

GOVERNMENT OF THE PUNJAB

**TECHNICAL EDUCATION & VOCATIONAL
TRAINING AUTHORITY**



CURRICULUM FOR

Professional Cook

(6-Months Course)

Revised, April 2016

**CURRICULUM SECTION
ACADEMICS DEPARTMENT**

96-H, GULBERG-II, LAHORE

Ph # 042-99263055-9, 99263064

gm.acad@tevta.gop.pk, manager.cur@tevta.gop.pk

TRAINING OBJECTIVES:

This course aims at imparting practical skills and theoretical knowledge for developing adequately trained cooks with a view to satisfy the manpower requirement of this category in non commercial and commercial food production units. One of the major objectives is to impart knowledge, which is required for preparation of good quality cookery, adopting food safety principles.

On successful completion of this course, a trainee will learn about kitchen operations and its organization, different recipes, cutting of vegetables, meats, fish etc. required for cooking, preservation of fruits & vegetable, different cooking methods, preparation of salads, sauces and “chutneys” etc. He / she will also learn how to ensure personal conditions and working environment to be hygienic and cleanliness along with ethical values. It will also focus the food selection criteria / standards for preparation and the caloric value of different food components as well as the basic knowledge of food service. It observes the precautions for accident prevention and major measures for pest control in food production area.

CURRICULUM SALIENTS:

Entry Level	:	Matric (Male / Female)
Duration of course	:	6 - Months
Total training hours	:	800 Contact Hours
Training Methodology	:	Practical 80%
		Theory 20%
Medium of instructions	:	Urdu / English

SKILL PROFICIENCY DETAILS:

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

1. Understand & adopt the practices maintaining good personal hygiene and grooming.
2. Use health and safety practices, principles and can apply to attain the highest standard of kitchen cleaning and sanitation.
3. Implement the standards for cold & hot food preparations.
4. Use the cutting skills and fundamental cooking techniques.
5. Use spices herbs and different food materials.
6. Identify different kitchen tools & equipments & use them.
7. Prepare soups, salads, continental, Pakistani and chine dishes, cakes pastries and desserts etc.
8. Apply different food service types.
9. Use safety practices and kitchen cleanliness.
10. Apply Principles of preventive maintenance of equipment.

KNOWLEDGE PROFICIENCY DETAILS:

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

1. Explain Personal Hygiene appearance and grooming.
2. Describe basic first aid and respond to emergencies.
3. Describe kitchen sanitation.
4. Explain safe food handling, how to avoid food from contamination; utilize food safety principles managing HACCP system.
5. Describe Work Ethics.
6. Describe kitchen departments.
7. Explain basic cooking.
8. Explain basic food ingredients.
9. Describe storage & food preservation.
10. Define safety practices.
11. Identify different parts of meat and caloric values of different food components.

SCHEME OF STUDIES

Professional Cook (6-Months Course)

S. No	Main Topics	Theory Hours	Practical Hours	Total Hours
1.	Personal Hygiene, Appearance & Grooming for Food Handlers	8	5	13
2.	Food Safety	10	6	16
3.	Introduction to Kitchen Tools & Equipment	6	0	6
4.	Kitchen Organization	6	0	6
5.	The Food Knowledge	13	21	34
6.	Kitchen Cleaning & Sanitizing	16	12	28
7.	Basic Skills for Food Preparations	10	26	36
8.	Cold Preparations / Garde Manger	6	18	24
9.	Hot Preparations	9	21	30
10.	Cooking Techniques	15	30	45
11.	Baking & Pastries	6	18	24
12.	Food Decoration & Garnishing	4	12	16
13.	Diet & Nutrition	6	0	6
14.	Food Preservation & Storage	9	12	21
15.	Accident Prevention & Action for Emergencies	9	6	15
16.	Pest Control	7	3	10
17.	Buffet Arrangements	4	6	10
18.	Preparation of Hot & Cold Beverages	2	12	14
19.	Food Service	5	9	14
20.	Practical Cookery	2	310	312
21.	I.T Fundamentals	8	32	40
22.	Functional English	16	64	80
Total		177	623	800

DETAIL OF COURSE CONTENTS**Professional Cook
(6-Months Course)**

S. No.	Subject main Topic	Theory Hours	Practical Hours
1.	<p>Personal Hygiene, Appearance And Grooming for Food Handlers</p> <p>1.1 Hospitality: Types of hotels Restaurants Types of hotels Departments of Hotels</p> <p>1.2 Importance of personal hygiene & grooming</p> <p>1.3 Effective hand washing</p> <p>1.4 Parts of human body that harbour germs</p> <p>1.5 Cuts , boils & septic spots</p> <p>1.6 Recognition of problems caused by personal habits in the kitchen e.g. smoking, jewelry, perfumes etc</p> <p>1.7 Kitchen uniform, importance of protective clothing, maintaining good standards of personal hygiene</p> <p>1.8 Reporting illness</p>	8	5
2.	<p>Food Safety</p> <p>2.1 Basic food hygiene</p> <p>2.2 Bacteria</p> <p>2.3 Factors affecting bacterial growth</p> <p>2.4 Potentially hazardous food</p> <p>2.5 Out breaks of food born illness (food infection food poisoning)</p> <p>2.6 Controlling food poisoning</p> <p>2.7 Food contamination & cross contamination</p> <p>2.8 Food cooking & holding temperatures</p> <p>2.9 Temperature danger zone</p>	10	6

