

**First year syllabus
Bachelor In Hospitality Management
Calicut University**

Proposed syllabus

First year of four year degree in hospitality management

Teaching & Examination scheme

Course code	Subjects	Hours / week		Marks & Duration					
		Theory	Pract	Theory		Duration	Pract.		Duration
BHM 01	Food Production -I	2	8	80	20	3 hrs	80	20	4 hrs
BHM 02	Food & Beverage service-I	2	4	80	20	3 hrs	80	20	4 hrs
BHM 03	Front office operations -I	2	2	80	20	3 hrs	40	10	4 hrs
BHM 04	Accommodation operations-I	2	2	80	20	3 hrs	40	10	4 hrs
BHM 05	Hotel Accounts - I	2	-	80	20	3 hrs			
BHM 06	Nutrition & food science	2	-	80	20	2 hrs			
BHM 07	Business communication I & elementary French	2	-	80	20	2 hrs			
BHM 08	Hotel engineering	1	1	40	10	2 hrs	40	10	4 hrs
BHM 09	Application of computers -I	1	2	40	10	2 hrs	40	10	4 hrs
Total		16	19	640	160	320		80	
Total marks of university theory & practical		960							
In course: 20 %		240							
Total Marks		1200							

Food Production-I

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BHM 01: Food production - I:

Theory

Introduction to cookery

Levels of skills and experience, attitudes and behavior in the kitchen, personal hygiene
Uniforms, safety procedure in handling equipment

Culinary history

Origin of modern cookery

Hierarchy and department staffing

Classical brigade, modern staffing in various category hotels, role of executive chef, duties & responsibilities of various chefs, co-operation with other departments

Kitchen organization

General layout of kitchen in various organizations, layout receiving areas, layout of storage area, layout of service and wash up

Equipment and fuel

Various fuels used, advantages & disadvantages of each, filament equipment used in food production

Basic menu planning

Types of menu, menu-planning principle

Aims and objects of cooking food

Aims and objectives of cooking food, various textures, various consistencies, techniques used in pre-preparation, techniques used in preparation

Methods of cooking

Roasting, grilling, frying, baking, broiling, poaching, boiling

Basic principles of food production

Introduction classification of vegetables, pigments and color changes, effects of heat on vegetables, cuts of vegetables, classification of fruits and uses of fruit in cookery, salads & salad dressing

Fruit and vegetable cookery –cuts of vegetable

Stocks

Definition of stock, types of stocks, preparation of stock, recipes, storage of stocks, uses of stocks, care and precautions in stock making

Soups

Classification with examples, basic recipes, consommés, garnishes and accompaniment for soups

Sauces

Classification of sauces, recipes for mother sauces, derivatives

Rice, cereals and pulses

Introduction, classification and identification, cooking of rice, cereals & pulses, varieties of rice & other cereals

Meat cookery

Introduction of meat cookery, cuts of beef/veal, cuts of lamb / mutton, cuts of pork, variety meats (offal's)

Fish cookery

Introduction of fish cookery, classification of fish with examples, cuts of fish, selection fish & shellfish, cooking of fish (effects of heat)

Egg cookery

Introduction of egg cookery, structure of an egg, selection of egg, uses of egg cookery
Methods of cooking egg, methods of cooking food

Bakery - Pastries

Short crust, laminated, choux, hot water / rough puff, recipes and methods of preparation, differences, uses of each pastry, care to be taken while preparing pastry, role of each ingredient, temperature of baking pastry

Bread

Principles of bread making, simple yeast breads, role of each ingredient in bread making, baking temperature and its importance

Pastry creams

Basic pastry creams, uses in confectionery, preparation and care in production

Culinary terms (cookery)

List of culinary (common & basic) terms, explanation with examples

Basic commodities -I

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Flour

Structure of wheat, types of wheat, types of flour, processing of wheat-flour, uses of flour in food production, cooking of flour (starch)

Shortenings (fats & oils)

Role of shortening, varieties of shortenings, advantages & disadvantages of using different shortenings, fats & oil-types, varieties

Raising agents

Classification of raising agent, role of raising agents, action and reactions

Sugar

Importance of sugar, types of sugar, cooking of sugar-various uses of sugar

Basic commodities –II

Tea

Introduction, manufacture, tea producing countries-special references to regions in India, types of tea available, preparing tea for consumption, role of task of tea tasters, popular brands and rates

