAL  
TRAINING AUTHORITY**



CURRICULUM FOR

**COOKING & BAKING**

**(3 – Months Course)**

Revised April 2016

**APPROVED**

Date: 7-4-16

Sign: 

CURRICULUM SECTION

**ACADEMICS WING**

96-H, GULBERG-II, LAHORE

Ph # 042-99263055-9, 99263064

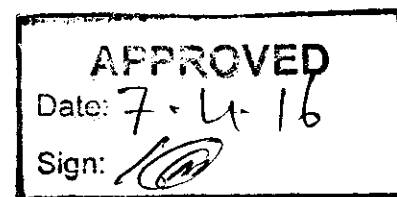
[gm.acad@tevta.gop.pk](mailto:gm.acad@tevta.gop.pk), [manager.cur@tevta.gop.pk](mailto:manager.cur@tevta.gop.pk)

**TRAINING OBJECTIVES**

This curriculum is designed to impart skills along with necessarily required theoretical knowledge to the students keeping in view their entrants level and as per need of hospitality industry in order to fill the gap of trained work force. New methods of cooking & baking, different recipes of meat, fish, milk and vegetable cookery and their taste, texture & flavor are introduced by more focusing on baking techniques, decoration of salads and desserts by ensuring specific condition and working environment ,hygienic and cleanliness.

**CURRICULUM SALIENT**

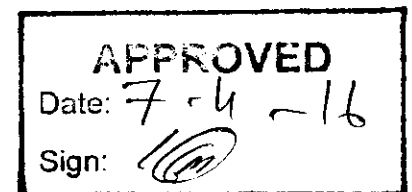
Name of the Course	:	Cooking & Baking
Entry level	:	Middle / Matric
Duration of course	:	3-Months.
Total training hours	:	400 Contact hours
Training Methodology	:	Practical 80%
		Theory 20%
Medium of Instruction	:	Urdu / English



**SKILL COMPETENCY DETAILS**

On successful completion of this course, the trainee should be able:-

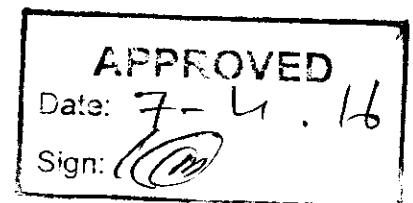
1. Adopt the personal hygiene.
2. Maintain the kitchen sanitation.
3. Maintain the nutritive value of food.
4. Adopt the basic cooking and baking techniques.
5. Adopt the Chinese cooking techniques.
6. Prepare salad, snacks, desserts and sandwiches.
7. Prepare different types of soups.



**KNOWLEDGE PROFICIENCY DETAILS**

On successful completion of this course, the trainee should be able: -

1. Define the personal hygiene and grooming.
2. Define the different kitchen tools.
3. Explain the cooking, soups, salads baking, desserts, snacks and beverages.
4. Explain the nutritive value of different food.
5. Describe the cutting of fruits and vegetables.
6. Describe the decoration of food.
7. Express the different food ingredients.




**SCHEME OF STUDIES****Cooking & Baking  
(3–Months Course)**

S.No	Main Topics	Theory Hours.	Practical Hours	Total Hours
1.	Kitchen Management	4	10	14
2.	Introduction of kitchen tools and equipment	4	10	14
3.	Nutritive value of different foods	6	20	26
4.	Starters	4	22	26
5.	Soups	4	24	28
6.	Salads	4	22	26
7.	Pakistani cooking	8	30	38
8.	Chinese cooking	6	30	36
9.	Continental cooking	6	30	36
10.	Baking	6	30	36
11.	Snacks	4	20	24
12.	Desserts	4	14	18
13.	Beverages	2	10	12
14.	Table service	4	2	6
15.	I.T Fundamentals	4	16	20
16.	Functional English	15	25	40
<b>Total</b>		<b>85</b>	<b>315</b>	<b>400</b>


**APPROVED**

Date: 7-4-16

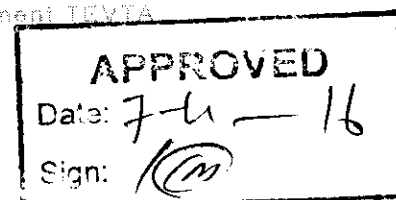
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**DETAIL OF COURSE CONTENTS****Cooking & Baking  
(3 – Months Course)**

