

HOME SCIENCE

Practical – I

Max. M. 25

Basic Food Preparation

1. Introduction to Food Lab, Cooking Terms, Weight and Measurement and equipments.
2. Preparation from cereals, Pulses, nuts and oil seeds, Vegetables, milk and milk products, Egg and their combinations.
3. Nutritional Value addition of common Indian Recipes.
4. Preparation of Beverages and soups.
5. Salad – Decorative and Nutritious.
6. Food Preservation – Sauce, Jam, Pickle and squashes.
7. Preparation for special occasions.

Distribution of Marks:

Max. M. 25

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| 1. Sessional and file | 08 |
| 2. Preparation of Two Recipes
(one basic recipe and one value addition) | 7+7=14 |
| 3. Table Serving | 03 |
| Total | 25 |