Coffee

Introduction, manufacture, coffee producing regions/countries, types of coffee

Preparing coffee, varieties of coffee blends

Cocoa / Chocolate

Introduction, production of cocoa, cocoa producing regions/countries, manufacture of chocolates, types of chocolates, tempering of chocolates, white chocolates

Milk

Introduction, processing of milk, pasteurization -homogenizing, types of milk, e.g. Skimmed, condensed & its nutritive value

Butter

Introduction, processing of butter, types of butter

Cream

Introduction, processing of cream, types of cream

Cheese

Introduction, processing of cheese, types of cheese, classification of cheese, cooking of cheese, uses of cheese

Indian cookery

Condiments & spices

Introduction to Indian food, spices used in Indian cookery, role of spices in Indian cookery, Indian equivalent of spices (names)

Basic masala

Blending of spices and concept of ‘ masala’, different masalas used in Indian cookery, wet masalas, dry masalas, composition of different masalas, and varieties of masalas available in regional areas, special masala blends

Thickening agents

Role of thickening agents in Indian cuisine, types of thickening agents

Class tests, assignments and examinations

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**Food production & Patisserie
(Practical)**

Part A: Basic western cuisine

Identification of vegetables

Varieties of vegetables

Classification of vegetables

Cuts of vegetables Julienne

Jardinière

Mignonette

Dices

Cubes

Macedonian

Paysanne

Lozenge

Shreds

Concasse

Mire poix

Blanching of bones, tomato & green leafy vegetables

Methods of cooking vegetables

Boiling (potatoes, beans, cauliflower)

Frying (Aubergines, potatoes)

Steaming -cabbage

Baking- potatoes, turnips

Braising – onions, leeks, cabbage

Preparation of stocks

Demonstration & preparation of: white stock
 Brown stock
 Fish stock

Preparation of sauces

Demonstration & preparation of basic mother sauces and its 2-3 derivatives

Béchamel (Cheese Sauce, Mornay, Mustard Sauce, Parsley Sauce)

Espagnole (Lyonnaise, Madere, Chaucutiere)

Tomato (Creole, Italienne, Piquante)

Veloute (Supreme, Allemande, Normande)

Hollandaise (Paloise, Bearnaise)

Mayonnaise (Tartare, Cocktail)

Preparation of soups

Classification of soups

Preparation of basic soups

Preparation of international soups

Egg cookery

Preparation of varieties of egg dishes, boiled (soft & hard), fried (sunny side up, double fried), poached, scrambled, omelets (plain, stuffed), en cocotte (eggs benedict)

Identification & preparation of fish

Identification & classification of fish such as flat fish (Pomfret, Black Pomfret, Sole), round fish (Surmai, Rawas, Mackerel), shellfish (Clams, Mussels Shrimps, Crab, Lobster), Cephalopodes (Squid, Cuttle, Fish)

Cuts of fish such as fillet, darne, troncon, paupiette, goujon

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Preparation of simple fish dishes such as

Saumon Grille
Pomfret Muniere
Sole Mornay
Fish Orly
Fish Colbert
A La Anglaise

Identification & preparation of poultry

Cuts of poultry
Preparation and jointing of chicken
Preparation of simple dishes such as Poulet Roti A L' Anglaise, Poulet Grille Diable, Poulet Sauté Chasseur, Poulet Maryland

Identification & preparation of meat

Identification of various cuts
Carcasse demonstration of lamb & pork
Preparation of basic cuts e.g. Tournedos, fillet steak & escalope, roast leg of lamb

Part B: Bakery & patisserie

Bakery
Bread - making
Demonstration + preparation of simple and enriched bread recipes
Bread lot (white & brown)
Bread rolls (various shapes)
French bread
Bakery - simple cakes
Demonstration + preparation of simple cake recipes
Sponge, Genoese, fatless, Swiss roll
Fruitcake
Rich cakes, Dundee, Madeira
Bakery- pastry
Demonstration & preparation of dishes using varieties of pastry
Short crust- jam tarts, turnovers
Laminated - Palmiers, Khara Biscuits, Danish Pastry Cream Horns
Choux paste -Éclairs, Profiteroles
Bakery - simple cookies
Demonstration & preparation of simple cookies like Nankhatai, golden goodies, melting moments, Swiss tarts, tri-color biscuits, chocolate chip cookies chocolate cream fingers, bachelor buttons.