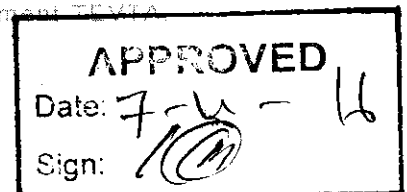
S. No.	Detail of Topics	Theory Hours	Practical Hours
1.	<b>Kitchen Management</b>		
	1.1 Home Kitchen	1	2
	1.2 Kitchen Cleaning	1	3
	1.3 Menu Planning	1	2
	1.4 Personal & Food hygiene	1	3
2.	<b>Introduction of kitchen tools and equipment.</b>		
	2.1 Basic knowledge of kitchen tools	1	3
	2.2 Safety rules of handling kitchen equipment	1	2
	2.3 Cleaning of equipment and different working area	1	4
	2.4 Revision Test	1	1
3.	<b>Nutritive Value of Different Food</b>		
	Foods rich in calories	1	3
	3.1 Foods low in calories	1	3
	3.2 Caloric value of different food products	1	3
	3.3 Recommended daily allowances according to age height and weight	1	5
	3.4 Conversion Chart	1	3
	3.5 Revision Test	1	3

**APPROVED**  
 Date: 7-4-16  
 Sign: 

<b>4.</b>	<b>Starters</b>		
	4.1 Cheese Balls	30 Min	2
	4.2 Meat balls	30 Min	2
	4.3 Open face sandwiches	15 Min	2
	4.4 Small burgers	30 Min	2
	4.5 Garlic bread	15 Min	4
	4.6 Cheese toast	15 Min	2
	4.7 Chicken Wings	30 Min	2
	4.8 Fried prawns	15 Min	2
	4.9 Fish Crackers	30 Min	2
4.10 Stuffed eggs	30 Min	2	
<b>5.</b>	<b>Soups</b>		
	5.1 Yukhni	30 Min	1
	5.2 Clear Soup	15 Min	2
	5.3 Chicken Cream Soup	15 Min	2
	5.4 Cream of tomato Soup	15 Min	2
	5.5 Chicken Corn Soup	15 Min	1
	5.6 Hot and Sour Soup	15 Min	2
	5.7 Thai Soup	15 Min	2
	5.8 Hong Kong Soup	30 Min	2
	5.9 Noodle Soup	15 Min	2
	5.10 Lentil Soup	15 Min	2
	5.11 Vegetable Soup	15 Min	2
	5.12 Mulligatawny soup	15 Min	2
5.13 Revision	30 Min	2	
<b>6.</b>	<b>Salads</b>		
	6.1 Fresh Vegetable Salad	30 Min	3
	6.2 Bean Salad	30 Min	2

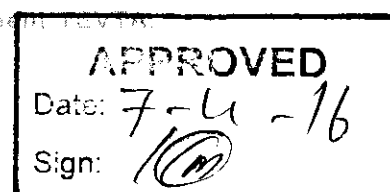


	6.3 Summer Salad	15 Min	2
	6.4 Fruit Salad	15 Min	2
	6.5 Russian Salad	30 Min	3
	6.6 Mango Thai Salad	30 Min	2
	6.7 Tangy Potato Salad	30 Min	4
	6.8 Chicken apple salad	30 Min	4
	6.9 Crispy Cole slaw	30 Min	2
<b>7.</b>	<b>Pakistani Cooking</b>		
	7.1 Pullao	60 Min	3
	7.2 Biryani	60 Min	3
	7.3 Zarda	30 Min	3
	7.4 Korma	30 Min	3
	7.5 Gurda & Champ Masala	30 Min	2
	7.6 Mutton & Chicken Seekh Kabab	30 Min	2
	7.7 Handi-Ghosht	30 Min	2
	7.8 Haleem	60 Min	3
	7.9 Nargisi koftas	60 Min	3
	7.10 Mutton Kuna	60 Min	3
	7.11 Revision	30 Min	3
<b>8.</b>	<b>Chinese Cooking</b>		
	<b>8.1 Chinese Cooking Rice</b>		
	8.1.1 Egg Fried Rice	30 Min	2
	8.1.2 Chicken Fried Rice	30 Min	2
	8.1.3 Special Chinese Rice	30 Min	2
	<b>8.2 Gravies</b>		
	8.2.1 Chicken in hot garlic sauce	30 Min	2
	8.2.2 Chicken with almonds	30 Min	2
	8.2.3 Chicken with pine apple	30 Min	2
	8.2.4 Chicken Manchurian	30 Min	2
	8.2.5 Chicken with lime	15 Min	2

