

Syllabus for School Meal Cook cum Helper – (For RPL only)

Course Name	SCHOOL MEAL COOK CUM HELPER
Sector	TOURISM AND HOSPITALITY
Course Code	STC-THC/2025/3812
Level	3
Occupation	School Meal Cook cum Helper
Job Description	School Meal Cook cum Helper is responsible for assisting in the preparation and cooking of a variety of dishes, ensuring adherence to quality and safety standards for Mid-day meals in Schools.
Course Duration	12 Hours (Only for RPL)
Trainees' Entry Qualification (RPL)	Candidates with class 8 pass out and who have prior learning experience of more than 5 years in the relevant field and are desirous of being certified will be considered. Such candidates, if applying for certification, will undergo a training for 12 Hours and appear for an assessment of their skills. Assessment will be based on all the modules. Certificates will be provided to candidates after successful assessment.
Trainers Qualification	Degree in Hotel Management/ Catering Technology from recognized university/ institution with one-year experience in the relevant field. OR Diploma in Hotel Management/ Catering Technology from recognized board with two years' experience in the relevant field. OR NTC/ NAC passed in the trade of "Food& Beverages Service Assistant" with three years' experience in the relevant field.

Structure of Course:

Module No.	Module name	Outcome	Total duration for RPL (Hrs)
1	Kitchen Hygiene and Safety	Maintain hygiene and cleanliness of kitchen, equipment, and utensils following workplace safety.	2
2	Overview of Mid-day meal	Follow best practices for the preparation and serving of Mid-day meals.	2
3	Vegetables	Prepare items using vegetables.	1
4	Rice and Pulses	Prepare Rice, Dal, and Khichdi.	2
5	Soya bean items	Prepare various items using Soyabean.	1
6	Egg, Fish, and Meat items	Cook Egg, Fish, and Meat preparations.	3
7	Milk and Fruits	Use fruits and milk to enhance nutrition.	1
TOTAL			12

Syllabus:**Module No. 1: Kitchen Hygiene and Safety**

Outcome: Maintain hygiene and cleanliness of kitchen, equipment, and utensils following workplace safety.

Content:

- Personal grooming and hygiene – clean attire, trimmed nails, tied hair, use of hair net, no ring in finger, face mask in case of cough & cold, use of apron & handkerchief.
- Handwashing procedure, requirement of regular handwashing, wiping of hands after handwashing, and maintenance of PPM in hand sanitizer.
- Handling potable water supply - Use of Ultra Violet (UV) to purify water, importance of boiling water for drinking purposes, prevention of water-borne illness.
- Dish washing method (3 sink method) - Rinse – Sanitize- wash.
- Process of wiping the spoon, ladle, plates, and glass.
- Cleaning of kitchen floor, wall, and cooking range.
- Maintenance of different kitchen equipment - cleaning process of the equipment, periodical maintenance of the equipment, maintenance of hygiene and sanitation in the equipment.
- Precautions for using gas burner.
- First Aid & safety protocol – content of First Aid box, periodical checking of First Aid box, Location of placing First Aid box.
- Fire extinguisher – use of fire extinguisher.

Module No. 2: Overview of Mid-day Meal

Outcome: Follow best practices for the preparation and serving of Mid-day meals.

Content:

- Government guidelines for Mid-day meals.
- Usage of Double fortified salt/ branded iodized salt and fortified edible oil.
- Checking of AGMARK for packaged oils and condiments.
- Chopping board color and its significance on cross-contamination.
- General layout of kitchen - dish washing area, store, cooking range, kitchen counter.
- Garbage disposal procedure- Red, Green & Blue colored garbage bin.
- Serving techniques and ethics – pre-plated service, platter to plate service, buffet service, advantages and disadvantages.
- Factors affecting shelf life - Water content present in the food, nutrient content in the food, temperature, light, Oxygen, and hygiene maintained in the store.
- Methods to check the shelf life by checking appearance, aroma, taste & texture of the food, check expiry date of packaged items.
- Factors contributing to physical, chemical, and biological contamination in the food chain, prevention and control of foodborne hazards.

Module No. 3:Vegetables**Outcome: Prepare items using vegetables.****Content:**

- Classification of vegetables - Root vegetables, Leaf vegetable, Stem vegetables, Flower vegetable.
- Common vegetables rich in Vitamin/ Starch/ Iron/ Protein.
- Use of locally available fresh vegetables.
- Storage procedure of vegetables.
- Cuts of vegetables - Julienne cut/ Brunoise cut/ Macinon cut/ Dice cut/ Slice cut/ Wedge cut/ Baton cut, Chiffonade cut/ Mince cut.
- Preparation of Mixed vegetable curry, Sukto, Alupotolertorkari, Aluphoolkopi.

