

Curriculum

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Chinese Cook

(A Competency Based, Short-term Curriculum)



Council for Technical Education and Vocational Training
CURRICULUM DEVELOPMENT DIVISION

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Introduction

This curriculum for **Chinese Cook** is a competency based short term curriculum. It is designed to produce employable graduates in Chinese cuisines equipped with knowledge, skills, and attitudes necessary for the occupation. The main emphasis given in this curriculum is on the skills for employment. In this program, the trainees will practice skills related to Chinese cooking in hotels and restaurants. Once the trainees acquire the competencies they will have ample opportunity for wage/self employment through which they will contribute in the national streamline of poverty reduction in the country.

Aim

The main aim of this program is to produce employable graduates in Chinese cuisines who could provide cooking services in the hotel and restaurants in the country.

Objectives

After completion of this training program the trainees will be able to:

- To state the concepts of Cooking/cooking terminologies
- To apply hygienic cooking practices
- To prepare Sauces
- To prepare Rice
- To prepare noodles/chowmein
- To prepare soups
- To prepare dumplings/momo
- To prepare meat, fish and prawn
- To prepare Vegetables
- To prepare Desserts and cold food

Course Description

This curriculum is based on the job required to be performed by a Chinese cook at hotel and restaurant enterprises in Nepal. Therefore, this curriculum guide is designed to equip the trainees with skills & knowledge of the field of Chinese cooking. This curriculum is designed through competency based approach.

The duration of the course will be as mentioned in the course Analysis. There will be both demonstration of skills included in the curriculum by instructors/trainers and the opportunity to practice the skills/tasks by the trainees. Trainees will practice & learn skills using typical tools, equipment, machines, and materials necessary for the program.

Course Structure

Job title: Chinese cook		Time (hours)			Marks		
Modules/sub-modules	Nature	Th.	Pr.	Tot.	Th.	Pr.	Tot.
1. Introductory Cooking and Hygiene	T+P	8	32	40	5	20	25
1. Introductory Cooking	T+P	6	24	30			
2. Hygiene	T	2	8	10			
2. Chinese Cuisine	T+P	70	280	350	55	220	275
1. Preparation of sauces	T+P	6	24	30			
2. Preparation of rice	T+P	4	16	20			
3. Preparation of noodles/chowmein	T+P	8	32	40			
4. Preparation of soups	T+P	6	24	30			
5. Preparation of dumplings/momo	T+P	4	16	20			
6. Preparation of meat, fish and prawn	T+P	18	72	90			
7. Preparation of vegetables	T+P	16	64	80			
8. Preparation of desserts and cold food	T+P	8	32	40			
Total:		78	312	390	60	240	300

Duration

The total duration of the course extends over 3 months (i.e. 3x130 hours equal to 390 hours).

Target Group

The target group for this training program will be all interested individuals in the field of Chinese cooking with educational prerequisite of minimum of class five pass.

Target location

The target location for this training program will be all over Nepal.

Group Size

The group size for this training program will be maximum 20 provided all necessary resources to practice the tasks/ competencies specified in this curriculum.

Medium of Instruction

The medium of instruction for this program will be Nepali or English or both

Pattern of Attendance

Trainees should have 90% attendance during the training period to get the certificate.

Focus of Curriculum

This is a competency-based curriculum. This curriculum emphasizes on competency /performance. 80% of the total time is allocated for performance and remaining 20% for related technical knowledge. So, the curriculum focuses on performance of the specified competencies.

Entry Criteria

Individuals who meet the following criteria will be allowed to enter this curricular program:

- Minimum of class five pass or equivalent
- Nepali citizen
- Minimum of 15 years of age
- Should pass entrance examination

Instructional Media and Materials

The following instructional media and materials are suggested for the effective instruction and demonstration.

- Printed Media Materials (Assignment sheets, Case studies, Handouts, Information sheets, Individual training packets, Procedure sheets, Performance Check lists, Textbooks etc.).
- Non-projected Media Materials (Display, Models, Flip chart, Poster, Writing board etc.).