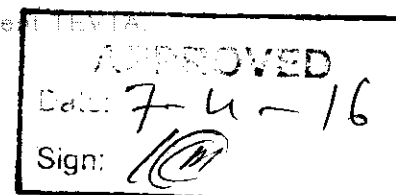




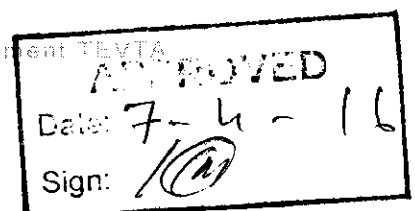
	8.2.6	Chicken vegetable	30 Min	2
	8.2.7	Sweet and sour chicken	15 Min	2
	8.2.8	Chop Soy	15 Min	2
	8.2.9	Beef with vegetable	30 Min	2
	8.2.10	Fish with Chili sauce	30 Min	3
	8.2.11	Revision	15 Min	3
<b>9.</b>	<b>Continental Cooking</b>			
	9.1	Rajistani Murgh	30 Min	3
	9.2	Tahina Skewered lamb	30 Min	3
	9.3	Fajitas	30 Min	3
	9.4	Dolma	30 Min	3
	9.5	Hareesa	30 Min	3
	9.6	Chicken Adabo	30 Min	2
	9.7	Lasagna	30 Min	2
	9.8	Chicken	30 Min	2
	9.9	Schwarma		
	9.10	Paella	30 Min	2
	9.11	Mexican Rice	30 Min	2
	9.12	Yalantan fish	30 Min	2
	9.13	Revision	30 Min	3
<b>10</b>	<b>Baking</b>			
	10.1	Plain cake	30 Min	2
	10.2	Sponge Cake	30 Min	2
	10.3	Pine apple cake	30 Min	2
	10.4	Pine apple up side down	30 Min	2
	10.5	Fruit cake	30 Min	2
	10.6	Black forest cake	30 Min	2
	10.7	Chocolate cake	30 Min	2
	10.8	Carrot Cake	30 Min	2
	10.9	Biscuits		



	10.10 Plain Biscuit	15 Min	2
	10.11 Saltish Biscuit	15 Min	2
	10.12 Almond cookies	15 Min	2
	10.13 Khatai	15 Min	2
	10.14 Pizza		
	10.15 Chicken pizza, vegetable pizza	15 Min	2
	10.16 Pastries	15 Min	1
	10.17 Revision	30 Min	3
<b>11.</b>	<b>Snacks</b>		
	11.1 Chicken Vegetable rolls	30 Min	2
	11.2 Finger fish	30 Min	2
	11.3 Nuggets	30 Min	2
	11.4 Chicken roast	30 Min	2
	11.5 Kentike fried chicken	30 Min	2
	11.6 Spring fried chicken	30 Min	2
	11.7 Chicken cutlets	15 Min	2
	11.8 Chicken Pakoras	15 Min	3
	11.9 Revision	30 Min	3
<b>12.</b>	<b>Desserts</b>		
	12.1 Egg custard Ceramel custard	30 Min	1
	12.2 Trifle, Rich trifle pudding	30 Min	1
	12.3 Chocolate Soufle, Lemon Soufle.	30 Min	1
	12.4 Walnut Toffee	30 Min	1
	12.5 Tiramisi	15 Min	1
	12.6 White Chocolate Mouse, Mango mouse	15 Min	1
	12.7 Coconut pudding	15 Min	1
	12.8 Rus Malai	15 Min	2
	12.9 Carrot halwa	15 Min	2
	12.10 Kheer, Firni	15 Min	1
	12.11 Revision	30 Min	2