	2.10 Critical control points		
3.	Introduction to Kitchen Tools & Equipments 3.1 Tools /utensils 3.2 Types of knives 3.3 Heavy equipments 3.4 Cleaning & maintenance of tools & equipments 3.5 Safety rules handling tools & equipments 3.6 Preventive maintenance	6	-
4.	Kitchen organization 4.1 The professional cookery 4.2 Kitchen management staff 4.3 Role of chef in food production 4.4 Planning for food production 4.5 Kitchen sections 4.6 Food stations and cooks duties	6	-
5.	The food knowledge 5.1 Processed foods 5.2 Herbs, Spices & lentils 5.3 Fruits & vegetables 5.4 Meat (identification, selection & composition) 5.5 Poultry (identification, selection & composition) 5.6 Fish & shell fish (identification, selection & composition) 5.7 Dairy products & egg identification 5.8 Fundamental procedures (cooking terminology) 5.9 World cuisines 5.9.1 Oriental 5.9.2 Continental 5.9.3 Mediterranean 5.10 Standard recipe 5.11 Recipe yield 5.12 Recipe balance 5.13 Recipe cost calculation	13	21

6.	Kitchen Cleaning & sanitizing 6.1 Clean & sanitary 6.2 Calibrating a pocket thermometer 6.3 Cleaning schedule 6.4 Factors in cleaning process 6.5 Cleaning agents 6.6 Kinds of sanitizers 6.7 Manual cleaning & sanitizing 6.8 Cleaning surfaces & stationary equipment 6.9 Devising master cleaning program 6.10 Clearing floors walks & ceilings 6.11 Cleaning vents & garbage dumpsters 6.12 De-icing freezer floor 6.13 Pre-soaking & de-tarnishing silverware 6.14 Sabr (sweep apply brush) method of cleaning 6.15 Storing chemicals 6.16 Procedure for cleaning counters, sinks and non cooking equipment 6.17 Setting up three post sink	16	12
7.	Basic skills for food preparations 7.1 use of cutting boards 7.2 knife essentials 7.3 How to carve 7.4 De-boning a chicken 7.5 How to clean & fillet a fish 7.6 How to chop, slice, dice & shred 7.7 Trimming, peeling,, coring, pitting 7.8 Basic cuts of vegetables 7.9 Portioning cuts 7.10 Meat grinding procedure 7.11 Grating food 7.12 Washing, rinsing & blanching 7.13 Measuring & conversions	10	26

	7.14 Mixing food 7.14.1 Stirring 7.14.2 Whisking 7.14.3 Whipping 7.14.4 Beating 7.14.5 Folding 7.14.6 Blending		
8.	Cold preparations / Grade Manger 8.1 Cold sauces 8.2 Salad dressings 8.3 Salads 8.4 Marinades, spiced vinegars, brines & seasoning 8.5 Sweet cream mixtures 8.6 Sandwiches	6	18
9.	Hot preparations 9.1 Classification & use of sauces 9.2 Preparing sauces 9.3 Preparing stocks 9.4 Preparing clear soups 9.5 Preparing thickened soups 9.6 Quality factors in soups & sauces 9.7 Preparing pasta & rice 9.8 Preparing cocktail buffet & appetizer preparation 9.9 Preparing desserts	9	21
10.	Cooking techniques 10.1 Egg cookery 10.1.1 Handling & storage of eggs 10.1.2 Checking freshness of eggs 10.1.3 Preparation of 10.1.3.1 Boiled eggs 10.1.3.2 Poached eggs 10.1.3.3 Fried eggs	15	30

	10.1.3.4 Omelets 10.1.3.5 Scrambled eggs 10.2 Grilling & broiling method 10.3 Roasting method 10.4 Sauteing method 10.5 Stir frying method 10.6 Deep frying method 10.7 Braising & stewing method 10.8 Steaming method 10.9 Poaching, simmering & double boiling, par boiling 10.10 Cooking instruction for various grains 10.11 Degree of doneness in meat, poultry & fish		
11.	Baking & pastries 11.1 Selection & weighing of ingredients 11.2 Function of various ingredients in baking process 11.2.1 Principles of baking 11.3 Baking yeast bread 11.4 Baking various pastry types 11.5 Preparing cakes 11.6 Baking pizza	6	18
12.	Food decoration & garnishing 12.1 Importance of decorating food 12.2 Presentation styles of different food materials 12.3 Simple items used for decoration 12.4 Cold buffet garnishing & decoration	4	12
13.	Diet & nutrition 13.1 The food groups 13.2 Basic components of food 13.2.1 Water 13.2.2 Carbo hydrates	6	-

	13.2.3 Proteins 13.2.4 Fats 13.2.5 Vitamins 13.2.6 Minerals 13.3 Caloric value of nutrients 13.4 Balanced diet		
14.	Food preservation & storage 14.1 Food spoilage 14.1.1 Food preservation 14.1.1.1 Using high temperature 14.1.1.2 Using low temperature 14.1.1.3 Use of chemical 14.1.1.3.1 Use of irradiation 14.1.1.3.2 Drying techniques 14.1.1.3.3 Corner stones of purchasing operation 14.1.1.3.4 Receiving food deliveries 14.1.1.4 Storage principles 14.1.1.5 Types of storage 14.1.2 Chilling, dry storage & freezing) 14.1.2.1 Design factors & environmental control 14.1.2.2 Sanitary features 14.1.2.3 Operating practices 14.1.2.4 Handling storage of specific items 14.1.2.4.1 Cooked & partially cooked food 14.1.2.4.2 Meat 14.1.2.4.3 Poultry & eggs 14.1.2.4.4 Seafood 14.1.2.4.5 Dairy products 14.1.2.4.6 Fruits & vegetables 14.1.2.4.7 Vacuum-packaged food 14.1.2.4.8 Canned foods 14.1.2.4.9 Baking supplies & grain products	9	12

