



Benazir Bhutto Shaheed Youth Development Program

Occupational Skill Standards

FOOD PRESERVATION & COOKING

(06 Month Course)

PROJECT MANAGEMENT UNIT

Directorate of Manpower & Training
Labour Department, Government of Sindh

FOREWORD

The people government recognizing the plight of jobless, semi-literate, and educated youth of Pakistan has decided to launch a program to employ 5 lakh youth (age 18-35 years) throughout the country, province wise and impart them employable skills through short and medium term (6 to 12 months courses) under Benazir Bhutto Shaheed Youth Development Program (BBSYDP).

The task before SINDH Government is to impart the training to one lakh youth in the province using its existing Technical Training Centres / Departments and where inevitable to outsource the courses.

Keeping these objectives in view, Sindh Government has opened the venues for such opportunities for youth to be trained in the employable skills under this project with following objectives.

- Enhance employability of un-employed youth belonging to lower income group providing training in employable skills.
- Relevant skills for industrial and Economic Development.
- Improving Access, Equity and Employability.
- Assuring quality for Skill Development.
- Meet the emerging demand of growing industries and Development projects.
- Development of employable skilled workers primarily for wage employment in industries.
- Provision of basic skills for the rural poor primarily for self-employment.

The project has very clearly defined objectives which shall address the unemployment menace in the province. It envisages that no additional workshop, labs, and classroom shall be constructed for training of the youth, where as the existing 34 Training Centres of the Directorate of Manpower & Training mandated / established for skill development shall impart employable skill training to youth targeted in this project.

The occupations / trades are selected in sectors where employment is available. In this regard the Employers Federation / Associations and group of industries have been consulted.

The curriculums consisting of skills and operations for imparting of the training for 06–12 months courses are available based on 80% practical and 20% theoretical knowledge. The training methodology and activities are predefined in the respective curriculum. Periodical progress of the trainees are made compulsory.

It has been a team effort of Training Management Board and Trade Testing Board who have supervised the trade specialists in the development of the Curriculum according to the need of the job market.

KARIM BAKHSH H. SIDDIQUI
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Manpower & Training Sindh, Karachi

FOOD PRESERVATION & COOKING

OVERALL OBJECTIVE

After completion of course the trainee should be able to find suitable employment in food industries commercial and domestic cooking.

SPECIFIC OBJECTIVES:

After completion of the course the trainee should be able to:

- Observe safety rules in the food laboratory and kitchen.
- To make them capable to preserve and prepare juices, syrups, jam, jellies, marmalades, sauces, ketchup, pickles and vinegar.
- To improve the skill for preservation of meat, poultry, fish and other sea foods.

TRAINING PARAMETERS

Course Code	A-11
Entry level	Matriculation
Age group	20 – 38 years
Medium of Instructions	English / Urdu / Sindhi
Duration of course	06 Months
Contact Hours	600 Hours
Daily Contact Hours	Four Hours per day
Per Class Trainees	Maximum 25
Timing of Training	Morning Shift (09:00 A.M. to 01:00 P.M.) Evening Shift (02:00 P.M. to 06:00 P.M.)

COOKING:

KNOWLEDGE REQUIREMENT:

- Safety precautions
- Health and Hygiene
- Cooking Methods
- Kitchen Utensils and Equipment
- Parties and Ceremonial Cooking
- Kitchen Organization
- Domestic and Continental Recipes

SKILL REQUIREMENT:

- Traditional Cooking
- Parties and Ceremonial Cooking
- Chinese Cooking
- Continental Cooking

FOOD PRESERVATION:

KNOWLEDGE REQUIREMENT:

- Sanitation and hygiene in processing and preservation
- Preservation terms and techniques of fruits
- Measurement, Casting and Pricing
- Introduction & application of Tools, Equipment and Appliances
- Save Storing of fruits and vegetables
- Hygiene and Environment

SKILL REQUIREMENT:

- Introduction & application of Tools, Equipment and Appliances
- Recipes
- Cutting, Slicing and Chopping Skills
- Production, Preparation/Preservation of Fruits/Vegetable, Juices and Syrups
- Making Jams, Jellies, Preserves, Marmalades, Ketchup and Sauces
- Pickling Fruits and Vegetables
- Vinegar Making
- Processing, Preservation, Canning Fruits and Vegetables
- Meat and Poultry Processing Preservation and Canning
- Fish and other Seafood Processing / Preparation and Canning
- Cooked Food Processing / Preservation and Canning
- Preservation