<b>13.</b>	<b>Beverages</b>		
	13.1 Fruit drink	30 Min	4
	13.2 Cold, Hot coffee fruit punch, Almond Shake, Ice Cream Shake	60 Min	4
	13.3 Revision	30 Min	2
<b>14.</b>	<b>Table Service</b>		
	14.1 Formal Service	60 Min	30 Min
	14.2 Informal Service	60 Min	30 Min
	14.3 Buffet	60 Min	30 Min
	14.4 Revision	60 Min	30 Min
<b>Total</b>		<b>66</b>	<b>274</b>

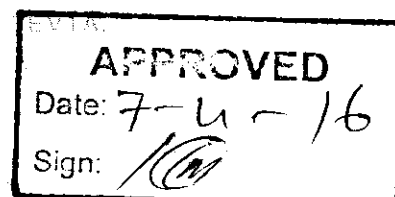


LIST OF PRACTICAL

1.	Cheese Balls
2.	Meat balls
3.	Open face sandwiches
4.	Small burgers
5.	Garlic bread
6.	Cheese toast
7.	Chicken Wings
8.	Fried prawns
9.	Fish Crackers
10.	Stuffed eggs
<b>11.</b>	<b>Soups</b>
12.	Yukhni
13.	Clear Soup
14.	Chicken Cream Soup
15.	Cream of tomato Soup
16.	Chicken Corn Soup
17.	Hot and Sour Soup
18.	Thai Soup
19.	Hong Kong Soup
20.	Noodle Soup
21.	Lentil Soup
22.	Vegetable Soup
23.	Mulligatawny Soup
<b>24.</b>	<b>Salads</b>
25.	Fresh Vegetable Salad
26.	Bean Salad
27.	Summer Salad



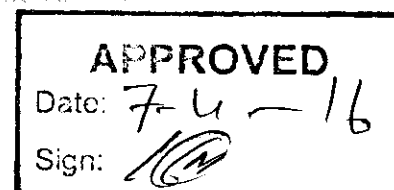
28.	Fruit Salad
29.	Russian Salad
30.	Mango Thai Salad
31.	Tangy Potato Salad
32.	Chicken apple salad
33.	Crispy Cole slaw
<b>34.</b>	<b>Pakistani Cooking</b>
35.	Pullao
36.	Biryani
37.	Zarda
38.	Korma
39.	Gurda & Champ Masala
40.	Mutton & Chicken Seekh Kabab
41.	Handi-Ghosht
42.	Haleem
43.	Nargisi koftas
44.	Mutton Kuna
<b>45.</b>	<b>Chinese Cooking</b>
46.	Egg Fried Rice
47.	Chicken Fried Rice
48.	Special Chinese Rice
<b>49.</b>	<b>Gravies</b>
50.	Chicken in hot garlic sauce
51.	Chicken with almonds
52.	Chicken with pine apple
53.	Chicken Manchurians
54.	Chicken with lime
55.	Chicken vegetable
56.	Sweet and sour chicken



57.	Chop Sui
58.	Beef with vegetable
59.	Fish with Chili sauce
<b>60.</b>	<b>Continental Cooking</b>
61.	Rajistani Murgh
62.	Tahina Skewered lamb
63.	Fajitas
64.	Dolma
65.	Hareesa
66.	Chicken Adabo
67.	Lasagne
68.	Chicken
69.	Schawarma
70.	Paella
71.	Maxican Rice
72.	Yalantan fish
<b>73.</b>	<b>Baking</b>
74.	Plain cake
75.	Sponge Cake
76.	Pine apple cake
77.	Pine apple upside down
78.	Fruit cake
79.	Black forest cake
80.	Chocolate cake
81.	Carrot Cake
82.	Biscuits
83.	Plain Biscuit
84.	Satish Biscuit
85.	Almond cookies

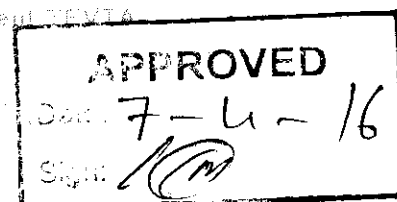


86.	Khatai
87.	Pizza
88.	Chicken pizza, vegetable pizza
89.	Pastries
90.	Snacks
91.	Chicken Vegetable rolls
92.	Finger fish
93.	Nuggets
94.	Chicken roast
95.	Kentike fried chicken
96.	Spring fried chicken
97.	Chicken cutlets
98.	Chicken Pakoras
<b>99.</b>	<b>Desserts</b>
100.	Egg custard Ceramel custard
101.	Trifle, Rich trifle pudding
102.	Chocolate Soufle, Lemon Soufle.
103.	Walnut Toffee
104.	Tiramisi
105.	White Chocolate Mouse, Mango mouse
106.	Coconut pudding
107.	Rus Malai
108.	Carrot halwa
109.	Kheer, Firni
<b>110.</b>	<b>Beverages</b>
111.	Fruit drink
112.	Cold, hot coffee fruit punch, Almond Shake, Ice Cream Shake



