

Rajasthan Skill & Livelihoods Development Corporation

1. Module Name	Basic Food Preservation
2. Sector	Food Processing and Preservation
3. Entry Qualification	Minimum 5 th Pass
4. Minimum Age (in years)	15
5. Duration	49 days/ 294 hrs.
6. Provision of Tool kit	Yes
7. Terminal Competency	<p>After completion of the course the trainee will be able to:</p> <ul style="list-style-type: none"> • identify, select, use and store tools, equipments and materials used in Food Preservation; • demonstrate good housekeeping practices; • select proper tools, equipment and materials for a particular task-pickle, jam, jelly, murrabas, syrup, etc; • preserve seasonal fruits and Vegetables using drying process; • prepare pickles of fruits and vegetables using oil, vinegar, salt and pack and label them according to regulation; • prepare jam, jelly, murrabas, syrup, squash, sauces, chutneys and vinegar pack and label them according to regulation; • prepare products from fruit wastes; and • estimate cost of products produced in the course;

	Approx. hrs.
8. Registration, Inauguration, introduction and objectives of the course	2

9. Course content			
Practical Competencies	Approx. hrs.	Underpinning Knowledge (Theory)	Approx. hrs.
<ul style="list-style-type: none"> • Use of protective clothing and boots. • Maintain personal cleanliness & Hygiene. • Carry out basic first aid treatment/ notifying accident. • Practice fire safety measures. • Simple Disaster Management & preventive measures for staff/ guests/ machines in the event of Earthquakes, Tsunami, etc. 	3	<ul style="list-style-type: none"> • Safety precautions, use of protective clothing and elementary first aid. • Importance of personal cleanliness & Hygiene. 	2
<ul style="list-style-type: none"> • Apply good housekeeping practices, proper handling of materials and disposal of waste, follow statutory regulations. • Store/lay and use materials at work in safe manner. 	3	<ul style="list-style-type: none"> • Reasons for carrying out good housekeeping practices. 	2

<ul style="list-style-type: none"> • Identify tools, equipments and materials used in bakery. • Use and store tools and equipments in a safe manner. • Select proper tools, equipment and material for a particular task. 	6	<ul style="list-style-type: none"> • Functions and uses of various tools, equipment and materials. • Care and use of tools, equipment and materials used in bakery. • Selection and correct use of tools and equipment. • Proper handling and correct use of hand tools. 	3
<ul style="list-style-type: none"> • Check quality of raw materials as per standards (Materials: fruits, vegetables, sugar, salt, vinegar). • Prepare the stuff for preservation process according to weight and proportions (Prepare refers to: cleaning, peeling, cutting, pruning blanching, ratio of ingredients, mixing). • Preserve Seasonal fruits and Vegetables using drying process. • Pack and label according to regulations. 	24	<ul style="list-style-type: none"> • Criteria for selection of fruits and vegetables for drying. • Estimate of weight, measures, ratio and proportion. • Different methods of drying used for domestic and industrial purposes; • Advantages and limitations of each method. • Equipment and tools used, safety precautions to be taken. • Do's and Don'ts during preservation. Quality checks to be carried out. Packing and labeling procedures. 	12
<ul style="list-style-type: none"> • Prepare the stuff for pickles according to weight and proportions (Prepare refers to: cleaning, cutting, ratio of ingredients, mixing). • Prepare pickles of fruits and vegetables using oil, vinegar, salt as preservatives as well as without using oil. • Pack, bottle and label according to regulations. 	24	<ul style="list-style-type: none"> • Seasonal fruits and vegetables suitable for making pickles. • Criteria of selection of fruits and vegetables for making pickles. • Quantity and proportion of raw material for different pickles. • Equipment and tools used. • Methods of preparation of pickles. • Do's and Don'ts. Quality checks to be carried out. • Packing, bottling and labeling procedures. 	12
<ul style="list-style-type: none"> • Prepare the stuff for Jam, Jelly, Murabbas and Syrups according to weight and proportions • [Jam-cleaning, peeling, boiling. • Jelly-cleaning, boiling, pectin, extraction. • Murabba-cleaning, soaking pricking, • Syrups-mixing (rose and khus)] • Produce Jam, Jelly, Murabbas and Syrups using sugar preservatives. • Pack, bottle and label according to regulations. 	36	<ul style="list-style-type: none"> • Criteria for selection of fruits, vegetable, chemicals and raw materials for Producing Jam, Jelly, Murabbas and Syrups. • Proportion of chemical and raw materials required. • Equipment and tools used. • Methods of preparation of jam, jelley, murabba and syrups in right sequence. • Reasons for spoilage, remedies and quality check. • Do's and Don'ts. Quality checks to be carried out. Packing, bottling and labeling procedures. 	12
<ul style="list-style-type: none"> • Prepare the stuff for Squash, Sauces, Chutneys according to weight and proportions • [Squash-cleaning, peeling 	30	<ul style="list-style-type: none"> • Criteria for selection of fruits, vegetable, chemicals and raw materials for producing Squash, Sauces, Chutneys. • Proportion of chemical and raw 	10