SCHEME OF STUDIES: COOKING

S. No.	Topic	Time (Hours)		
		Theory	Practical	Total
1	Safety precautions	05	—	05
2	Health and Hygiene	03	—	03
3	Cooking Methods	10	15	25
4	Kitchen Utensils and Equipment	04	—	04
5	Parties and Ceremonial Cooking	20	100	120
6	Kitchen Organization	04	06	10
7	Domestic and Continental Recipes	10	134	144

SCHEME OF STUDIES: FOOD PRESERVATION

S. No.	Topic	Time (Hours)		
		Theory	Practical	Total
8.	Sanitation and hygiene in processing and preservation	03	40	43
9.	Preservation terms and techniques of fruits	08	56	64
10.	Measurement, Casting and Pricing	05	—	05
11.	Introduction & application of Tools, Equipment and Appliances	05	24	29
12.	Save storing of fruits and vegetables	03	09	12
13.	Hygiene and Environment	03	08	11
14.	Making Jams, Jellies, Preserves, Marmalades, Ketchup and Sauces	20	85	105
15.	Basic Arabic Communication	20	—	20
Total		123	477	600

DETAIL OF TOPICS: COOKING

S. No.	Topic	Time (Hours)		
		Theory	Practical	Total
1	SAFETY PRECAUTIONS <ul style="list-style-type: none"> • Safety Rules and Regulations • Fire prevention and control • First aid Treatment • Storage safety 	05	—	05
2	HEALTH AND HYGIENE <ul style="list-style-type: none"> • Sanitation • Preventing Food Spoilage 	03	—	03
3	COOKING METHODS <ul style="list-style-type: none"> • Cooking Terms and Techniques • Basic Cooking Methods and procedures. • Basic Foods Groups. • Standardizing Recipes. • Ingredients Substitution. • Methods in presenting cooked food • Different Condiments, Herbs, Spices and seasoning • Uses and purposes. 	10	15	25
4	KITCHEN UTENSILS AND EQUIPMENT <ul style="list-style-type: none"> • Different types of utensils • Different type of Equipment • Methods of preparing utensils and Equipment 	04	—	04
5	PARTIES AND CEREMONIAL COOKING <ul style="list-style-type: none"> • Restaurant Kitchen • Party Cooking, Wedding receptions & ceremonial Parties • Special occasions, Birthdays, Independence Day etc. • Official Banquets, Conferences, Conventions, Outdoor Catering • Food Nutrition • Food Grouping 	20	100	120

S. No.	Topic	Time (Hours)		
		Theory	Practical	Total
6	KITCHEN ORGANIZATION <ul style="list-style-type: none"> • Job Description • Use of kitchen utensils. • Weights and recipes. • Communication between shifts. • Semi prepared food and its recycling. • Personnel rules and regulations. 	04	06	10
7	DOMESTIC AND CONTINENTAL RECIPES <ul style="list-style-type: none"> • Traditional Pakistani recipes • Chinese recipes • Continental recipes • Bar B.Q. Burger and Pizza 	10	134	144

DETAIL OF TOPICS: FOOD PRESERVATION

S. No.	Topic	Time (Hours)		
		Theory	Practical	Total
8	ANITATION AND HYGIENE IN PROCESSING AND PRESERVATION <ul style="list-style-type: none"> • Health and hygiene • Preventing fruit and vegetables 	03	40	43
9	PRESERVATION TERMS AND TECHNIQUES OF FRUITS <ul style="list-style-type: none"> • Sources of fruits and vegetables • Different seasons of fruits and vegetables • Preservation terms and techniques • Basic preservation methods and procedures • Basic food groups • Standardizing recipes • Ingredients substitution • Methods in presenting preserved • Different condiments; herb, spices and seasoning • Food nutrition 	08	56	64