Part C: Basic Indian Cuisine

Rice, cereals & pulses
Identification of various varieties of rice cereals and pulses
Preparation of simple preparations such as
Boiled rice (draining & absorption method)
Fried rice
Simple various dal preparations
Wheat products like

- Chapattis
- Parathas
- Phulkas
- Poories

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Indian gravies

Composition of basic Indian gravies - green

White
Brown
Lababdar
Makhani

Reference books

1. Le Role A. Polsom
The Professional Chef (IV Edition)
2. Paul Hamlyn
Larousse Gastronomique - Cookery Encyclopedia
3. Jane Grigson
The Book Of Ingredients
4. Wayne Gisslen
Professional Cooking
5. H.L. Cracknell And G.Noble
The New Catering Reportoire (Vol. I)
6. Escoffier
The Complete Guide To The Art Of Modern Cookery
7. Philip E. Thangam
Modern Cookery (Vol 1) - For Teaching And Trade
8. Readers Digest Association Ltd.
The Cookery Year
9. Frederic H Semerschmid & John F Nicolas
Professional Chef's – Art Of Garde Manger (Iv Edition)
10. Mary Reynolds
Italian Cooking For Pleasure
11. Digvijay Singh
Cooking Delights Of The Maharajas
12. Madhur Jaffery
Cookbook (Food For Family & Friends)
13. Leto M.J.& Bode,W.K.H
The Larder Chef (Food Preparation & Presentation) (Iii Edition)
14. Wayne Glasslen
Professional Baking
15. Lundberg Donald E & Kotschevar
Understanding Cookery
16. Cracknell & Kauffmann
Practical Professional Cookery
17. W.K.H Bode
Classical Food Preparation And Presentation
18. Ceserani & Kinton And Foskett
Contemporary Cookery
19. Ceserani Kinton
Cookery- An Introduction
20. Bernard Davis
Food Commodities
21. Jaffery, Madhur
A Taste of India
22. Time Life Service
The Cooking Of India
23. Grisslen Wayhe
Professional Baking
24. Fuller, John
Chef Manual of Kitchen Management
25. Smith, Henry
Classical Recipes of The World

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- 26. Icmr, New Delhi
Nutritive Value of Indian Foods
- 27. Jaggl Ceon & Sons
Le Repertoire De La Cuisine
- 28. William Margaret
Food Fundamentals
- 29. Prasad
Understanding Baking / Bakery
- 30. Arvind Saraswat
The Professional Chef

Food & Beverage service - I

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BHM 02: Food & Beverage service- I

Introduction to the hotel & catering industry

- Introduction to the hotel industry & growth of the hotel industry in India
- Role of catering establishment in the travel / tourism industry
- Types of f & b operations (classification)
- Commercial: residential / non-residential
- Welfare: industrial / institutional/transport (air, road, rail, sea)
- Structure of the catering industry (a brief description each type) & career opportunities there in.

Departmental organization & staffing

- Organization of the F&B department of a hotel
- Principle staff of various types of f & b operations
- Duties & responsibilities of F&B staff
- Attributes of a good waiter
- Inter-departmental relationships (within F&B & with other depts.)

Layouts of food service areas (commercial welfare)

- Coffee shops
- Snack bar/counter service
- Vending machines
- Specialty restaurants
- Banquet operations
- Room service

Ancillary departments

Pantry

Food pick-up areas

Stores

Linen room

Kitchen stewarding

Practicals

F&B service equipment

- Classification of equipment - familiarization of equipment
- Criteria for selection & requirements (Qty / types of:
 1. Crockery
 2. Tableware (silver / stainless)
 3. Glassware
 4. Linen including furnishings
 5. Other equipment
 6. Care & maintenance of equipment including silver cleaning

Practicals

Meals & menu planning

- Origin of the menu & menu planning objectives
- Basic types of menus
- General menu planning
- Considerations & constraints
- Designing the menu
- Sequence of courses & planning menus
- French classical menu & table d'hote (Indian / continental)

Practicals

- A la carte (Indian / continental)

Practicals

- Types of meals
- Indian B/F

Practicals

- English B/F

Practicals

- American B/F
- Continental B/F

Practicals

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Lunch

Dinner

Brunch

Afternoon / high tea

Supper

Practicals

Descriptions of dishes

Accompaniments continental / Indian

Seasonal availability of foods

Dining service method & procedure

- Misc-en-scene & misc- en-place (including arrangement of side-boards)

Practicals

- Laying tables for different meals & menus including laying; relaying tables cloths & folding serviettes

Practicals

- Restaurant reservation systems
- Receiving the guest
- Methods of service
- French/family
- English/silver
- Buffet
- Banquet

Practicals

- Tray

Practicals

- Special service (classical hors d' oeuvres, cheese, fruits etc.)