- Projected Media Materials (Opaque projections, Overhead transparencies, Slides etc.).
- Audio-Visual Materials (Audiotapes, Films, Slide-tape programs, Videodiscs, Videotapes etc.).
- Computer-Based Instructional Materials (Computer-based training, Interactive video etc.).

Teaching Learning Methodologies

The methods of teachings for this program will be a combination of several approaches as follows:

- Illustrated Lecture
- Group Discussion
- Demonstration
- Simulation
- Guided practice
- Practical experiences
- Fieldwork and
- Other Independent learning
- Lecture
- Discussion
- Assignment
- Group work
- Demonstration
- Observation,
- Guided practice and
- Self-practice.

Follow up Provision

First follow up: Six months after the completion of the program

Second follow up: Six months after the completion of the first follow up

Follow up cycle: In a cycle of one year after the completion of the second follow up for five years

Grading System

The trainees will be graded as follows based on the marks in percentage secured by them in tests/ evaluations.

- Distinction: Passed with 80% or above
- First Division: passed with 75% or above
- Second Division: passed with 65% or above
- Third Division: passed with 60% or above

Students Evaluation Details

- Continuous evaluation of the trainees' performance is to be done by the related instructor/trainer to ensure the proficiency over each competency.
- Related technical knowledge learnt by the trainees will be evaluated through written or oral tests as per the nature of the content

- Trainees must secure minimum marks of 60% in an average of both theory and practical evaluations.

Trainers' Qualification (Minimum)

- Diploma in Chinese cooking or equivalent
- Good communicative and instructional skills
- Experience in related field

Trainer-Trainees Ratio

- In theory classes 1(trainer): 20 (trainees)
- In practical classes (in workshop and laboratory) 1(trainer): 10 (trainees)

Suggestions for Instruction

1. Select objectives

- Write objectives of cognitive domain.
- Write objectives of psychomotor domain.
- Write objectives of affective domain

2. Select Subject matter

- Study subject matter in detail.
- Select content related to cognitive domain.
- Select content related to psychomotor domain.
- Select content related to affective domain.

3. Select Instructional Methods

- Teacher centered methods: like lecture, demonstration, question answers inquiry, induction and deduction methods.
 - Student initiated methods like experimental, field trip/excursion, discovery, exploration, problem solving, and survey methods.
 - Interaction methods like discussion, group/team teaching, microteaching and exhibition.
 - Dramatic methods like role play and dramatization
4. Select Instructional method (s) on the basis of objectives of lesson plans and KAS domains.
 5. Select appropriate educational materials and apply at right time and place.
 6. Evaluate the trainees applying various tools to correspond the KAS domains.
 7. Make plans for classroom / field work / workshop organization and management.
 8. Coordinate among objectives, subject matter and instructional methods.
 9. Prepare lesson plan for theory and practical classes.
 10. Deliver /conduct instruction / program.
 11. Evaluate instruction/ program.

Special suggestion for the performance evaluation of the trainees

1. Perform task Analysis.
2. Develop a detail task performance checklist.

3. Perform continuous evaluation of the trainees by applying the performance checklist.

Suggestion for skill training

1. Demonstrate task performance in normal speed.
2. Demonstrate slowly with verbal description of each and every step in the sequence of activity of the task performance using question and answer techniques.
3. Repeat 2 for the clarification on trainees demand if necessary.
4. Perform fast demonstration of the task.

Provide trainees the opportunities to practice the task performance demonstration

1. Provide opportunity to trainees to have guided practice.
2. Create environment for practicing the demonstrated task performance.
3. Guide the trainees in each and every step of task performance.
4. Provide trainees to repeat and re-repeat as per the need to be proficient on the given task performance.
5. Switch to another task demonstration if and only trainees developed proficiency in the task performance.