<p>Sauces-cleaning, boiling Chutneys- cleaning, peeling, cutting)</p> <ul style="list-style-type: none"> • Produce Squash, Sauces, Chutneys using chemical preservatives. • Pack, bottle and label according to regulations. 		<p>materials required.</p> <ul style="list-style-type: none"> • Equipment and tools used. • Methods of preparation of Squash. Sauces. Chutneys in right sequence. • Reasons for spoilage, remedies and quality check. • Do's and Don'ts. Quality checks to be carried out. Packing, bottling and labeling procedures. • Importance and methods of storage, packaging and bottling. • Selection and methods of sterilization of bottles. 	
<ul style="list-style-type: none"> • Prepare Vinegars (Vinegars: synthetic, fermented vinegar, fruit vinegar). • Prepare products from wastes e.g. Vinegar from pineapple waste, pectin from citrus fruits wastes, vinegar and protein isolate mango kernel, starches. 	24	<ul style="list-style-type: none"> • Different types of Vinegars and methods of vinegar production. • Factors involved in producing good quality vinegar. • Processing techniques for proper utilization of wastes from fruits and vegetables. 	9
<ul style="list-style-type: none"> • Test quality of products made. • Maintenance and care of equipment. • List out the materials required to produce a given product. 	12	Entrepreneurship & Soft Skills and Computer Literacy Module:	0
<ul style="list-style-type: none"> • Estimate the cost of materials required. • Estimate man power and time required for completing the work. • Estimate labour cost. overheads and cost of utilities (Power, water). • Estimate the total cost involved in production of a product. • Identify the possible agencies and other customers, who can purchase. • Make a comparative study of the rates of other suppliers. Prepare a label according to requirement. 	18	<ul style="list-style-type: none"> • Entrepreneurship – its necessity and charms of being an entrepreneur. 	1
		<ul style="list-style-type: none"> • Who is an entrepreneur and characteristics of a successful Entrepreneur? 	2
		<ul style="list-style-type: none"> • How to identify Business opportunities? 	2

		<ul style="list-style-type: none"> Steps for setting up a small scale venture. 	1
		<ul style="list-style-type: none"> Institutional support for entrepreneurship (whom to contact for what) 	2
		<ul style="list-style-type: none"> Government (Central/ State) Schemes and assistance from Banks/ other financial institutions Procedures and formalities for getting loan. 	2
		<ul style="list-style-type: none"> How to prepare Business plan? 	2
		<ul style="list-style-type: none"> Financial literacy-Costing, Pricing, Profitability and Break Even Analysis. 	2
		<ul style="list-style-type: none"> Cash management in small enterprises. 	2
		<ul style="list-style-type: none"> Accounting and Book Keeping 	2
		<ul style="list-style-type: none"> Introduction to Taxation 	1
		<ul style="list-style-type: none"> Shop and Establishment Act and its provisions. 	1
		<ul style="list-style-type: none"> Creativity, Problem solving & decision making. 	1
		<ul style="list-style-type: none"> Common mistakes generally made by entrepreneurs. 	1
		<ul style="list-style-type: none"> Interaction with successful entrepreneur and success stories. 	2
		<ul style="list-style-type: none"> Communication and Negotiation skills. 	1
		<ul style="list-style-type: none"> Interpersonal skills 	1
		<ul style="list-style-type: none"> How to Deal with customer attitude – Effective selling. 	1
		<ul style="list-style-type: none"> Marketing – Basic concepts/ Skills and effective mode of advertising. 	1
		<ul style="list-style-type: none"> Introduction to e-commerce. 	2
Computer Fundamentals Customize the Desktop Environment e.g. Desktop, Start Menu, and Taskbar etc. Configuring & Migrating Files, Folders & Settings - Folder Views, Accessibility Settings	2	Computer Fundamentals, MS-Office & Internet introduction to Computers History of Computers Components of Hardware Peripherals	1
MS Word Creating, Organizing & Formatting Content Collaborating – Merge, Insert, View, Edit, Track Mode etc. Formatting & Managing Documents	4	Concept of Operating System – Windows XP, Exploring & Configuring the Windows XP Desktop Environment- Customize the Desktop, Start Menu, and Taskbar etc. Configuring & Migrating Files, Folders	1