Practicals

Front office Operations - I

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BHM 03: Front Office Operation

Lodging industry Hospitality industry

- Historical background
- Introduction to hotel industry in India
- Overview of accommodation industry
- Modern trends that accelerate the growth of industry

Size

- Grouping hotels on the basis of size

Target market

- Guest profile market segmentation

Classification of hotels

- Commercial hotels
- Airport hotels
- Resort hotels
- Time-sharing condominium
- Conference and convention centers
- Heritage hotels
- Classification with specific reference to India (star systems)
- Supplementary accommodation

Types of rooms

- Single, double, suits, pent house, cabana, lanai etc.

Levels of service

- Intangibility of service
- Quality assistance
- Rating service
- World class service
- Mid range service
- Economy limited service

Ownership and affiliation

- Independent hotels
- Chain hotels
- Franchise and referral groups
- Management controls

Basis of room tariff charges and various types of room plans

- European plan
- Continental plan
- American plan
- Modified American plan

Organization of lodging properties

- Hotel organization
- Organization charts
- Classifying functional areas
- Front office organization
- Front office personnel (staffing) including uniformed staff
- Job description
- Functional organization of front office department
- Supervisory techniques
- Career development

Front office operation

Guest cycle

1. Reservation

Types of reservation

Guaranteed reservations

- Payment
- Credit card
- Advanced deposits
- Travel agents
- Corporate

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Non-guaranteed reservation

Reservation enquiry

Sources of reservation

- Central reservation system
- Inter sell agencies
- Property direct
- Group reservation

Reservation availability

- Various charts
- Computerized systems

Reservation confirmation

- Confirmation amendments
- Cancellations

Reservation maintenance

- Modified non-guaranteed reservation
- Reservation cancellation
 - Non-guaranteed
 - Credit card guarantee
 - Advance deposit
 - Other guaranteed reservations

Reservation records

- Expected arrival and departures
- Processing deposits

Reservation consideration

- Legal implication
- Other bookings
- Waiting list

Group reservation

- Convention conferences
- Housing convention bureaus
- Creating a group block tour groups

Potential reservation problems

- Errors in reservation records
- Misunderstanding due to industry jargon
- Miscommunication with external reservation system
- Failure of CRS

A day as reservation manager

2. Registration

Pre-registration activities

Receiving guest selling techniques and tips

Room and rate assignment

- Room status
- Room rack

Computerized

Registration records

Registration and rooming procedure

- Fit's
- Groups / crews
- Indian and foreign

Room change

Self-registration

Issue of room keys

Fulfilling special request

When guest cannot be accommodated

- Walk in guest
- Guest with non-guaranteed reservation
- Guest with guaranteed reservation

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3. Ongoing responsibilities

Communication within front office

- Log book
- Information directory
- Mail handling
- Information service
 - Inter departmental communication
 - House keeping
 - Food and beverage service
 - Engineering and maintenance
 - Revenue centers
 - Marketing and public relation

Guest services

- Equipment and supplies
- Special procedures

Guest relation

- Complaint handling
- Follow up procedure

Front office security function

- Importance of security system

Key control

- Types of keys
 - Hard keys/conventional keys
 - Electronic key system
- Surveillance and access control
- Protection of funds
- Safe deposit boxes
 - Keys and key controls
 - Access
 - Unusual access
 - Lost and found

Emergency procedures

- Medical emergency
- Robbery
- Fire

Employee safety; programme

Telephone services

- Telephone equipment
- Telephone procedure
- Telephone manners
- Use of correct phrases
- Telex and fax messages
- Equipment and procedures

4. Bell desk

- Location
- Functions
- Procedures and activities

5. Promoting in-house sales

- Role of front office in marketing
- Planning a point of sales front office

Accommodation operation-I

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BHM 04: Accommodation operation I

The role of house keeping in hospitality operation

- Type of hotels and service offered
- Types of rooms
- Role of house keeping in guest satisfaction and repeat business

