

Rajasthan Skill & Livelihoods Development Corporation

1. Module Name	Cook - Fast Food
2. Sector	Hospitality
3. Entry Qualification	Minimum 5 th Pass
4. Minimum Age (in years)	15
5. Duration	39 days/ 234 hrs.
6. Provision of Tool kit	No
7. Terminal Competency	<p>After completion of the course the trainee will be able to:</p> <ul style="list-style-type: none"> • recall basics of hygiene, good housekeeping practices and hand washing procedure; • recall importance of food safety; • undertake basic cleaning of the kitchen; • assist in the pest control and disposal of waste; • identify and/ or familiarize with Raw Materials; • familiarize with food production (eatables) area; • check and weigh the materials required for the kitchen; • recall basics of cooking in preparing the recipes for various dishes; • assist the Head Cook/Chef in preparation of fast food; • prepare common dishes independently like snacks, regular dishes of chicken, Vegetable etc., Kababs, Tandoori, Biryani's, Chinese; • undertake waste management and up keep the work place; • check the quality of Food; • calculate cost of all Food prepared; and • establish his/ her own Fast-Food center or join a Fast-Food center with knowledge of preparing common dishes;

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

9. Course content			
Practical competencies	Approx. hrs.	Underpinning Knowledge (Theory)	Approx. hrs.
• Maintaining personal cleanliness & Hygiene Practices.	2	• Safety rules in Kitchen	1
• Carry out basic First Aid treatment/ notifying accident.	2	• Basics of Personal Hygiene	1
• Practicing Fire Safety measures	2	• Energy and Water Conservation	1

• Occupational hazards and safety norms.	2	• Knowledge about Kitchen equipment and familiarization of their handling in the Kitchen.	2
• Good housekeeping practices at all times.	2	• Different section in the Kitchen	1
• Simple Disaster Management & Preventive measures for staff/ guests/ machines in the event of Earthquakes, Tsunami, etc.	2	• Kitchen organization	1
• Pest control measures. • Practice waste disposal as per environmental laws.	2	• Safety rules for using knives	1
• Cleaning the Kitchen or Food areas, utensils and relevant equipments.	4	• Information on Miscellaneous place	1
• Basic cleaning Material	1	• Foundation Ingredients and their properties and characteristics.	2
• Disposal of waste as per environmental laws, energy and water conservation.	1	• Classification of Raw Materials. Perishable and Non-perishable.	2
• Transfers, weights & check supplies.	1	• Preservation/ Storage/ Service of Food.	2
• Assists cook in preparing Ingredients for Cooking and making simple preparation like sandwiches, salad, savories etc.	6	• Seasoning & flavoring agent.	2
• Food preservation/ storage/ Services	2	• Accompaniments & Garnishes.	2
• Identification and selection of material & equipment	1		
• Basic Methods of Cooking and Cutting.	6		
• Opening and Closing of Kitchen.	1		
• Prepare:	0	• Aims and Object of Cooking Food	1
a) Regional Dishes - 12 types/ variety	36	• Energy and Water Conservation	1
b) Kababs - 3 types/variety	9	• Stocks, Soups & Sauces	3
c) Tandoori - 2 types	4	• Salads, Salads Dressing	2
d) Biryani - 2 types/variety	6	• Sandwiches and Canapes.	2
e) Accompaniments - 5 types and Soups - 3 types/variety	24	• Methods of Cooking Foods.	3
f) Sandwiches - 3 types/variety	6	• Knowledge about various cuts of Meat and Vegetables.	3
g) Chinese - 7 types/variety	21		
• Practice of time management between food production and food service.	3	• Shortcut to preparing Fast-Food	2

		Entrepreneurship & Soft Skills and Computer Literacy Module:	0
		• Entrepreneurship – its necessity and charms of being an entrepreneur.	1
		• Who is an entrepreneur and characteristics of a successful Entrepreneur?	2
		• How to identify Business opportunities?	2
		• Steps for setting up a small scale venture.	1
		• Institutional support for entrepreneurship (whom to contact for what)	2
		• Government (Central/ State) Schemes and assistance from Banks/ other financial institutions - Procedures and formalities for getting loan.	2
		• How to prepare Business plan?	2
		• Financial literacy-Costing, Pricing, Profitability and Break Even Analysis.	2
		• Cash management in small enterprises.	2
		• Accounting and Book Keeping	2
		• Introduction to Taxation	1
		• Shop and Establishment Act and its provisions.	1
		• Creativity, Problem solving & decision making.	1
		• Common mistakes generally made by entrepreneurs.	1
		• Interaction with successful entrepreneur and success stories.	2
		• Communication and Negotiation skills.	1
		• Interpersonal skills	1
		• How to Deal with customer attitude – Effective selling.	1
		• Marketing – Basic concepts/ Skills and effective mode of advertising.	1
		• 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	4	Concept of Operating System – Windows XP, Exploring & Configuring the Windows XP Desktop Environment-	1

Collaborating – Merge, Insert, View, Edit, Track Mode etc. Formatting & Managing Documents		Customize the Desktop, Start Menu, and Taskbar etc. Configuring & Migrating Files, Folders	
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	162	Approx. Total Theory hours	70
		Grand Total (2+162+70)	234

10. Tools, Equipments and Material for a batch of 30 trainees		
S.No.	Item	Quantity
1	Electric Tandoor	1
2	Parat of different sizes (For dough flour)	6 each
3	Sauce pans of different sizes	15
4	Knives of different sizes	15
5	Graters	6
6	Gas Stove & Cylinders	6 sets
7	Rod set for tandoor	1 set
8	Fry pans of different sizes	15
9	Sieves of different sizes	15
10	Chakala belan	6 each
11	Karchi	15
12	Peelers	15
13	Jugs	6
14	Glasses	30
15	Spoons	30
16	Plates full/half/quarter	15 each
17	Mixer grinder juicer	6
18	Weighing machine	1
19	Refrigerator	1
20	Cookers of different sizes	6
21	Iron sieves of different sizes	1 set
22	Pitchers of different sizes	1 set
23	Tooka for chopping Sarso sag	1
24	Sickle	6

25	Tawa	6
26	Tea pan	6
27	Lemon Squeezer	6
28	Dust bins	3
29	Chapati box	3
30	Buckets of different sizes	6
31	Mugs	6
32	Proper electric and gas connection	As required
33	Instructor table and chair	1
34	Trainees table and chair	As required
35	Fire extinguisher	1
36	Recipe books	As required
37	Required raw material for the dishes	As per the dishes to be prepared during practical

Note: In case any particular tool/equipment has appeared more than once in the tool and equipment list given above, please ignore the same.

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			