Other suggestions

1. Apply principles of skill training.
2. Allocate 20% time for theory classes and 80% time for task performance while delivering instructions.
3. Apply principles of learning relevant to the age group of the learners.
4. Apply principles of intrinsic motivation.
5. Facilitate maximum trainees' involvement in learning and task performance activities.
6. Instruct the trainees on the basis of their existing level of knowledge, skills and attitude.

Certificate Requirements

The related training institute will provide the certificate of "**Chinese Cook**" to those trainees who successfully complete the prescribed course and conducted evaluation.

Skill Testing Provision

The graduates who have the completion certificate of "**Chinese Cook**" may sit in the skill testing examination of Commis-III, (**Level I**) as provisioned and administered by National Skill Testing Board.

List of modules and sub modules

Module: 1: Introductory Cooking and Hygiene

Sub module: 1: Introductory Cooking

Sub module: 2: Hygiene

Module: 2: Chinese Cuisine

Sub module: 1: Preparation of sauces

Sub module: 2: Preparation of rice

Sub module: 3: Preparation of noodles/chowmein

Sub module: 4: Preparation of soups

Sub module: 5: Preparation of dumplings/momo

Sub module: 6: Preparation of meat, fish and prawn

Sub module: 7: Preparation of vegetables

Sub module: 8: Preparation of desserts and cold food

Details of modules and sub modules

Module: 1: Introductory Cooking and Hygiene						
Description: It includes the knowledge and skills related to the concepts of Cooking/cooking terminologies and hygienic cooking practices.						
Objectives:						
<ul style="list-style-type: none"> • To state the concepts of Cooking/cooking terminologies • To apply hygienic cooking practices 						
Sub modules:						
<ol style="list-style-type: none"> 1. Introductory Cooking 2. Hygiene 						
Sub module: 1: Introductory Cooking						
Description: It includes the knowledge and skills related to the concepts of Cooking/cooking terminologies.						
Objective:						
<ul style="list-style-type: none"> • To state the concepts of Cooking/cooking terminologies 						
Tasks: Each task consists of the minimum essential related technical knowledge necessary to carry out that very task.						
6 hrs. (Th.) + 24 hrs. (Pr.) = 30 hrs.					Time (hours.)	
SN	Tasks/skills	Related technical knowledge	Th.	Pr.	Tot.	
1.	Be familiar with the concept of cookery/cooking terminologies	<u>Cookery/cooking terminologies:</u> <ul style="list-style-type: none"> • Definition of cooking • History of Chinese food origin • Principles of cooking • Scope of cooking • Methods of cooking • Code of conduct in cooking • Rules of food handlers • Culinary terms/terminologies used in Chinese cuisine • Organ gram of cook • Types of kitchen • Kitchen utensil and its uses • Types of menu • Records keeping 	2.0	0	2.0	
2.	Handle various knives used in kitchen.	<u>Various knives used in kitchen:</u> <ul style="list-style-type: none"> • Types of cutting knife 	0	3.0	3.0	

		<ul style="list-style-type: none"> • Uses of cutting knife • Preparation of cutting knife • Knife handling procedure • Safety precautions • Records keeping 				
3.	Perform vegetable Cutting / Slicing/Chopping/ Filleting/ Shaping/ Skinning/ Shredding/ Trimming/ Gutting/ Peeling	<u>Vegetable Cutting / Slicing/Chopping/ Filleting/ Shaping/ Skinning/ Shredding/ Trimming/ Gutting/ Peeling:</u> <ul style="list-style-type: none"> • Concept of cutting, filleting, boning, shaping, skinning, shredding, trimming, gutting and peeling • Types of knives used in • Classification of vegetables • Shape and size of pieces • Procedure • Safety precautions • Records keeping 	0	4.0	4.0	
4.	Perform meat Cutting / Slicing/Chopping/ Filleting/ Shaping/ Skinning	<u>Meat Cutting / Slicing/Chopping/ Filleting/ Shaping/ Skinning:</u> <ul style="list-style-type: none"> • Concept of cutting, slicing, chopping, filleting, shaping and skinning • Types of knives and chopping board used • Shape and size of pieces • Procedure • Safety precautions • Records keeping 	0	3.0	3.0	
5.	Perform jardinière/Julienne\Brunoise/ Rough/ Paysanne/ Macedonie cutting	<u>Jardinière/Julienne\Brunoise/ Rough/ Paysanne/ Macedonie cutting:</u> <ul style="list-style-type: none"> • Types of cuttings • Names of vegetables cutting through this technique • Shape and size of piece • Kitchen hygiene and 	0	3.0	3.0	