**SCHEME OF STUDIES**  
**I.T Fundamentals**

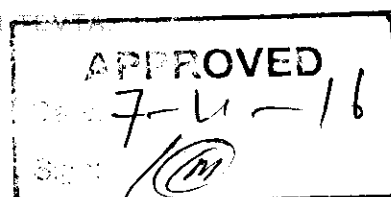
S.No	Main Topics	Theory Hours	Practical Hours	Total Hours
1.	Introduction to Computers	1	4	5
2.	Typing - Microsoft Word	2	6	8
3.	Internet & Electronic Mail	1	6	7
<b>Total</b>		<b>04</b>	<b>16</b>	<b>20</b>





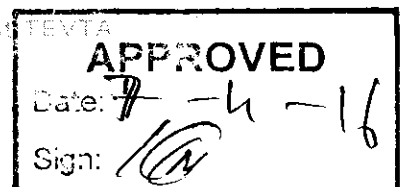
**DETAIL OF COURSE CONTENTS****I.T Fundamentals**

S. No	Detail of Topics	Theory Hours	Practical Hours
1	<b>Introduction to Computers</b> 1.1 What is a computer- Definition, functions and general features? 1.2 What is Hardware – 1.2.1 Computer parts and units 1.2.1.1 Input Unit - Keyboard, Mouse etc. 1.2.1.2 Central Processing Unit 1.2.1.3 Output Unit 1.3 What is Software – 1.3.1 Electronic Parts of a Pc it is 1.3.1.1 Software and Its types 1.3.1.2 System Software, Application Software 1.4 Working with windows Operating System 1.4.1 How does windows desktops work? 1.5 What are the Icons, Shortcuts and other graphic, 1.5.1 How to see computer contents on different drives etc	1	4
2	<b>Typing and Word processing (MS Word)</b> 2.1 Proper way of typing correct and speedy - getting familiar with the keys 2.2 Where to type in computer? How to save a file? How to get it back? Where to find your saved work? 2.3 How to get it printed?	2	6
3	<b>Emailing and Internet Surfing</b> 3.1 How to go to Internet, what is required for an internet connection etc. 3.2 How to use email? How to search on web? Etc 3.3 How to make new email account, login and logout an email account etc.?	1	6
<b>Total</b>		<b>04</b>	<b>16</b>



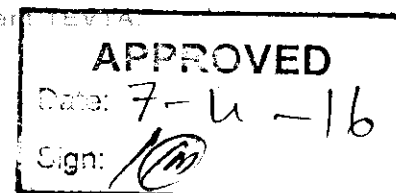
**LIST OF PRACTICALS**  
**I.T Fundamentals**

S. No.	Name of Practical
1.	Turn On/Off and setting of power supply
2.	Accessing The Desktop
3.	Using of Icons and Shortcuts
4.	Setting / customizing the desktop
5.	Viewing the contents of computer – Directory
6.	Copying, Deleting and Moving Files in a folder
7.	Working with different Applications
8.	Opening MS Word for typing
9.	First lesson of Typing A S D F
10.	Second Lesson of typing J K L ;
11.	Third Lesson U I O P
12.	Fourth Lesson R E W Q
13.	Fifth Lesson N M , .
14.	Sixth Lesson V C X Z
15.	Seventh Lesson All letter using R index Finger
16.	Eighth Lesson All letter using L index Finger
17.	Formatting in MS Word Bold, Italic etc.
18.	Using Internet
19.	Opening Email, making new account
20.	Sending Receiving Emails



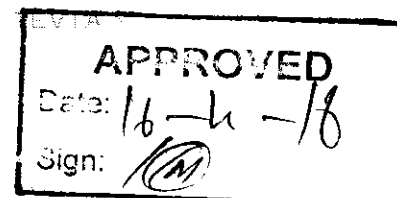
**SCHEME OF STUDIES**  
**Functional English**