	14.1.2.4.10 Stock, labell & rotate giddiness		
15.	Accident prevention & action for emergencies 15.1 Accidents defined 15.2 The cause of accidents (human hazards & environmental hazards) 15.3 Preventing cuts & lacerations 15.4 Preventing burns 15.5 Preventing falls & other common injuries 15.6 Fire safety 15.7 First aid in emergencies (choking & heart attack) 15.8 Procedure for bomb scares 15.9 Safe lifting & carrying techniques	9	6
16.	Pest control 16.1 Kinds of cockroaches 16.2 Detecting & preventing cockroaches & flies infestation 16.3 Methods of killing cockroaches & files & other insect pests 16.4 Signs of rats & mites infestation 16.5 Preventing & controlling rodents 16.6 Birds 16.7 Pesticides 16.7.1 Use of pesticides 16.7.2 Precautions in use of pesticides 16.7.3 Precautions In storage & disposal of pesticides	7	3
17.	Buffet arrangements 17.1 Setting up buffet & maintenance 17.2 Buffet replenishment 17.3 Standard cleaning procedure 17.4 Expeditor duties	4	6
18.	Preparation of hot & cold beverages	2	12

	18.1 Preparing hot beverages 18.1.1 Tea 18.1.2 Coffee types 18.2 Preparing cold beverages 18.2.1 Milkshakes 18.2.2 Ice / tea 18.2.3 Cold coffee 18.2.4 Cocktails		
19.	Food service 19.1 Types of service (overview) 19.2 Tray service 19.3 Table service 19.3.1 French service (cart service) 19.3.2 Russian service (platter service) 19.3.3 English service (family service) 19.3.4 American service (plate service) 19.4 Table setting 19.5 Principles of hospitality	5	9

20.	Practical Cookery 20.1 Soups & Starters 20.1.1 Yukhni 20.1.2 Cream of tomato Soup 20.1.3 Chicken Corn Soup 20.1.4 Hot and Sour Soup 20.1.5 Thai Soup 20.1.6 Mulligatawny soup 20.1.7 Cheese Balls 20.1.8 Meat balls 20.1.9 Cheese toast 20.1.10 Chicken Wings 20.1.11 Tempuras 20.1.12 Fish Crackers 20.1.13 Stuffed eggs 20.2 Salads 20.2.1 Fresh Vegetable Salad 20.2.2 Bean Salad 20.2.3 Kachumer Salad 20.2.4 Fruit Salad 20.2.5 Russian Salad 20.2.6 Mango Thai Salad 20.2.7 Tangy Potato Salad 20.2.8 Chicken apple salad 20.2.9 Cole slaw 20.2.10 Macaroni Salad 20.3 Snacks 20.3.1 Chicken Vegetable rolls 20.3.2 Finger fish 20.3.3 Nuggets 20.3.4 Chicken roast 20.3.5 fried chicken 20.3.6 French fries	2	310
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20.3.7	Potato cutlets		
20.3.8	Chicken Pakoras		
20.3.9	Club Sandwich & open face sandwich		
20.3.9.1	Samosas		
20.3.9.2	Gol gappay		
20.4	Pakistani dishes		
20.4.1	Yakhni Pulao		
20.4.2	Biryani		
20.4.3	Chicken Red Korma		
20.4.4	Chicken White Korma		
20.4.5	Stuffed Karalay		
20.4.6	Dal Chana Gosht		
20.4.7	Dal Mash Dry		
20.4.8	Mutton Green Karaie		
20.4.9	Palak Gosht		
20.4.10	Moong Masoor Mix Dal		
20.4.11	Haleem		
20.4.12	Nihari		
20.4.13	Mutton Payay		
20.4.14	Pasanday		
20.4.15	Aloo Gosht		
20.4.16	Aloo Keema		
20.4.17	Aloo Muter		
20.4.18	Surson Ka Saag		
20.4.19	Mutton Karahi		
20.4.20	Chicken Karahi		
20.4.21	Chicken Ginger		
20.4.22	White Chicken Karahi		
20.4.23	Boneless Beef Plao		
20.4.24	Kari Pakora		
20.4.25	Guardey & champ masala		
20.4.26	Mutton seekh kababs		
20.4.27	Chicken seeekh babs		

20.4.28	Handi gosht		
20.4.29	Mutton kunna		
20.4.30	Chicken tikka		
20.4.31	Roti, chapatti, naan		
20.5 Indian / Mughlai Dishes			
20.5.1	Mutton shab daig		
20.5.2	Jugno gosht		
20.5.3	Babri qeema		
20.5.4	Nargasi koftay		
20.5.5	Chicken motia pulao		
20.5.6	Folladi pullao		
20.5.7	White kofta		
20.5.8	Shahi koftay		
20.5.9	Daal makhani		
20.5.10	Kashmiri gosht		
20.5.11	Rashmi kebab		
20.5.12	Tawa qeema		
20.5.13	Kastoori murgh tikka		
20.5.14	Shikar puri karahi		
20.5.15	Hereesa		
20.6 Raita			
20.6.1	Onion Raita		
20.6.2	Potato raita		
20.6.3	Mix Vegetable Raita		
20.6.4	Macroni Raita		
20.6.5	Mushroom Raita		
20.6.6	Sweet Pine apple Raita		
20.6.7	Chicken Raita		
20.7 Chinese Dishes			
20.7.1	Egg Fried Rice		
20.7.2	Chicken Fried Rice		
20.7.3	Vegetable fried Rice		
20.7.4	Garlic fried rice		

20.7.5	Beef Chillie Dry		
20.7.6	Chicken in hot garlic souce		
20.7.7	Chicken with almonds		
20.7.8	Chicken with pine apple		
20.7.9	Chicken Manchurian		
20.7.10	Chicken with lime		
20.7.11	Sweet and sour chicken		
20.7.12	Chop Sui		
20.7.13	Fish with Chilli sauce		
20.7.14	Prawn Masala		
20.7.15	Chicken Szechuan		
20.7.16	Chicken Ginger		
20.7.17	Chicken Shashlick		
20.7.18	Chicken Chowmein		
20.7.19	Stir fried Chicken		