Module No. 4:Rice and Pulses**Outcome: Prepare Rice, Dal, and Khichdi.****Content:**

- Different types of rice - Per boiled rice, Atap rice, Basmati rice, Gobindobhog rice.
- Nutritional aspect of rice.
- Storage procedure of Rice and pulses.
- Preparation of steamed rice, boiled rice.
- Classification of Pulses. - Beans, Lentils, Peas.
- Nutritional aspects of Pulses.
- Preparation of Yellow dal, Dal tadka, Dal palak, Rajma dal.
- Preparation of Khichdi with leafy vegetables., Palak Khichdi.

Module No. 5:Soya bean items**Outcome: Prepare various items using Soyabean.****Content:**

- Concept of production of Soyabean.
- Nutritional aspect of Soya bean.
- Preparation of Soya bean curry, soya chunks fry, Soya bean biriyani.

Module No. 6:Egg, Fish, and Meat items**Outcome: Cook Egg, Fish, and Meat preparations.****Content:**

- Structure of an egg - Outer shell, membrane, egg white, egg yolk.
- Nutritional aspect of an egg.
- Different types of egg.

- Preparation of Egg curry, Andabhurjee.
- Classification of Fish - Flat fish, round fish, oily fish, shell fish, crustacean.
- Cuts of fish - Fillet, Darne, Paupiette, Gujon.
- Nutritional aspects of fish.
- Preparation of fish curry, fried fish.
- Cuts of Chicken - Cuts of chicken- Winglet, Breast, Carcass, Drumstick, Thigh
- Cuts of Chicken, mutton.
- Storage procedure of egg and meat.
- Nutritional aspects of meat.
- Preparation of Chicken curry, Mutton curry.

Module No. 7: Milk and Fruits

Outcome: Use fruits and milk to enhance nutrition.

Content:

- Classification of fruits - Berry, Drupe, Pomme, Dry fruits, Citrus, Tropical fruits.
- Nutritional aspects of fruit.
- Preparation of fruit salad.
- Types of milk - Double toned, milk, Skimmed milk, Fortified milk.
- Storage procedure of milk
- Nutritional aspects of Milk.
- Preparation of Yogurt, Paneer, Lassi, Payesh.

Learning Outcome–Assessment Criteria

1. Maintain hygiene and cleanliness of kitchen, equipment, and utensils following workplace safety.
2. Follow best practices for the preparation and serving of Mid-day meals.
3. Prepare items using vegetables.
4. Prepare Rice, Dal, and Khichdi.
5. Prepare various items using soybean.
6. Cook Egg, Fish, and Meat preparations.
7. Use fruits and milk to enhance nutrition.

List of Tools and Equipment(For batch of 30 candidates)

Sl. No.	Name of the Tools and Equipment	Quantity
1	Aluminium Dekchi No. 1	3
2	Portion Dish No. 2	5
3	Wooden Spatula	5
4	Aluminium Tray(small/Big)	3
5	Steel Dabu Ladle	5
6	Saucepan	5
7	Frying Pan	5
8	Steel Dekchi	2
9	Perforated Spoon	4
10	Steel Spatula	5
11	Chopping Board	8
12	Knives	12
13	Steel Tray	2
14	Long 3 Rack Table	2
15	Gas Range (Two Burner)	4
16	Mixing Machine(Table Top)	2
17	Deep Sink	3
18	Washing Bay Tap	2
19	Fridge	1
20	Steel Bowl (Small)	15
21	Coconut Scraper	1
22	Pressure Cooker	1
23	Grater	2
24	Kadai	4
25	Collander	3
26	Strainer	3
27	Chinois	2
28	Sieve	2
29	Dekchi Lid	13
30	Sauce/Soup Ladle	1
31	Steel Plate (Big)	6
32	Can Opener	1
33	Peeler	5
34	Steel Gamla	2
35	Funnel	1
36	Electronic Weighing Machine	1
37	Vegetable Slicer	1
38	Tong	1
39	Lime Squeezer	1
40	Hand Whisk	1
41	Mixer Griender	1

Marks Distribution

Course Name	Course Code	Outcome	Theory Marks	Practical Marks	Total Marks
SCHOOL MEAL COOK CUM HELPER (RPL)	STC-THC/2025/3812	Prepare and serve foods for school Mid-day meals.	200	800	1000