S.No	Main Topics	Theory Hours	Practical Hours	Total Hours
1.	Introduction of English Sentence Structure	2	3	5
2.	Use of present indefinite tense	2	3	5
3.	Use of 'is' 'are' 'am' questions and negatives	2	3	5
4.	Ask questions	2	3	5
5.	Express daily routines	2	3	5
6.	Know how to address people	1	2	3
7.	Provide written feedback	1	2	3
8.	Dialogues	1	2	3
9.	Understand vocabulary	1	2	3
10.	Application/C.V.	1	2	3
<b>Total</b>		<b>15</b>	<b>25</b>	<b>40</b>



**DETAIL OF COURSE CONTENTS**  
**Functional English**

S. No	Detail of Topics	Theory Hours	Practical Hours
1	<b>Introduction of English sentence structure</b>	2	3
2	<b>Use of present indefinite tense with exercises</b>	2	3
3	<b>Use of 'is' 'are' 'am' questions and negatives</b>	2	3
4	<b>4.1 Ask questions</b> 4.1.1 At work place 4.1.2 In the market 4.1.3 In classroom	2	3
5	<b>1.1 Express daily routines</b> 1.1.1 Before going to college 1.1.2 Dealing with colleagues 1.1.3 Going to market	2	3
6	<b>1.2 Know how to address people</b> 1.2.1 In Meetings 1.2.2 In class	1	2
7	<b>1.3 Provide written feedback</b> 1.3.1 After visiting the market 1.3.2 On some official task	1	2
8	<b>1.4 Dialogues</b> 1.4.1 With colleague 1.4.2 Teacher/student 1.4.3 Employer/employee 1.4.4 Booking on railway station	1	2
9	<b>Understand vocabulary</b>	1	2
10	<b>Application / C.V.</b>	1	2
<b>Total</b>		<b>15</b>	<b>25</b>



**LIST OF PRACTICALS**  
**Functional English**

S. No.	Practical
1.	Group discussion
2.	Interviews
3.	Role play

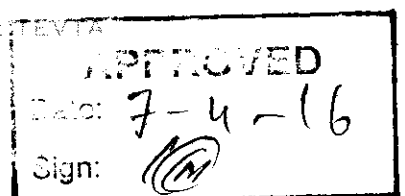
**LIST OF LABS**

**Cooking & Baking**

- Kitchen

**I.T Fundamentals**

- Computer Lab



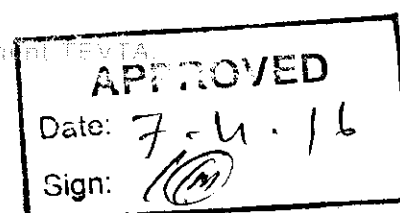
**LIST OF TOOLS / MACHINERY / EQUIPMENT ETC**

(For a Class of 25 Students)

<b>Name of Trade</b>	<b>Cooking &amp; Baking</b>
<b>Duration of Course</b>	<b>3 Months</b>

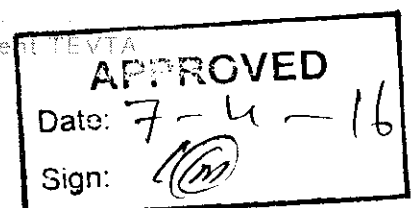
<b>S. No.</b>	<b>Name of Tools &amp; Equipment</b>	<b>Quantity</b>
1.	National Food Factory	1 No.
2.	Pressure Cooker	1 No.
3.	Pan set 2,	2-Sets
4.	Frying Pans with Cooking Spoons 2 No.	2-Sets
5.	Karahi	2 Nos.
6.	Cutting Board Wooden / Plastic	2+2 Nos.
7.	Dinner Set (72pc) clay plastic	1-Set
8.	Various knives and chopper	4-Sets
9.	Various and Bowls	2-Sets
10.	Strainer's of different size	1-Set
11.	Cooking Oven	1 No.
12.	Various moulds for Baking	10 Mould