20.7.20	Paper Chicken		
20.7.21	Chicken jalfrazi	15 Min	2
20.8	Continental Cooking & Other Cuisines	15 Min	3
20.8.1	Chicken Adabo	15 Min	2
20.8.2	Lasagne	15 Min	2
20.8.3	shawarma	15 Min	2
20.8.4	Beef Fillet Steak	15 Min	2
20.8.5	Fajitas	15 Min	2
20.8.6	Chicken Steam Roast	15 Min	2
20.8.7	Baked Chicken with Honey Mustard	15 Min	2
20.8.8	Grilled Sirloin Steaks	15 Min	2
20.8.9	Breaded chicken Breast with asparagus	15 Min	2
20.8.10	Beef and Chicken Burgers	15 Min	3
20.8.11	Shish Touk		
20.9	Baking & Pastries		
20.9.1	Plain cake		
20.9.2	Sponge Cake		
20.9.3	Pine apple cake		
20.9.4	Fruit cake		
20.9.5	Black forest cake		
20.9.6	Biscuits		
20.9.7	Almond cookies		
20.9.8	Khatai		
20.9.9	Pizza		
20.9.10	Pastries		
20.10	Desserts		
20.10.1	Egg custard & Ceramel custard		
20.10.2	Trifle, Rich trifle pudding		
20.10.3	Chocolate Soufle, Lemon Soufle.		
20.10.4	Tiramisi		
20.10.5	mousse		

20.10.6	Rus Malai		
20.10.7	Carrot halwa		
20.10.8	Sheer Khurma		
20.10.9	Sweet Noodles		
20.10.10	Loki Kheer		
20.10.11	Suji Ka Halwa		
20.10.12	Kheer		
20.10.13	Zarda		
20.11	Beverages		
20.11.1	Fruit drink & fruit punch		
20.11.2	Almond Shake		
20.11.3	Shakes		
20.11.4	Coffee Types		
20.11.5	Teas		
20.12	Fruit and Vegetable Preservation		
20.12.1	Mixed Vegetable Pickle		
20.12.2	Mango Pickle		
20.12.3	Squash (seasonal fruits)		
20.12.4	Plum chutney		
20.12.5	Tomato Ketchup		

LIST OF PRACTICALS

1. Yukhni
2. Cream of tomato Soup
3. Chicken Corn Soup
4. Hot and Sour Soup
5. Thai Soup
6. Mulligatawny soup
7. Cheese Balls
8. Meat balls
9. Cheese toast
10. Chicken Wings
11. Tempuras
12. Fish Crackers
13. Stuffed eggs

Salads

14. Fresh Vegetable Salad
15. Bean Salad
16. Kachumer Salad
17. Fruit Salad
18. Russian Salad
19. Mango Thai Salad
20. Tangy Potato Salad
21. Chicken apple salad
22. Cole slaw
23. Macaroni Salad

Snacks

24. Chicken Vegetable rolls
25. Finger fish
26. Nuggets
27. Chicken roast
28. fried chicken
29. French fries
30. Potato cutlets
31. Chicken Pakoras

- 32. Club Sandwich & open face sandwich
- 33. Samosas
- 34. Gol gappay

Pakistani dishes

- 35. Yakhni Pulao
- 36. Biryani
- 37. Chicken Red Korma
- 38. Chicken White Korma
- 39. Stuffed Karalay
- 40. Dal Chana Gosht
- 41. Dal Mash Dry
- 42. Mutton Green Karahi

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

S.No	Main Topics	Theory Hours	Practical Hours	Total Hours
1.	Introduction to Computers	2	6	8
2.	Typing - Microsoft Word	4	14	18
3.	Internet & Electronic Mail	2	12	14
Total		8	32	40

DETAIL OF COURSE CONTENTS
I.T Fundamentals

S. No	Detail of Topics	Theory Hours	Practical Hours
1	<p>Introduction to Computers</p> <p>1.1 What is a computer- Definition, functions and general features?</p> <p>1.2 What is Hardware –</p> <p style="padding-left: 20px;">1.2.1 Computer parts and units</p> <p style="padding-left: 40px;">1.2.1.1 Input Unit - Keyboard, Mouse etc.</p> <p style="padding-left: 40px;">1.2.1.2 Central Processing Unit</p> <p style="padding-left: 40px;">1.2.1.3 Output Unit</p> <p>1.3 What is Software –</p> <p style="padding-left: 20px;">1.3.1 Electronic Parts of a Pc it is</p> <p style="padding-left: 40px;">1.3.1.1 Software and Its types</p> <p style="padding-left: 40px;">1.3.1.2 System Software, Application software and its functions</p> <p>1.4 Working with windows Operating System</p> <p style="padding-left: 20px;">1.4.1 How does windows desktops work?</p> <p style="padding-left: 20px;">1.4.2 Setting desktop, background and wall papers etc.</p> <p style="padding-left: 20px;">1.4.3 Viewing directories – List of files and folders different styles.</p> <p>1.5 What are the Icons, Shortcuts and other graphic,</p> <p style="padding-left: 20px;">1.5.1 How to see computer contents on different drives etc.</p>	2	6
2	<p>Typing and Word processing (MS Word)</p> <p>2.1 Proper way of typing correct and speedy - getting familiar with the keys</p> <p>2.2 Where to type in computer? How to save a file? How to get it back? Where to find your saved work?</p> <p>2.3 Formatting in MS Word Bold, Italic, page setup, setting shades and colors.</p> <p>2.4 Working with saved work, opening and moving files.</p> <p>2.5 How to get it printed?</p>	4	14

3	Emailing and Internet Surfing	2	12
	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.?		
	3.4 Downloading and uploading attachments etc.		
Total		8	32

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.	Setting the view of a folder
7.	Copying, Deleting and Moving Files in a folder
8.	Working with different Applications
9.	Opening MS Word for typing
10.	First lesson of Typing A S D F
11.	Second Lesson of typing J K L ;
12.	Third Lesson U I O P
13.	Fourth Lesson R E W Q
14.	Fifth Lesson N M , .
15.	Sixth Lesson V C X Z
16.	Seventh Lesson All letter using R index Finger
17.	Eighth Lesson All letter using L index Finger
18.	Formatting in MS Word Bold, Italic etc.
19.	Page Setting/ Page Layout
20.	Using Internet
21.	Opening Email, making new account
22.	Sending Receiving Emails
23.	Downloading and uploading attachments etc.