Organization chart of the housekeeping department

- Hierarchy in small medium, large and chain hotels
- Identifying house keeping responsibilities
- Personality traits of housekeeping management personnel
- Duties and responsibilities of house keeping staff
- Layout of the housekeeping department

Cleaning equipment

- General criteria for selection
- Manual equipment
- Mechanical equipment
- Use and care of equipment

Cleaning agents

- General criteria for selection
- Classification
- Polishes
- Floor seals
- Use care and storage
- Distribution and controls
- Use of eco- friendly products in house keeping

Composition, care and cleaning of different surfaces

- Metals
- Glass
- Leather, leatherettes, rexines
- Plastic
- Ceramics
- Wood
- Wall finishes
- Floor finishes

Maid's service room

- Location layout and essential features
- Chambermaid's trolley

Keys

- Types of keys
- Computerized key cards
- Key control

Cleaning organization

- Principles of cleaning, hygiene and safety factors in cleaning
- Frequency of cleaning
- Design features that simplify cleaning

Hotel bed making

- Types of beds and mattresses
- Step by – step procedure for making a bed “turning down”

Daily cleaning of guestroom

Learning by the modular methods the cleaning of

- Vacant room
- Occupied room
- Check- out room
- Evening service

Standards supplies

- Ordinary rooms, VIP rooms and VVIP rooms
- Guest's special requests

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Lost and found

Procedure and records

Periodical cleaning

Special cleaning

- Tasks
- Schedules and records

Public area cleaning

- Front –of- the house areas
- Back – of – the house areas
- Work routine and associated problems of high traffic area

Daily routine systems of housekeeping department

- Reporting staff placement
- Room occupancy report
- Guest room inspection
- Entering checklist, floor register, work orders, log sheet

Inter relation ship

- With front office
- With maintenance
- With food and beverage
- With security
- With stores
- With accounts
- With personnel
- Use of computers in housekeeping department

House keeping clerical work

- Lost and found register and enquiry file
- Maid's report and housekeeper's report
- Hand over records
- Guest's special request register
- Call register
- VIP lists

Accommodation operations (Practicals)

- Types of hotels and services offered (assignment)
- Cleaning equipment
- Cleaning agents
- Equipment and agents (assignment)
- Cleaning of different surfaces
- Maid's trolley - setting up a trolley
- Bed making
- Cleaning of soil appliances
- Cleaning of waste appliances
- Daily cleaning of guestrooms
- Standard supplies (assignment)
- Periodical cleaning & special cleaning
- Public area cleaning
- Guest room inspection
- Housekeeping records (assignment)

Hotel Accounts-I

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BHM 05: Hotel accounts -I

Accounting theory and practice

- Need to study accounting
- The accounting functions
- Concept and conventions, business transactions, accounting activities, accounting principles
- Accounting profession

Business organization

- Basic business organization
- Forms of organization
- Formation
- Registration and management, accounting for business transactions, type of lodging organizations, financial information system for lodging operations

Financial statements

- Basic financial statements, income statements, balance sheets, other financial statements
- Assets liabilities and equity concept
- Assets, classification, current assets account, non-current assets account.
- Liquidity classification
- Current liability accounts
- Equity classification.
- Property equity accounts.
- Corporate equity accounts

Revenue and expense accounts

- Revenue classification.
- Expense classification, cost of sales
- Inventory system.
- Income tax expenses

Transaction analysis

- Effects of business transactions
- Typical transactions of business
- Recording of business transactions
- Analysis of common transactions

Debit and credit concepts

- Introduction to debit and credits
- Applying debits and credits
- Recording business transactions, using debit and credit journalizing entries for common business transactions
- Debit and credit rules

Accounting records and information

- Purpose of accounting records
- The general journal, specific journal bookkeeping records / accounts
- The general ledger
- Subsidiary ledger
- The accounting system

Food and beverage accounts

- Cost concepts
- Nature of food & beverage business, recipe costing
- Menu costing
- Cost sheet

Presentation of basic accounting information

- Use of chart, diagrams, graphs, pictorials

Computer & their application in finance

- Basic ideas of computers
- Hardware, software, input, output, CPU

Nutrition & Food science

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BHM 06: Nutrition & food science

Section I - Objectives

The students will learn the beneficial and harmful effects of micro-organisms on food. They will become aware of the physical and chemical environment of food, facilitating microbial growth. They will be able to apply this knowledge in preserving food against contamination, food intoxication and spoilage, and thus emphasize the need for creating the right attitude towards hygienic practices to be followed in food service establishments. They will learn to detect adulterants in food and thus, ensure quality control.