Approved by Circular Section, Academic Department, TEVTA



**COMPUTER LAB**

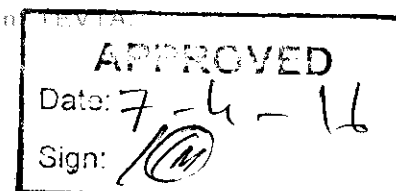
S. No.	Tools / Equipment	Quantity
1.	Desktop computer (Specifications as per notification issued by MIS Section, TEVTA)	26 (1 for each student & 1 for the teacher)
2.	Printer (Laser)	01
3.	Scanner	01
4.	Internet Connection (At least 1 MB speed)	01
5.	UPS 10 KVA	01
6.	Air Conditioner 1 ½ Ton	02
7.	Multimedia Projector	01



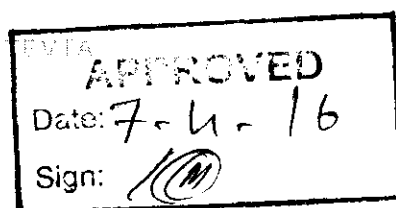


**LIST OF CONSUMABLES**

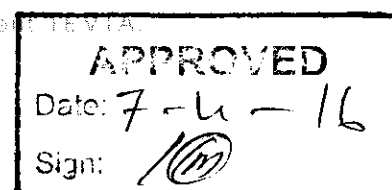
S. No.	Item	Quantity
1	Ajwain	1 Kg
2	Almond American	1 Kg
3	Baby corn	2 Tins
4	Baking powder	1 Kg
5	Basin	5 Kg
6	Beef	15 Kg
7	Black mushrooms	1Kg
8	Black pepper whole	1 Kg
9	Butter	10 Kg
10	Caraway	1 Kg
11	Cardamom black	250 Grams
12	Cardamom green	250 Grams
13	Chicken (Boneless, whole, with or without skin)	50 Kg
14	Chicken cubes	2 Dozen
15	Chicken powder	1 Kg
16	Chilli garlic sauce	4 Kg
17	Cinnamon	500 Grams
18	Cloves	500 Grams
19	Coconut powder	3 Kg
20	Colors (Red, yellow, green, orange Food grade)	100 Gram
21	Cooking Oil	30 Litre
22	Coriander powder	1 Kg
23	Corn flour	8 Kg
24	Cumin	1 Kg
25	Custard powder	12 Packs
26	Daal chana	3 Kg
27	Dal mash	3 Kg



28	Dal mong	3 Kg
29	Dates (Chohare)	2 Kg
30	Detergents	5Kg
31	Dusters (Cotton)	12 Dozen
32	Eggs	16 Dozen
33	Elbow macaroni	12 Packs
34	Feenugreek (Qasoori)	12 Packs
35	Fennel (Sounf)	1 Kg
36	Fish	15 Kg
37	Flavors (Mango, orange, pineapple)	500 mL each
38	Flour	20 Kg
39	Fruit cocktail	10 Tin
40	Garlic	3 Kg
41	Gloves (Disposable)	3 Packs (100 per Pack)
42	Gram (White)	3 Kg
43	Grams (Black)	2 Kg
44	Green chili sauce	5 Liter
45	Green tea	1 Kg
46	Imli (Tamarind)	3 Kg
47	Jelly	36 Packs
48	Kachri powder	1 Kg
49	Mace (Javatri)	500 Grams
50	Masar salam	1 Kg
51	Mayonnaise	12 Kg
52	Meat tenderizer	6 Packs
53	Milk	50 Liters
54	Milk cream	24 packets
55	Mono Sodium Glutamate	500 Grams
56	Mushrooms	6 Tin



57	Mutton	10 Kg
58	Nutmeg (Jafal)	500 Grams
59	Onion	40 Kg
60	Oyster sauce	3 Bottle
61	Paprica powder	3 Packs
62	Pineapple tin	5 Nos
63	Plum dried	3 Kg
64	Poppy seeds (Khaskhas)	1 Kg
65	Porridge	4 Kg
66	Potatoes	30 Kg
67	Prawns	2 Kg
68	Preserve (Ashrafi red and green)	5 Kg
69	Raisins	2 Kg
70	Red chili crushed	1 Kg
71	Red chili powder	3 Kg
72	Red chili sauce	5 Liter
73	Red chili whole	2 Kg
74	Rice (Sella super Basmati)	40 Kg
75	Rice broken	8 Kg
76	Rye	1 Kg
77	Salt	2 Kg
78	Sanitizers	5 Litre
79	Semolina (Suji)	5 Kg
80	Sesame seeds	1 Kg
81	Soda sweet	1 Kg
82	Soy	500 Grams
83	Soya sauce	5 Liter
84	Spaghetti	24 Packs
85	Sponge and Wire Sponge	6 Dozen