SCHEME OF STUDIES
Functional English

S.No	Main Topics	Theory Hours	Practical Hours	Total Hours
1.	Use of past indefinite tense	2	6	8
2.	Use of 'was' 'were' ' questions and negatives	3	6	8
3.	Explaining a situations/ analysis	2	6	8
4.	Communication in writing	2	6	8
5.	Comprehension	1	6	7
6.	Application/ C.V.	1	6	7
7.	Dialogues	1	9	10
8.	Understand vocabulary	1	3	4
9.	Writing complaints/ answers to complaints	1	9	10
10.	Interviews	2	7	10
Total		16	64	80

DETAIL OF COURSE CONTENTS
Functional English

S. No	Detail of Topics	Theory Hours	Practical Hours
1	Use of past indefinite tense 1.1 Describing past events	2	6
2	Use of 'was' 'were' ' questions and negatives	2	6
3	Explaining a situations/ analysis 3.1 Making a plan 3.2 Visiting factory area 3.3 Giving justifications	2	6
4	Communication in writing 4.1 Asking for list of stationery items 4.2 Submitting report of performance of team of technicians 4.3 Submitting joining report	2	6
5	Comprehension: practice sets	2	6
6	Job application/C.V.	1	6
7	Dialogues	1	9
8	Understand vocabulary	1	3
9	Writing complaints/ answers to complaints	1	9
10	Interviews	2	7
Total		16	64

LIST OF PRACTICALS
Functional English

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

LIST OF LABS

Professional Cook

- Kitchen

I.T Fundamentals

- Computer Lab

LIST OF MACHINERY / EQUIPMENT / TOOLS

(For a class of 25 students)

Name of Trade	Professional Cook
Duration of Course	6-Months Course

S. No	Names of Tools / Equipment / Item	Quantity														
1.	<p>Floor mop bucket With 02 Dry Mops with handles and 02 Wet mops with handles. Material: Plastic with Steel Handle and 4 Wheels Features: Eco-Friendly capacity: 20-L product size: 63*27*67cm pack size: 46.5*27*29cm color: yellow</p>	01														
2.	<p>Lemons Squeezer (Steel made, Local) SUS 201 (Non-Magnetic (made, Non- Magnetic) Size: 20.5x6.5cm (LXW) Weight:151 Grams</p>	03														
3.	<p>Air Tight Jars Type: Air tight storage glass jar with clip top Use: Food Storage Material: Glass, glass Feature: Eco-Friendly Color: clear Size: 500ml Lid material: clip top</p>	20														
4.	<p>Pressure Cooker Industrial Aluminum Stainless Steel Induction Base Pressure Cooker</p> <table border="1"> <tr> <td>Description:</td> <td>Power pressure cookers</td> </tr> <tr> <td>Application:</td> <td>Kitchenware</td> </tr> <tr> <td>Usage:</td> <td>Dishwasher Safe, induction cooker available</td> </tr> <tr> <td>Shape:</td> <td>Straight body</td> </tr> <tr> <td>Capacity:</td> <td>9L</td> </tr> <tr> <td>Body Material:</td> <td>Aluminium A00</td> </tr> <tr> <td>Bottom:</td> <td>Induction bottom</td> </tr> </table>	Description:	Power pressure cookers	Application:	Kitchenware	Usage:	Dishwasher Safe, induction cooker available	Shape:	Straight body	Capacity:	9L	Body Material:	Aluminium A00	Bottom:	Induction bottom	3
Description:	Power pressure cookers															
Application:	Kitchenware															
Usage:	Dishwasher Safe, induction cooker available															
Shape:	Straight body															
Capacity:	9L															
Body Material:	Aluminium A00															
Bottom:	Induction bottom															

	<table border="1"> <tr> <td>Side handle:</td> <td>Heat resistant black bakelite handle</td> </tr> <tr> <td>Valve:</td> <td>Safty silicon valve / seal</td> </tr> <tr> <td>Cover:</td> <td>Temperated glass cover</td> </tr> <tr> <td>Thickness:</td> <td>4mm</td> </tr> <tr> <td>Inner finished:</td> <td>Mirror polished outside & satin polished inside</td> </tr> <tr> <td>Outer finished:</td> <td>Mirror polishing</td> </tr> <tr> <td>Bottom finished:</td> <td>Mark finished</td> </tr> <tr> <td>Certificate:</td> <td>SGS, LFGB, FDA, CE</td> </tr> </table>	Side handle:	Heat resistant black bakelite handle	Valve:	Safty silicon valve / seal	Cover:	Temperated glass cover	Thickness:	4mm	Inner finished:	Mirror polished outside & satin polished inside	Outer finished:	Mirror polishing	Bottom finished:	Mark finished	Certificate:	SGS, LFGB, FDA, CE	
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Certificate:	SGS, LFGB, FDA, CE																	
5.	Woks / Karahi (Chinese) Material: Iron Round Bottom Sizes: 18 inches Weight: 1.5 Kg	06																
6.	French Fried Cutter (Local) (Standard Size) Material: Metal Body, SS blades Commercial usage	01																
7.	Microwave Oven (Convectional) <u>Specification:</u> Capacity 62 Ltrs Power Output 1200w Power input (Grill) 1200w Colors Black / Silver <p style="text-align: center;"><u>FEATURES</u></p> Digital Control Panel Huge Capacity SS front & handle Grill Function Weight / Time defrost Attractive LED Display	01																
8.	POTS: Material: Aluminum Sizes: Number 10 with round bottom: Number 9 with round bottom: Number 8 with round bottom: Number 7with round bottom: Number 6 with round bottom: KARAHIS: Material: Aluminum Sizes:	02 02 02 02 02																