A. Classification of microbes into bacteria, yeast, and molds

I. Bacteria

- Morphology; shape, size, cell structure motility, spores
- Requirements; food, temperature, time moisture, oxygen and ph on bacterial growth
- Growth characteristics: growth phases
- Toxins

II. Harmful effects of bacteria

- Food borne illnesses
- Food poisoning
- Food infection
- Food spoilage, putrefaction

III. Prevention of food borne illnesses

Hygiene system to be followed

- Commodity hygiene
- Equipment hygiene
- Work area hygiene
- Personal hygiene

IV. Molds

- Morphology
- Growth factors
- Beneficial effects -cheese making and antibiotics
- Harmful effects
- Prevention and control of molds

V. Yeast

- Morphology
- Physiology & requirements for growth reproduction
- Chemical changes brought about by yeast cells
- Economic importance of yeast -alcoholic fermentation, bread making
- Harmful effects and control

VI. Role of microorganisms in the manufacture of fermented foods

- Dairy products
- Vegetable products
- Bakery products
- Alcoholic beverages
- Vinegar
- Indian foods - Idli, Dhokla, Bhaturas

B. Disinfections

I. Cleaning and disinfections

- By heat
- By chemicals (used in the hospitality industry, especially in the kitchen)

II. Cleaning of food preparation area and equipment

III. Dishwashing

- Manual
- Mechanical
- Detergents used for this

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C. Food preservation

- Factors conducive to food spoilage
- Principles of preservation

Preservation by;

- Cold temperature (refrigeration, freezing)
- Heat (pasteurization, sterilizing, canning)
- Drying and dehydration
- Chemical preservatives
- Irradiation

D. Food adulteration

- Food standards
- Common adulterants
- Test to detect adulterants

Section II - Objectives

Students will know the effects of various preparation and cooking techniques on the physical structure and chemical constituents of foods. They will be able to apply this knowledge in producing quality food products.

E. The relation of cookery to colloid chemistry

- Characteristic difference between true solutions, colloids and suspensions
- The dispersed phase and dispersing medium
- Increasing or decreasing degrees of dispersion of substances in food preparation - heat, mechanical means, acids, alkalis and enzymes
- Properties of colloidal systems
- Fluidity, viscosity and plasticity of colloidal systems and the factors that affect these properties of colloids in food preparations
- Colloidal system with examples; types of colloids in foods

F. Carbohydrates in foods

- Uses of carbohydrates in food preparation
- Change in starch on cooking
- Gelatinization of starch
- Factors affecting stiffness of starch gels in food preparation
- Pectic substances - their role in preparation of jelly and jams

G. Fats

- Types of fats and oils and their uses
- Chemical composition of fats and oils
- Rancidity: factors affecting rancidity, prevention of rancidity
- Reversion; factors affecting reversion
- Refining: steam refining, alkali refining, bleaching, and steam deodorization
- Hydrogenation
- Shortening value of different fats

H. Emulsions

- Theory of emulsification
- Types of emulsions
- Emulsifying agents
- Their use in food emulsion with special reference to mayonnaise

I. Proteins

- Effect of heat on proteins: denaturation, coagulation, and effect of heat on milk, cheese, egg, and meat.
- Egg gels: stirred custard, baked custard, pie fillings and cream puddings
- Gelatin gels: properties of gelatin, hydration, sol formation, gel formation, enzymatic hydrolysis, food application as in cold puddings, moulded) salads etc.

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- Milk proteins - coagulation of milk proteins
- Egg foams:
 - Characteristics of egg foam, different stages of egg foam formation; foam stability & factors affecting the stability of egg foams
 - Uses of egg foams: meringues, soufflés, omelettes, and foam cakes.

J. Meat proteins:

Effect of cooking and post mortem changes

K. Vegetables and fruits

- Importance of vegetables and fruits in the diet
- Pigments: effects of heat and processing on them and methods to retain the pigments
- Flavor: their role in cookery and how to use it to optimum advantages
- Turgor: effect of dressings, salts and sugar on the structure of vegetables, with special emphasis on salad greens
- Browning reaction, causes, desirable and undesirable effects in food preparation, prevention of undesirable browning.