		sanitation <ul style="list-style-type: none"> • Cutting procedure • Safety precautions • Records keeping 				
6.	Identify crockery	<u>Crockery:</u> <ul style="list-style-type: none"> • Introduction to cutlery • Types of crockery • Identification procedure of crockery • Safe handling technique • Records keeping 	0	1.0	1.0	
7.	Interpret/read menu/recipe	<u>Menu/recipe:</u> <ul style="list-style-type: none"> • Identification menu • Uses of recipe • Uses various popular regional menu • Records keeping 	0	2.0	2.0	
8.	Develop the concept of Chinese food stuffs	<u>Chinese food stuffs:</u> <ul style="list-style-type: none"> • Definition of Chinese food • Importance of Chinese food • Method of food preparation • Records keeping 	0.5	0	0.5	
9.	Develop the concept of Chinese herb and spices	<u>Chinese herb and spices:</u> <ul style="list-style-type: none"> • Definition of Chinese herb and spices • Importance of Chinese herb and spices • Types of Chinese herb and spices • Records keeping 	0.5	0	0.5	
10.	Develop the concept of Chinese starter/salad	<u>Chinese starter/salad:</u> <ul style="list-style-type: none"> • Definition of starter. • Importance of menu • Types of starter. • Types of vegetables and non vegetables items • Methods of prepare cold food. • Records keeping 	0.5	0	0.5	
11.	Develop the concept of basic Chinese soup	<u>Basic Chinese soup:</u> <ul style="list-style-type: none"> • Concept of soup 	0.5	0	0.5	

		<ul style="list-style-type: none"> • Impotence in menu • Types of soup • Types of restaurant they need soup. • Types of stock • Records keeping 				
12.	Develop the concept of main course	<u>Main course:</u> <ul style="list-style-type: none"> • Definition of main course. • Impotence of main course. • Portion of food • Garnishing of food • Safety precautions • Records keeping 	0.5	0	0.5	
13.	Develop the concept of Chinese dessert	<u>Chinese dessert:</u> <ul style="list-style-type: none"> • Definition of dessert • Impotence in menu • Methods of dessert preparation. • Types of dessert. • Types of dessert menu. • Concept of hot and cold dessert. • Records keeping 	0.5	0	0.5	
14.	Carryout conversation practices on English using terminologies of the cookery	<u>Conversation practices:</u> <ul style="list-style-type: none"> • Collection & definitions of related terminologies of the cookery • Making simple sentences using the terminologies • Having simple conversation practices on English using terminologies of the cookery • Precautions to be taken • Records keeping 	1.0	8.0	9.0	
		Total:	6	24	30	
Sub module: 2: Hygiene						
	Description: It includes the knowledge and skills related to the concepts of hygienic cooking practices.					
	Objective: <ul style="list-style-type: none"> • To apply hygienic cooking practices 					
	Tasks: Each task consists of the minimum essential related technical knowledge					