Number 5 with round bottom:	02
Number 4 with round bottom:	02
Number 3 with round bottom:	02
Number 5 with Flat bottom:	02
Number 4 with Flatbottom:	02
Number 3 with Flat bottom:	02
SAUCE PANS:	
Material: Aluminum milk pans	
Sizes: Number 9	06
Number 7	06
FRY PANS:	
Material: Aluminum with Bakelite handle	06
Sizes:	
Number 4	
NON-STICK FRY PANS:	04
Material: Aluminum	
Sizes: 30cm Diameter	
NON-STICK SPOON SET (06- PCS)	04
STEAMER:	04
3 Piece Steamer Stockpot 18/10 Stainless Steel)	
6 QUART/5.7 LITRE	
3 PIECE STAINLESS STEEL	
SITS FLAT	
IMPACT BONDED FOR EVEN HEAT DISTRIBUTION 18/10 STAINLESS STEEL	
Size: 10" IN DIAMETER AND 8 1/2" TALL	
CAST IRON GRILL:	
Material: Cast Iron	4
Sizes: 35cm diameter	
Sizes: 24cm diameter	3
KEY FEATURES	
This rectangular-shaped grill has a cast iron base that cooks evenly and locks in the flavor for the best results.	
Safe to use.	
Maximum durability and strength.	
Fat free healthy cooking.	
PRODUCT INFORMATION	
Colour	
Black	
Main Material	
Cast Iron	
Dimensions	
35 cm	

9.	Cutlery Utensils (124 Pieces Set) Full Dual Finish 14 Gauge Tea Spoon 12 PCS Dessert Spoon 12 PCS Dessert Fork 12 PCS Dessert Knife 12 PCS Service Curry Spoon 4 PCS Service Rise Spoon 4 PCS Demitasse Spoon 6 PCS Sugar Spoon 2 PCS Butter Knife (Sheet) 2 PCS Service Fork 2 PCS Cake Fork 12 PCS Ice Cream Spoon 12 PCS Soup Spoon 12 PCS Cake Lifter 2 PCS Soup Ladle 9" 2 PCS Tea Spoon Big 12 PCS Service Tong 2 PCS Ice Tong 2 PCS	1
10.	Refrigerator Single Door Size 30"x28"x80" Upright , Stainless Steel Body Commercial Usage	1
11.	Deep Freezer Double Door, Single Door Size 30"x28"x80" Stainless Steel Body Commercial	1
12.	Salamander Grill (Stainless Steel) Dimension 880*440*610 mm Controllors 6 Power 10.3Kw Weight 47Kg	1
13.	Bain Marie Mobile Dry Bain Marie With Cabinet(Hot) 4 Bowls Dimension 1060*668*900mm Voltage 220V-240V Max Height of GN Pans 150mm *Hot air circulation heating *With four 1/2 GN pans and one 1/1 GN pan	1
14.	Bakery oven Single Deck 56x36x35 Stainless Steel	1
15.	Cutting boards Wooden (Different Colors) 24x18x2	12
16.	Dinner-ware set (One) Shape: Square	1

	<p>Product Features: Dishwasher Safe, Microwave Safe Material: Porcelain Style: Restaurant-ware Pattern: Solid Set Include: 80-piece Care Instruction: Dishwasher Safe Exact Color: White Color: White</p> <p>Set Includes:</p> <p>12 x 10-inch Dinner Plates 12 x 7-inch Salad Plates 12 x 7-inch Bowls 12 x 10.5-ounce Mugs 12 x 4-inch Sauce Dishes 2 x 2-ounce Salt Shaker 2 x 2-ounce Pepper Shaker 2 x 8-ounce Sugar bowl with lid 2 x 8.75-ounce Milk creamer 2 x 8.5-inch Butter dish with lid 2 x 20-ounce Gravy boat 2 x 10-inch Large Serving bowl 2 x 13.75-inch Rectangular platter</p>	
17.	<p>Various knives & choppers (Set) (Professional Kitchen Knives) Description: High-carbon stainless steel blades Durable bolster Ergonomic hollow stainless steel handle Includes all-purpose household shears Dishwasher safe</p> <p>Dimensions: Chef's knife: 8 inches long Slicing knife: 8 inches long Santoku knife: 5.5 inches long Serrated utility knife: 5.5 inches long Paring knife: 3.5 inches long Bird's peak paring knife: 2.75 inches long Sharpening steel: 8 inches long</p> <p>Steak knives: 4.5 inches long Block: 14.5 inches high x 7.2 inches long x 6.8 inches wide</p>	4
18.	<p>Strainer different size Material: Stainless Steel with Bakelite handles Fry Jali with wooden handle (03 numbers) Stainless steel basket with 28 cm diameter(02 numbers) Flour sieves set (04 sieves)(01 set)</p>	06
19.	<p>Measuring tools & equipment (Set) Measuring cups 01 sets Measuring spoons 01 sets Measuring jugs 01 Number Local Made</p>	04