L. Food additives

- Intentional additives
- Need for additives
- Types of additives
- Role of these additives (natural and synthetic) in modification of appearance in food preparation

SECTION III - Objectives

Nutrition

The students will establish the role of nutrition in health. They will enumerate the functions of various nutrients for maintenance of optimum health and their dietary sources. They will list the ill effects of excess / inadequate intake of these nutrients on human health. They will have knowledge of the requirement of these nutrients for adults and adolescents

I. Introduction

- Definition of term "nutrition", nutrients
- Importance of food - physiological, psychological and social function of food
- Functions of nutrients in general

II. Carbohydrates

- Definition, composition, classification, mono, Di and poly saccharides
- Functions of carbohydrates in the body
- Dietary sources
- Daily requirements
- Effects of deficiency and excess

III. Lipids

- Definition
- Functions
- Classification: saturated and unsaturated fats, plant and animal fats
- Importance of poly unsaturated fatty acid; rancidity, hydrogenation
- Dietary sources and requirements
- Dangers of increasing fat in the diet
- Effects of deficiency
- Cholesterol and foods containing this
- Effects of increasing cholesterol contents in the diet and factors increasing its level in Blood.

IV. Energy

- Need for energy for voluntary and involuntary activities, Growth and SDA
- RDA for energy
- Dietary sources of energy
- Overweight/ obesity - their health hazards

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V. Proteins

- Definition
- Composition
- Classification based on nutritional quality (alone)
- Mutual supplementation to improve the quality of vegetable proteins with low budget
- Functions
- Food / dietary sources
- Requirements; effects of deficiency and excess

VI Vitamins

- Classification of vitamins
- Functions, sources and deficiency of fat soluble vitamins – A, D, E, K
- Functions, sources &- deficiency of water soluble vitamins – Vitamin c, Thiamine, Riboflavin, Niacin, B 12, Folic acid

VII. Functions and classification of minerals in general

Functions, food sources, requirements of calcium, iron, iodine, fluorine and na (sodium)

VIII. Water

- Importance of water in health
- Water balance
- Dehydration, heat cramps and methods to prevent the same

IX. Nutritional losses upon cooking and the methods to prevent the same

- Mechanical
- Leaching
- Enzymatic action
- Oxidation
- Heat
- Acid and alkalis

X. Balanced diet

- Definition
- Importance of balanced diet
- Quantity and quality depending on age, sex, occupation and climate

XI. Menu planning - factors affecting meal

Nutritional aspect-using five food groups

- Cereals and their products
- Meal pulse nut group
- Milk group
- Vegetable and fruit group
- Fats, oils and sugar group

XII.

- Psychological aspects of meal planning
- Meal schedules and economic aspect
- Low budget diets with examples
- Factors affecting food acceptability
- Critical evaluation of a few meals served at the institutes / hotels based on all these principles

XIII.

Newer trends in restaurants with special emphasis on nutrition

Business communication I & Elementary French

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BHM 07: Business communication I & Elementary French

**Business communication I
Communication**

Need, purpose, nature, models, barriers to communication overcoming the barriers

Listening on the job

Definition levels and types of listening, listening barriers, guidelines for effective listening, listening computerization and note taking

Effective speaking

Restaurant and hotel English polite and effective enquiries and responses addressing a group essential equalities of a good speaker audience analysis defining the purpose of a speech, organizing the ideas, delivering the speech.

Non-verbal communication

Definition, its importance, its inevitability

Kinesics: body movements, facial expressions, posture, eye-contact etc.

Protemies: the communicative use of space.

Paralanguage: vocal behavior and its impact on verbal communication. Communicative use of artifacts - furniture, plants, colors, architects etc

Speech improvement

Pronunciation, stress, accent importance of speech in hotels common phonetic difficulties connective drills, exercises introduction to frequently used foreign sounds

Using the telephone

The nature of telephone activity in the hotel industry the need for developing telephone skills developing telephone skills

Elementary French

Introduction to the language

Letters of the alphabet and their pronunciation, distinction between vowels and consonant words and the use of different accents

Self-introduction

Presenting and introducing another person greetings - how to greet and reply to a greeting

Name

Of professions, countries & nationalities, fruits & vegetables introduction to the number and gender of nouns and adjectives

Numerical from 1 to 100

Lecture

Practical would include reciting the numerical to a common tune and a game with numbers