	necessary to carry out that very task.				
		2 hrs. (Th.) + 8 hrs. (Pr.) = 10 hrs.	Time (hours.)		
SN	Tasks/skills	Related technical knowledge	Th.	Pr.	Tot.
1.	Wear neat and clean uniforms	<u>Wearing uniforms:</u> <ul style="list-style-type: none"> • Concept, need and importance of wearing neat and clean uniforms • Wearing procedure • Precautions to be taken • Records keeping 	0.2	0.4	0.6
2.	Save beards regularly	<u>Saving beards:</u> <ul style="list-style-type: none"> • Concept, need and importance of saving beards regularly • Saving procedure • Precautions to be taken • Records keeping 	0.1	0.4	0.5
3.	Take bath regularly	<u>Bathing:</u> <ul style="list-style-type: none"> • Concept, need and importance of bathing regularly • Bathing procedure • Precautions to be taken • Records keeping 	0.1	0.4	0.5
4.	Wash hand before commencing the particular work	<u>Hand washing:</u> <ul style="list-style-type: none"> • Concept, need and importance of washing hands before commencing the particular work • Hand washing procedure • Precautions to be taken • Records keeping 	0.1	0.4	0.5
5.	Apply antiseptics	<u>Applying antiseptics:</u> <ul style="list-style-type: none"> • Definition, concept, need, importance and identification of antiseptics • Application procedure • Precautions to be taken • Records keeping 	0.1	0.4	0.5
6.	Aware with communicable/ transmitting diseases	<u>Communicable/ transmitting diseases:</u> <ul style="list-style-type: none"> • Concept, need and importance of communicable/ 	0.2	0.4	0.6

		<p>transmitting diseases</p> <ul style="list-style-type: none"> • Types of communicable diseases • Precautions to be taken • Records keeping 				
7.	Use safe water	<p><u>Using safe water:</u></p> <ul style="list-style-type: none"> • Concept, need and importance of safe water • Sources of safe water • Precautions to be taken • Records keeping 	0.1	0.4	0.5	
8.	Eat fresh and nourishing food	<p><u>Fresh and nourishing food:</u></p> <ul style="list-style-type: none"> • Concept, need and importance of fresh and nourishing food • Identification of fresh and nourishing food • Precautions to be taken • Records keeping 	0.1	0.4	0.5	
9.	Keep working area clean and tidy	<p><u>Clean working area:</u></p> <ul style="list-style-type: none"> • Concept, need and importance of keeping working area clean and tidy • Procedure of keeping working area clean and tidy • Precautions to be taken • Records keeping 	0.1	0.5	0.6	
10.	Sanitize utensil, crockery and cutlery	<p><u>Sanitization:</u></p> <ul style="list-style-type: none"> • Concept, need and importance of sanitization of utensil, crockery and cutlery • Identification of utensil, crockery and cutlery • Sanitization procedure • Precautions to be taken • Records keeping 	0.1	0.5	0.6	
11.	Handle equipment and utensil	<p><u>Equipment and utensil handling:</u></p> <ul style="list-style-type: none"> • Concept, need and importance of handling equipment and utensils • Identification of 	0.1	0.5	0.6	

		<p>equipment and utensils</p> <ul style="list-style-type: none"> • Handling procedure • Precautions to be taken • Records keeping 				
12.	Dispose garbage	<p><u>Garbage disposal:</u></p> <ul style="list-style-type: none"> • Concept, need and importance of garbage disposal • Procedure for garbage disposal • Precautions to be taken • Records keeping 	0.1	0.5	0.6	
13.	Develop the concept of food poisoning	<p><u>Food poisoning:</u></p> <ul style="list-style-type: none"> • Concept of food poisoning • Effects of food poisoning • Prevention of food poisoning • Precautions to be taken • Records keeping 	0.1	0.5	0.6	
14.	State need of maintaining temperature /storage temperature	<p><u>Temperature:</u></p> <ul style="list-style-type: none"> • Concept, need and importance of maintaining temperature /storage temperature • Procedure of maintaining temperature /storage temperature • Precautions to be taken • Records keeping 	0.1	0.4	0.5	
15.	Preserve food from contamination	<p><u>Food preservation:</u></p> <ul style="list-style-type: none"> • Concept, need and importance of preservation of food from contamination • Preservation procedure • Precautions to be taken • Records keeping 	0.1	0.5	0.6	
16.	Develop concept of high risk foods and their storage	<p><u>High risk foods storage:</u></p> <ul style="list-style-type: none"> • Concept, need and importance of storage of high risk foods • Storage procedure • Precautions to be taken • Records keeping 	0.1	0.4	0.5	