20.	Various moulds for baking (Set of 3)	08
21.	Baking trays Material: Aluminum Size:18 x12 Local Made	06
22.	Lava Rock Gas Griller with Shelves Dimension : 800*900*(850+60) mm Power : 17KW/58188BTU LPG Gas Pressure : 2800Pa LPG Gas Consumption : 1.238kg/h NG Gas Pressure : 2000Pa NG Gas Consumption : 1.588m ³ /h N.W : 137 Kg G.W : 208 Kg Free Standing	1
23.	Deep Fat Fryer (Gas operated) Freestanding Gas 2-Tank 2-Basket Fryer with chip dump table, with two basket Dimension : 500*700*1080 mm Power : 27KW/92125BTU Capacity :36L LPG Gas Pressure :2800Pa LPG Gas Consumption :1.70kg/h NG Gas Pressure :2000Pa NG Gas Consumption :5.53m ³ /h N.W :62kg G.W :80Kg	1
24.	Sink Tripple Sink Bench Dimension :1500x610x900+200mm Package Dimension 1520x630x680 mm Cube :0.65 m ³ Weight : 24Kg Gross Weight : 27Kg Legs : 4	1
25.	Working Table (Stainless Steel) Two Shelves 60x24x35 inches	4
26.	Food Processor (1000 W Motor)21x22x40	2
27.	Meat Grinder Metal Body 3.6 KG Material: Stainless Steel(450x360x340mm)	1
28.	Stoves / Cooking Range Dimension : 60"x24"x35" Gas Nozzle 3 Commercial burners with Tray heavy duty commercial stove. Full Stainless steel.	3

29.	Multimedia Projector with white screen Sony or Equivalent	1
30.	Computer Core i7 with 21" LCD	1
31.	Printer LaserJet with Wi-Fi	1
32.	Exhaust Hood Dimensions : As per individual lab Exhaust Hood (Stainless Steel) with Filters, Shape and size: as per the site of the lab individually	1 (24 feet)
33.	Griddle/ Hot Plate Dimension : 1220*840*360+60 mm Grilled Board Dimension : 1216*612*20 mm Power : 35.2KW/120000BTU Burners : 4	1
34.	Exhaust Ducting and Blower (50 ft) Material: MS Ducting and Blower Size: As per site of individual lab Dimensions : As per individual lab.	1 (50 ft)
35.	Storage Rack/ Shelves Stainless Steel (4 shelves) Dimension : 36"x18"x72" Legs: 4	2
36.	Barbeque Counter 4ft x 22" x 40" With 50 Standard Kebab Bars and 50 Seekhs Bars of Iron	1
37.	Tandoor (Gas Operated) Height x Top Length x Mouth Dia. X Belly Dia. 32"x28"x12"x24" Stone clay body 2" Hard Coated Stainless Steel Body Reinforcement Metal Rings Triple layer insulation Disposal Tray Cast Iron Gas Plate Include 12 Skewers 6" wheels 13" Butler Plate to detect Flame Warranty required	1
38.	Stainless Steel Food Pan	06
39.	Stainless Steel Bowls Small : 30 Medium: 20 Large: 20 Extra Large: 10	30 20 20 10
40.	Stainless Steel Bowls Capacity 250 mL	06
41.	Dough Mixer Electric, with Stainless Steel 9 Liter Bowl capacity	01
42.	Rolling Pin with Board set Wooden Handle Marble Pin, Marble Board Commercial Usage	02

43.	Egg Slicer	04
44.	Wire Whisk Stainless Steel Material Small (10 inches) Medium (14 inches) Large (18 inches)	4 4 4
45.	Piping Bag (Canvas Material) with different shaped 6 nozzles	4
46.	Soup Bowls/Stainless Steel 7L Stockpot Suitable for all hob types. Black Bakelite handles with glass lid. 23cm Diameter. 7 Liters capacity	4
47.	Bread Toaster	1
48.	Deep dish (Stainless Steel) Small:- Stainless Steel Deep Square Balti Dish Size: 200x200x95mm Capacity: 2.5L Medium:- Stainless Steel Square Balti Dish Size: 255x255x65mm Capacity: 3.2L Large:- Stainless Steel Deep Tray Size: 410x310x55mm Capacity: 4.8L	10 10 10
49.	Jug (Hotel and Restaurant Stainless Steel water Jug / cold water jug / stainless steel water pot) high polishing finishing Capacity: 1.7 Liters Size: Dia8.8*22.2cm SS handle	04
50.	Dust Bin/Waste Bin (foot Operated) Material: Plastic, HDPE (High Density Polyethylene) Structure: Standing Type: with wheels & pedal and lid cover Capacity: 60 Liters Top(mm): 360 x 360 Bottom(mm): 300 x 300 Height(mm): 620 Color: Yellow or Red	04
51.	Steel Brush (Wire Brush) Wooden Handle	04
52.	Egg Beater	02

	Commercial Type	
53.	Steak Hammer Material: Aluminum Alloy	02
54.	Mandolin Material: Stainless Steel Type: Adjustable Operations	04
55.	Electric Fly Killer Material: Metal Blue light for insect attraction	02
56.	Hot Air Hand Dryer	01
57.	Water Filter System Size: Medium	01
58.	Scrubbing Pads (Metal, Plastics, etc.)	20

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	Cooking Oil	125 Litre
2	Rice (Sella super Basmati)	60 Kg
3	Red chili powder	3 Kg
4	Coriander powder	2 Kg
5	Turmeric powder	2 Kg
6	Cumin	1 Kg
7	Caraway	1 Kg
8	Red chili crushed	1 Kg
9	Cardamom black	250 Grams
10	Cardamom green	250 Grams
11	Cloves	500 Grams
12	Black pepper whole	1 Kg
13	Cinnamon	500 Grams
14	Corn flour	8 Kg
15	Salt	5 Kg
16	Chicken powder	1 Kg
17	Tomato ketch up	8 Kg
18	Red chili sauce	10 Liter
19	Vinegar white	10 Liter
20	Green chili sauce	10 Liter
21	Soya sauce	10 Liter
22	Daal chana	3 Kg
23	Dal mash	3 Kg
24	Dal mong	3 Kg
25	Masar salam	1 Kg
26	Pineapple tin	5 Nos
27	Almond American	1 Kg
28	Eggs	16 Dozen
29	Beef	30 Kg

