

Syllabus for the Trade of Cook (General)

Knowledge (Theory)

- Safety rules in Kitchen
- Basics of Personal Hygiene
- Energy and Water Conservation
- Knowledge about Kitchen equipment and familiarization of their handling in the Kitchen
- Different section in the Kitchen
- Kitchen organization
- Safety rules for using knives.
- Information on Mise en place
- Foundation Ingredients and their properties and characteristics
- Classification of Raw Materials. Perishable and Non-perishable
- Preservation /storage /Service of Food
- Seasoning & flavouring agent
- Accompaniments & Garnishes

Practical Competencies

- Maintaining personal cleanliness & Hygiene Practices
- Carry out basic First Aid treatment/ notifying accident.
- Practicing Fire Safety measures
- Occupational hazards and safety norms.
- Good Housekeeping practices at all times.
- Simple Disaster Management & preventive measures for staff/ guests/ machines in the event of Earthquakes, Tsunami, etc.
- Cleaning the Kitchen or Food areas, utensils and relevant equipments
- Basic cleaning Material
- Practice Pest control measures, disposal of waste as per environmental laws
- ,Energy and water Conservation
- Transfers, weighs & check supplies
- Assists cook in preparing Ingredients for Cooking and making simple preparation like sandwiches, salad, savories etc.
- Food preservation/ storage/ Service
- Knowledge about identification and selection of material& equipment
- Basic Knowledge of Methods of Cooking and cutting
- Opening and closing of Kitchen

Disclaimer : The above syllabus is broadly indicative but not exhaustive