17.	Control pests	<u>Pest control:</u> <ul style="list-style-type: none"> • Concept, need and importance of pest control • Control pest procedure • Precautions to be taken • Records keeping 	0.1	0.5	0.6	
18.	Apply rules of food handling	<u>Rules of food handling:</u> <ul style="list-style-type: none"> • Concept, need and importance of rules of food handling • Procedures for applying rules of food handling • Precautions to be taken • Records keeping 	0.1	0.5	0.6	
		Total:	2	8	10	
Module: 2: Chinese Cuisine						
	Description: It includes the knowledge and skills related to the preparation of sauces, rice, noodles/chowmein, soups, dumplings/momo, meat, fish and prawn, vegetables, and desserts / cold food.					
	Objectives: <ul style="list-style-type: none"> • To prepare Sauces • To prepare Rice • To prepare noodles/chowmein • To prepare soups • To prepare dumplings/momo • To prepare meat, fish and prawn • To prepare Vegetables • To prepare Desserts and cold food 					
	Sub modules: <ol style="list-style-type: none"> 1. Preparation of sauces 2. Preparation of rice 3. Preparation of noodles/chowmein 4. Preparation of soups 5. Preparation of dumplings/momo 6. Preparation of meat, fish and prawn 7. Preparation of vegetables 8. Preparation of desserts and cold food 					
Sub module: 1: Preparation of sauces						
	Description: It includes the knowledge and skills related to the preparation of Sauces.					
	Objective: <ul style="list-style-type: none"> • To prepare Sauces 					
	Tasks: Each task consists of the minimum essential related technical knowledge necessary to carry out that very task.					

		6 hrs. (Th.) + 24 hrs. (Pr.) = 30 hrs.	Time (hours.)		
SN	Tasks/skills	Related technical knowledge	Th.	Pr.	Tot.
1.	Prepare sweet and sour sauce	<u>Preparation of sweet and sour sauce:</u> <ul style="list-style-type: none"> • Concept and nutritive value of sweet and sour sauce • Healthy preparation procedure • Input/product standards • Precautions to be taken • Keeping records 	1.0	4	5.0
2.	Prepare Manchurian (hot & sour) sauce	<u>Preparation of Manchurian sauce:</u> <ul style="list-style-type: none"> • Concept and nutritive value of Manchurian (hot & sour) sauce • Healthy preparation procedure • Input/product standards • Precautions to be taken • Keeping records 	1.0	3	4.0
3.	Prepare ginger sauce	<u>Preparation of ginger sauce:</u> <ul style="list-style-type: none"> • Concept and nutritive value of ginger sauce • Healthy preparation procedure • Input/product standards • Precautions to be taken • Keeping records 	1.0	3	4.0
4.	Prepare garlic sauce	<u>Preparation of garlic sauce:</u> <ul style="list-style-type: none"> • Concept and nutritive value of garlic sauce • Healthy preparation procedure • Input/product standards • Precautions to be taken • Keeping records 	1.0	3	4.0
5.	Prepare lemon sauce	<u>Preparation of lemon sauce:</u> <ul style="list-style-type: none"> • Concept and nutritive value of lemon sauce • Healthy preparation procedure • Input/product standards 	1.0	3	4.0