30	Mutton	20 Kg
31	Chicken (Boneless, whole, with or without skin)	90 Kg
32	Fish	25 Kg
33	Prawns	2 Kg
34	Vegetables (Seasonal)	50 Kg
35	Onion	70 Kg
36	Garlic	5 Kg
37	Baking powder	1 Kg
38	Chicken cubes	2 Dozen
39	Colors (Red, yellow, green, orange Food grade)	100 Gram
40	Flavors (Mango, orange, pineapple)	500 mL each
41	Coconut powder	3 Kg
42	Mono Sodium Glutamate	500 Grams
43	Butter	10 Kg
44	Detergents	5Kg
45	Sanitizers	5 Litre
46	Sponge and Wire Sponge	6 Dozen
47	Dusters (Cotton)	12 Dozen
48	Gloves (Disposable)	6 Packs (100 per Pack)
49	Sugar	5 Kg
50	Flour	20 Kg
51	Fennel (Sounf)	1 Kg
52	Poppy seeds (Khaskhas)	1 Kg
53	Soda sweet	1 Kg
54	Chilli garlic sauce	8 Kg
55	Kachri powder	1 Kg
56	Spaghetti	24 Packs
57	Elbow macaroni	12 Packs
58	Sweet corn	12 Tin
59	Mushrooms	12 Tin

60	Fruit cocktail	15 Tin
61	Vermicelli	12 Packets
62	Rice broken	8 Kg
63	Imli (Tamarind)	6 Kg
64	Feenugreek (Qasoori)	12 Packs
65	Tomatoes	100 Kg
66	Yoghurt	40 Kg
67	Milk	100 Liters
68	Potatoes	60 Kg
69	Jelly	48 Packs
70	Raisins	2 Kg
71	Dates (Chohare)	2 Kg
72	Preserve (Ashrafi red and green)	6 Kg
73	Nutmeg (Jafal)	500 Grams
74	Mace (Javatri)	500 Grams
75	Basin	10 Kg
76	Grams (Black)	2 Kg
77	Soy	500 Grams
78	Sesame seeds	2 Kg
79	Ajwain	1 Kg
80	Red chili whole	2 Kg
81	Oyester sauce	6 Bottle
82	Gram (White)	3 Kg
83	Porriadge	4 Kg
84	Milk cream	48 packets
85	Custard powder	12 Packs
86	Mayonnaise	12 Kg
87	Rye	1 Kg
88	Green tea	1 Kg
89	Baby corn	5 Tins
90	Black mushrooms	1Kg

91	Paprica powder	6 Packs
92	Meat tenderizer	6 Packs
93	Plum dried	5 Kg
94	Semolina (Suji)	5 Kg
95	Star aniseeds (Baadian Khatai)	500 Grams

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

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.
6.	the professional chef		the culinary institute of America
7.	practical cookery	V ceserani, r kinton & D Foskelt	
8.	the theory of catering	V ceserani, R kinton & D froshett	
9.	cooking Essentials	food & beverage institute (CIA)	
10.	Garde Manger	(CIA)	
11.	on food & cooking	harold McGee	
12.	Khana pakaneyka encyclopedia	sajid qureshi	
13.	Elements of Foods science & Technology	J.A.AWAN	
14.	Food Hygiene, Health and Safety	J. Audrey Stretch HA Southgate	
15.	Professional Cookery the Process	Dainiel R Stevenson	
16.	Exploring Professional Cooking	Marry Prey Ray & Evelyn Jones Lewis	
17.	The Art & Science of Culinary Preparations	Jerald W. Chesses CEC, CCE	
18.	The Indian kitchen	Monisha Bharadwaj	
19.	Microorganisms in foods	ICMSE	
20.	Applied Food Service Sanitation 3 rd Edituon	John Wiley Sons.	

Functional English

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

I.T Fundamentals

3. Introduction to Computer by Peter Norton
4. 2007 Microsoft® Office System Step by Step by Joyce Cox, Steve Lambert and Curtis Frye
5. Internet and E-mail with Windows 7 by Studio Visual Steps

MINIMUM QUALIFICATION OF INSTRUCTOR / TEACHER

- Graduate in Food Sciences & Technology / Food Sciences/ Nutrition with min. 1- year experience in relevant trade.
OR
- B.Sc. (Home Economics) with min. 1- year experience in relevant trade.
OR
- DAE Food Technology / DAE Food Processing & preservation Technology with min. 2- years' experience in relevant trade.
OR
- A certified (6-Months Short course from Govt. recognized institute OR Internship / OJT certificate from renowned Hotel) cook with preferably graduation and minimum 3→4 years' experience of professional cooking / baking.

Functional English

- M.A (English)

I.T Fundamentals

- DAE CIT/ BCS from HEC recognized university

EMPLOYABILITY OF GRADUATES

On successful completion of this course, trainees can find employment in following sectors:

1. Work as a Cook in hotel, restaurants or any other food service organization.
2. Prepare food for non commercial and commercial operations.
3. Can work in catering industry.
4. Open their own food outlets or manage canteens.

LIST OF TRADE RELATED JARGON

- Recipe
- Preservation
- Hygiene
- Sanitation
- Calorie
- Pest Control
- Personal Hygiene
- First Aid
- Diet
- Tools
- Utensils
- Precautions
- Safety Practices
- Ingredients
- Hospitality
- Contamination
- Composition
- Garbage
- Septic
- Boils

Curriculum Revision Committee

- | | |
|--|-----------------|
| 1. Muhammad Mukhtar
Chief Instructor,
GCT-Faisalabad. | Convener |
| 2. Mr. Umar Farooq
Lecturer,
GTTI, Gulberg, Lahore. | Member |
| 3. Mr. Muhammad Ajmal Siddiqui
Instructor, Food Tech.
GCT-Sahiwal | Member |