MS Excel Creating, Analyzing & Formatting Data & Content Collaborating - Insert, View, Edit etc. Managing Workbooks	3	Settings - Folder Views, Accessibility Settings Features of Windows XP Understanding concepts of Word processing using MS-Word Understanding concepts of Electronic spreadsheet and various types of entries in it	1
MS PowerPoint Creating & Formatting Content Collaborating - Track, Edit, Add, Delete Comments, Merge Managing & Delivering Presentations	3		
Internet Concepts Opening websites and downloading data Writing, reading and sending emails	4	Understanding concepts of URL Creating and Opening an E-mail account. Receiving and sending emails Searching information on Internet.	1
Approx. Total Practical hours	196	Approx. Total Theory hours	96
Grand Total (2+196+96)			294

10. Tools, Equipments and Material for a batch of 30 trainees

S.No.	Item	Quantity
1	Working table (4 trainees per table)	6 Nos.
2	Demonstration table	1 No.
3	Proper electric & gas connection	As required
4	Cooking range of 2 burners	3 Nos.
5	Plastic tray for Keeping ingredients	12 Nos.
6	Aluminum Hundi 10 liter capacity	6 Nos.
7	Sink with drainage board	6 Nos.
8	Measuring jug 1 liter capacity plastic	6 Nos.
9	Measuring cylinder 10 ml capacity plastic borosil Glass	6 Nos.
10	Weighing scale	1 No.
11	Chopping board	1 No.
12	S.S Knife	12 Nos.
13	S.S Strainer	6 Nos.
14	Hand Blender	6 Nos.
15	Apple Corer & Cutter	12 Nos.
16	Lemon squeezer Plastic	6 Nos.
17	Scissors	6 Nos.
18	Muslin cloth	As required
19	Juice Extractor	1 No.
20	Funnel	12 Nos.
21	Fruit peeler	6 Nos.
22	Rubber Spatula	6 Nos.
23	Wooden spatula	6 Nos.
24	Thermo meter	6 Nos.
25	Filler	6 Nos.
26	Hand gloves cotton	12 Nos.
27	S.S vessels	12 Nos.
28	Perforated Ladle	6 Nos.

29	Hand gloves Rubber	12 Nos.
30	Respiration Mask hose and Mouth Production	6 Nos.
31	Fruits scooper	12 Nos.
32	Clean wiping cloth	12 Nos.
33	Vessel Tong	12 Nos.
34	Packing and sealing machine (for plastic pack)	1 No.
35	Refrigerator and Deep freezer	1 No.
36	Canning Machine for Bottle and tin packing	1 No.
37	Raw Material for all items	As required

S.No.	Item	Quantity	S.No.	Item	Quantity
	Hardware			Software:	
1	Computers/Laptops	10 (one for three trainee)	6	Microsoft Windows 7/8/10 or UNIX/ LINUX or latest software	For all Systems
2	Power backup	For all Systems	7	Microsoft Office 2007/ 2010/ 2013 or latest software	For all Systems
3	Inkjet/Laser Printer (Network/USB Printer)	1	8	Antivirus Software (TVD/ Norton/ Quick Heal Total Security/ Kaspersky/ Any Popular brand)	For all Systems
4	Speaker	1	9	Internet Connection	For all Systems
5	Spare H/W components	As per requirement			