		<ul style="list-style-type: none"> • Precautions to be taken • Keeping records 				
6.	Prepare Sichuan sauce	<u>Preparation of Sichuan sauce:</u> <ul style="list-style-type: none"> • Concept and nutritive value of Sichuan sauce • Healthy preparation procedure • Input/product standards • Precautions to be taken • Keeping records 	0.5	4	4.5	
7.	Prepare condiments.	<u>Preparation of condiments:</u> <ul style="list-style-type: none"> • Concept and nutritive value of condiments • Healthy preparation procedure • Input/product standards • Precautions to be taken • Keeping records 	0.5	4	4.5	
		Total:	6	24	30	
Sub module: 2: Preparation of Rice						
Description: It includes the knowledge and skills related to the preparation of Rice.						
Objective:						
<ul style="list-style-type: none"> • To prepare Rice 						
Tasks: Each task consists of the minimum essential related technical knowledge necessary to carry out that very task.						
			4 hrs. (Th.) + 16 hrs. (Pr.) = 20 hrs.		Time (hours.)	
SN	Tasks/skills	Related technical knowledge	Th.	Pr.	Tot.	
1.	Prepare mixed vegetable fried rice	<u>Preparation of mixed vegetable fried rice:</u> <ul style="list-style-type: none"> • Concept and nutritive value of mixed vegetable fried rice • Healthy preparation procedure • Input/product standards • Precautions to be taken • Keeping records 	2	5	7	
2.	Prepare steamed rice	<u>Preparation of steamed rice:</u> <ul style="list-style-type: none"> • Concept and nutritive value of steamed rice • Healthy preparation procedure • Input/product standards 	1	5	6	

		<ul style="list-style-type: none"> • Precautions to be taken • Keeping records 				
3.	Prepare egg/chicken fried rice	<u>Preparation of egg/chicken fried rice:</u> <ul style="list-style-type: none"> • Concept and nutritive value of egg/chicken fried rice • Healthy preparation procedure • Input/product standards • Precautions to be taken • Keeping records 	1	6	7	
		Total:	4	16	20	
Sub module: 3: Preparation of Noodles / Chowmein						
Description: It includes the knowledge and skills related to the preparation of noodles/chowmein.						
Objective: <ul style="list-style-type: none"> • To prepare noodles / chowmein 						
Tasks: Each task consists of the minimum essential related technical knowledge necessary to carry out that very task.						
			8 hrs. (Th.) + 32 hrs. (Pr.) = 16 hrs.		Time (hours.)	
SN	Tasks/skills	Related technical knowledge	Th.	Pr.	Tot.	
1.	Prepare vegetable chowmein	<u>Preparation of vegetable chowmein:</u> <ul style="list-style-type: none"> • Concept and nutritive value of vegetable chowmein • Healthy preparation procedure • Input/product standards • Precautions to be taken • Keeping records 	2	8	10	
2.	Prepare American chopsuey	<u>Preparation of American chopsuey:</u> <ul style="list-style-type: none"> • Concept and nutritive value of American chopsuey noodle • Healthy preparation procedure • Input/product standards • Precautions to be taken • Keeping records 	2	8	10	
3.	Prepare hakka noodle	<u>Preparation of hakka noodle:</u>	2	8	10	

		<ul style="list-style-type: none"> • Concept and nutritive value of hakka noodle • Healthy preparation procedure • Input/product standards • Precautions to be taken • Keeping records 				
4.	Prepare mixed chowmein	<u>Preparation of mixed chowmein:</u> <ul style="list-style-type: none"> • Concept and nutritive value of mixed chowmein • Healthy preparation procedure • Input/product standards • Precautions to be taken • Keeping records 	2	8	10	
		Total:	8	32	40	
Sub module: 4: Preparation of soups						
Description: It includes the knowledge and skills related to the preparation of soups.						
Objective:						
<ul style="list-style-type: none"> • To prepare soups 						
Tasks: Each task consists of the minimum essential related technical knowledge necessary to carry out that very task.						
6 hrs. (Th.) + 24 hrs. (Pr.) = 30 hrs.			Time (hours.)			
SN	Tasks/skills	Related technical knowledge	Th.	Pr.	Tot.	
1.	Prepare mushroom spinach /tomato egg drop soup	<u>Preparation of mushroom spinach /tomato egg drop soup:</u> <ul style="list-style-type: none"> • Concept and nutritive value of mushroom spinach /tomato egg drop soup • Healthy preparation procedure • Input/product standards • Precautions to be taken • Keeping records 	1.0	4	5.0	
2.	Prepare hot & sour soup	<u>Preparation of hot & sour soup:</u> <ul style="list-style-type: none"> • Concept and nutritive value of hot & sour soup • Healthy preparation procedure 	1.0	4	5.0	