S. No.	Topic	Time (Hours)		
		Theory	Practical	Total
10	MEASUREMENT, CASTING AND PRICING <ul style="list-style-type: none"> • Conversion and measurement of ingredients • Basic costing • Basic pricing • Proportion control 	05	—	05
11	INTRODUCTION & APPLICATION OF TOOLS, EQUIPMENT AND APPLIANCES <ul style="list-style-type: none"> • Different types of machines, tools and equipment • Different types of cutting appliances, sharp-edge of cutting tools • Different types of home-canning equipment • Containers • Scanning, cleaning and servicing of tools, equipment and appliances • Heating tools 	05	24	29
12	SAVE STORING OF FRUITS AND VEGETABLES <ul style="list-style-type: none"> • Methods and procedures of storing, fresh fruits and vegetables • Methods and procedures of storing unconsumed fruits and vegetables • Methods of storage inventory 	03	09	12
13	HYGIENE AND ENVIRONMENT <ul style="list-style-type: none"> • Personal, nail, hair, uniform, grooming • Equipment, tools and machine • Food nutrition and hygiene • Environmental, building • Classification and its organic properties of fruits and vegetables pertaining to hygiene and storage • Sanitation and drainage • Use of detergents in working and storage areas 	03	08	11

S. No.	Topic	Time (Hours)		
		Theory	Practical	Total
14	<p>MAKING JAMS, JELLIES, PRESERVES, MARMALADES, KETCHUP AND SAUCES</p> <ul style="list-style-type: none"> Identifying the materials and ingredients for jams, jellies, preserves marmalades, ketchup and sauces Recipes for jams, jellies, preserves, marmalade, ketchup and sauces Procedural steps in making jams, jellies, preserves, marmalades, ketchup and sauces Good manufacturing practices 	20	85	105
15	<p>BASIC ARABIC COMMUNICATION</p> <ul style="list-style-type: none"> Introduction of Arabic Language Basic Grammar Words meaning Formation of sentences Speech practice 	20	—	20
Total		123	477	600

TOOLS AND EQUIPMENT:

Following tools and equipment are prescribed for 20 trainees.

S. No.	Tool / Equipment	Quantity
1.	Frying Pan (non sticking) 3 pieces set	05 set
2.	Coking Pot sets	05 set
3.	Bowl set	05
4.	Cutlery set	05
5.	Sieve	05
6.	Large Spoon set	05
7.	Kafgeer	05
8.	Skews (flat)	20
9.	Skews (square)	20
10.	Skews (round)	20
11.	Cake Pan	05

S. No.	Tool / Equipment	Quantity
12.	Frying bowl	05
13.	Serving dish	05
14.	Diner set	05
15.	Water set	05
16.	Tea set	05
17.	Hotpot set	05
18.	Pressure cooker	05
19.	Five Burners Oven	02
20.	Three Burners Oven	02
21.	Double Burner	03
22.	Micro Oven	03
23.	Refrigerator 12 cft	02
24.	Upright freezer 12 cft	02
25.	Deep-freezer 8 cft	02
26.	Pizza Pan	03
27.	Ice-cream bowl	05
28.	Fruit platter	03
29.	Dry fruit platter	03
30.	Tasla	05
31.	Jelly and Pudding mold set	02
32.	Coddle	03
33.	Plastic Jar for Pulses and Masala etc.	20
34.	Oil Measuring Jug	03
35.	Rice Cooker 3 kg.	03
36.	Food Factory	03
37.	Knives set	05
38.	Saucepan	05
39.	Whisk	05
40.	Tin opener	03
41.	Grater	05
42.	Kitchen scissors	05
43.	Corkscrew	02
44.	Funnel (3 different size)	02 set
45.	Kettle	02
46.	Dispenser	02
47.	Chopping board	01

S. No.	Tool / Equipment	Quantity
48.	Chopper	02
49.	Chopping machine	03
50.	Mince machine	02

EMPLOYABILITY OF GRADUATE TRAINEES

It is accepted that after studying this course the student will be able to:

1. Identify, specify and maintain the tools and equipment for food processing, preserving and preservation.
2. Preserve fruits and vegetables
3. Prepare recipes
4. Preserve and prepare juices, syrups, jam, jellies, marmalades, sauces, ketchup, pickles and vinegar
5. Preserve selected food (dishes) for preservation

REFERENCE BOOKS:

1. Chinese Cooking Book by Miss Kokab Khuwaja.
2. Good Food Magazine.
3. Shama Kitchen, Shama Book Agency.

MINIMUM QUALIFICATION OF INSTRUCTOR

- 2 years certificate course with 5 years' experience

Examination and certification:

The testing & certification shall be carried out by the Trade Testing Board, Government of Sindh.