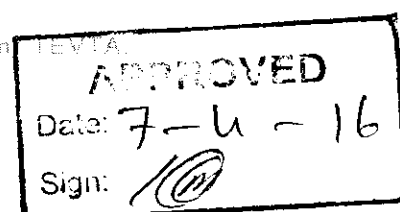
86	Star aniseeds (Baadian Khatai)	500 Grams
87	Sugar	5 Kg
88	Sweet corn	6 Tin
89	Tomato ketch up	8 Kg
90	Tomatoes	50 Kg
91	Turmeric powder	2 Kg
92	Vegetables (Seasonal)	30 Kg
93	Vermicelli	12 Packets
94	Vinegar white	10 Liter
95	Yoghurt	20 Kg

**Functional English**

S. No.	Item	Quantity
1.	Stationary	As per requirement
2.	Board Markers	As per requirement

**I.T Fundamentals**

S. No.	Item	Quantity
1.	Printing Paper	As per requirement
2.	Printer Toner	As per requirement



**MINIMUM QUALIFICATION OF INSTRUCTOR**

- B.A / B.Sc. with 3-Years cooking and baking experience

OR

- B.Sc. Home Economics with 1-Year experience.

OR

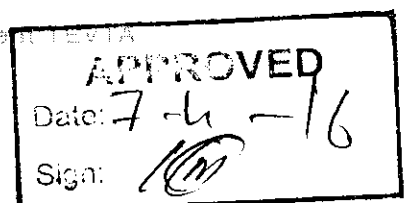
- Certified Cook

**Functional English**

- M.A (English)

**I.T Fundamentals**

- DAE CIT/ BCS from HEC recognized university



**REFERENCE BOOKS**

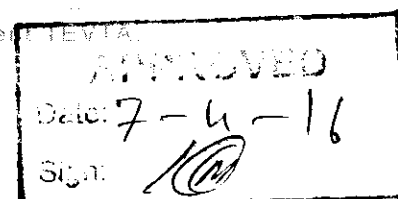
Sr. No.	Name of Book	Author's Name	Publisher's Name
1.	Chinese Cook Book	Kokab Khawaja	Jahangir Book Depo Urdu Bazar, Lahore.
2.	Kokab Cook Book-II Baking	Kokab Khawaja	Feroz Sons Private Limited
3.	Khana Pakana	Salma Imtiaz	Muktab Imtiaz Urdu Bazar, Lahore.
4.	Sure and Simple Cooking	Alison Burt	Mills and Boon Limited London.
5.	Fairy Classified Cook Book	Fahmida Munir	Zomair Publisher 110 Ismail Centre, Urdu Bazar, Lahore.

**Functional English**

1. High School English Grammar By Wren & Martin
2. Oxford English Grammar

**I.T Fundamentals**


1. Introduction to Computer by Peter Norton
2. 2007 Microsoft® Office System Step by Step by Joyce Cox, Steve Lambert and Curtis Frye
3. Internet and E-mail with Windows 7 by Studio Visual Steps



**EMPLOYABILITY OF PASSOUTS**

The pass outs of this course may find job / employment opportunities in the following areas / sectors: -

1. Assistant Cook in hotel, restaurants or any other food production.
2. Preparing food for domestic and commercial purposes.
3. Cater food.
4. Supply food products and lunch in offices and bakery shop
5. Canteen.

APPROVED
Date: 7-4-16
Sign: 

**LIST OF TRADE RELATED JARGON**

- Personal Hygiene
- Snacks
- Beat
- Blend
- Dust
- Saute
- Grill
- Puree
- Roast
- Steam
- Barbecue
- Shred
- Grind

ADH...  
Date: 7-4-16  
Sign: [Signature]



**Curriculum Revision Committee**

1. **Muhammad Mukhtar** **Convener**  
Chief Instructor  
HOD, Food Department  
GCT, Samanabad  
Faisalabad
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3. **Muhammad Ajmal,** **Member**  
Instructor (HOD) Food Technology,  
GCT Sahiwal

