



**Maharashtra State Board of  
Secondary & Higher Secondary School, Pune**

*Department of Food Products Technology*

**Subject: Food Products Technology (SB)**

**Standard: Eleven**

**Faculty: HSC Vocational**

**\*Syllabus\***

**Paper II : Cookery Technology (SB)**  
**Theory**

<b>Sr. No</b>	<b>Unit</b>	<b>Sub-Unit</b>
1	Introduction to Cookery Technology	1.1 Importance of cooking
		1.2 Culinary Terms
2	Commodities in Cookery	2.1 Ingredients used in cookery
		2.2 Role of ingredients and additives in cookery
3	Cooking of food	3.1 Preparation and processing methods of food
		3.2 Methods of cooking,
4	Components of food	4.1 Introduction
		4.2 Carbohydrates
		4.3 Proteins
		4.4 Fats
		4.5 Minerals
		4.6 Vitamins
		4.7 Water
5	Effect of heat on food and functions in cookery	5.1 Sugars
		5.2 Cereals
		5.3 Dals and pulses
		5.4 Milk and Milk products
		5.5 Animal food
		5.6 Fats and oil
		5.7 Fruits and Vegetables
6	Menu Planning	6.1 Types of menu
		6.2 French Classical menu
		6.3 Menu Card

## Practicals

Sr. No	List of Practical
1	Identification of food commodities.
2	Weighing and measuring of all commodities and conversion of household measures like, spoon, katori, cup, glass etc.
3	Preparation and processing methods before cooking food.
4	Role of additives used in cookery.
5	Effect of heat on food and functions in cookery
6	Actual preparation of recipes from different food commodities: 1. Cereals 2. Dals and pulses 3. Milk and Milk products 4. Eggs 5. Meat 6. Fish 7. Chicken 8. Vegetables 9. Snacks 10. Chutneys 11. Salads 12. Sweets/Desserts 13. Beverages (Note: Refer Annexure I for list of Menus for preparation of above recipes)
7	Planning menu for breakfast, lunch, dinner, wedding, birthday, conference and any other events