The time of the day

Lecture

Orally making the students read the time in French

Members of the family

Lecture

Role-playing

Home work: write 5-10 simple sentences on "my family"

Hotel Engineering

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BHM 08: Hotel engineering

Maintenance:

- Preventive & breakdown maintenance

Role and importance of Maintenance department in hotel Industry with emphasis on its relation with other departments of the hotel

- Organization chart of maintenance department
- Duties and responsibilities of maintenance Department

Gas

- Heat terms and units; method of transfer
- LPG and its properties; principle of Bunsen burner:
- Precautions to be taken while handling gas
- Low and high pressure burners, Corresponding heat output

Electricity

- Fundamentals of electricity, insulators, conductors, current, potential difference resistance, power, energy-concepts: definitions, their units and relationships, AC and DC, single phase and 3 phase and its importance on equipment specifications
- Electric circuits, open circuits and closed circuits, symbols of circuit elements, series and parallel connection, short circuit, fuses; MCB, earthing, reason for placing switches on live wire side.
- Electric wires and types of wiring
- Calculation of electric energy consumption of equipment, safety precautions to be observed while using electric appliances
- Types of lighting, different lighting devices, incandescent lamps, florescent lamps, other gas discharge lamps, illumination, units of illumination

Fuels used in catering industry

- Types of fuels used in catering industry calorific value, comparative study of different fuels
- Calculation of amount of fuel required and cost

Water systems

- Cold water systems in India
- Hardness of water, water softening, Base Exchange method
- Cold water cisterns swimming pools
- Hot water supply systems in hotels
- Flushing cisterns, water taps, traps and closets

Refrigeration and Air Conditioning

- Basic principles, latent heat, boiling point and its dependence on pressure, vapour Compression system of refrigeration and refrigerants
- Vapour absorption system, care and maintenance of refrigerators; defrosting; types of refrigerant units, their care and maintenance
- Conditions for comfort, relative humidity Humidification, dehumidifying, dew point control, unit of air conditioning
- Window type air conditioner; central air conditioning; preventive maintenance

Vertical transportation

Elevators, Escalators

Fire prevention and fire fighting system

- Classes of fire methods of extinguishing fires
- Fire extinguishers, portable and stationery
- Fire detectors and alarm
- Automatic fire detectors - cum- extinguishing devices
- Structural protection

Application of Computers-I

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BHM 09: Application of computers

The basic objectives of the course is to introduce (he students to (the world of computers and computer technology. To introduce the students to the basic concepts of operating systems and word processing

Unit I. Computer fundamentals

1. Information concepts and processing

- Definitions
- Need, quality and value of information
- Data processing concepts

2. Elements of a computer system

- Definitions
- Characteristics of computers
- Classification of computers
- Limitations

3. Hardware features and uses

- Components of a computer
- Generations of computers
- Primary and secondary storage concepts
- Data entry devices
- Data output devices

4. Software concepts

- System software
- Application software
- Language classification
- Compilers and interpreters

5. Formatting a document

- Justifying paragraphs
- Changing paragraph indents
- Setting tabs and margins
- Formatting pages and documents
- Using bullets and numbering
- Headers/footers
- Pagination

6. Special effects

- Print special effects e.g. Bold, underline, superscripts, and subscript
- Changing fonts
- Changing case

7. Cut, copy and paste operation

- Marking blocks
- Copying and pasting a block
- Cutting and pasting a block
- Deleting a block
- Formatting a block
- Using find and replace in a block

8. Using MS-word tools

- Spelling and grammar
- Mail merge
- Printing envelopes and labels

9. Tables

- Create
- Delete
- Format

10. Graphics

- Inserting clip arts
- Symbols (border / shading)
- Word art

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11. Print options

- Previewing the document
- Printing a whole document
- Printing a specified page
- Printing a selected set
- Printing several documents
- Printing more than one copy

Reference books

1. Information Concepts and Processing - Mr. Gautam Das Ahmedabad
2. Elements of a Computer System - Mr. Kurien Varkey, Mumbai
3. Hardware Features and Uses - Madhusudhana Rao Hyderabad
4. Software Concepts - Dr. T. Roy Chowdury, Calcutta
5. Basics of MS-Dos - Mr. Ranjit Pillai
6. Introduction To Windows - Mr. N. S. Rastogi, Lucknow