		<ul style="list-style-type: none"> • Input/product standards • Precautions to be taken • Keeping records 				
3.	Prepare	<u>Preparation of chicken wanton soup:</u> <ul style="list-style-type: none"> • Concept and nutritive value of chicken wanton soup • Healthy preparation procedure • Input/product standards • Precautions to be taken • Keeping records 	1.0	4	5.0	
4.	Prepare chicken mushroom soup.	<u>Preparation of chicken mushroom soup.:</u> <ul style="list-style-type: none"> • . Concept and nutritive value of chicken mushroom soup • Healthy preparation procedure • Input/product standards • Precautions to be taken • Keeping records 	1.0	3	4.0	
5.	Prepare sweet corn soup	<u>Preparation of sweet corn soup:</u> <ul style="list-style-type: none"> • Concept and nutritive value of sweet corn soup • Healthy preparation procedure • Input/product standards • Precautions to be taken • Keeping records 	1.0	3	4.0	
6.	Prepare Man Chau soup	<u>Preparation of Man Chau soup:</u> <ul style="list-style-type: none"> • Concept and nutritive value of Man Chau soup • Healthy preparation procedure • Input/product standards • Precautions to be taken • Keeping records 	0.5	3	3.5	
7.	Prepare noodle soup	<u>Preparation of noodle soup:</u> <ul style="list-style-type: none"> • Concept and nutritive value of noodle soup 	0.5	3	3.5	

		<ul style="list-style-type: none"> • Healthy preparation procedure • Input/product standards • Precautions to be taken • Keeping records 				
		Total:	6	24	30	
Sub module: 5: Preparation of dumplings/momo						
Description: It includes the knowledge and skills related to the preparation of dumplings/momo.						
Objective: <ul style="list-style-type: none"> • To prepare dumplings/momo 						
Tasks: Each task consists of the minimum essential related technical knowledge necessary to carry out that very task.						
			4 hrs. (Th.) + 16 hrs. (Pr.) = 20 hrs.		Time (hours.)	
SN	Tasks/skills	Related technical knowledge	Th.	Pr.	Tot.	
1.	Prepare vegetable Sumai/momo	<u>Preparation of vegetable Sumai/momo:</u> <ul style="list-style-type: none"> • Concept and nutritive value of vegetable Sumai/momo • Healthy preparation procedure • Input/product standards • Precautions to be taken • Keeping records 	0.7	2	2.7	
2.	Prepare Chiken Sumai	<u>Preparation of Chiken Sumai:</u> <ul style="list-style-type: none"> • Concept and nutritive value of Chiken Sumai • Healthy preparation procedure • Input/product standards • Precautions to be taken • Keeping records 	0.7	2	2.7	
3.	Prepare meat kothey.	<u>Preparation of meat kothey.:</u> <ul style="list-style-type: none"> • Concept and nutritive value of meat kothey • Healthy preparation procedure • Input/product standards • Precautions to be taken • Keeping records 	0.7	3	3.7	
4.	Prepare steamed dumpling (momo)	<u>Preparation of steamed dumpling (momo):</u>	0.7	3	3.7	

		<ul style="list-style-type: none"> • Concept and nutritive value of steamed dumpling (momo) • Healthy preparation procedure • Input/product standards • Precautions to be taken • Keeping records 				
5.	Prepare fried crispy wanton	<u>Preparation of fried crispy wanton:</u> <ul style="list-style-type: none"> • Concept and nutritive value of fried crispy wanton • Healthy preparation procedure • Input/product standards • Precautions to be taken • Keeping records 	0.6	3	3.6	
6.	Prepare fried wanton (veg/non veg)	<u>Preparation of fried wanton (veg/non veg):</u> <ul style="list-style-type: none"> • Concept and nutritive value of fried wanton (veg/non veg) • Healthy preparation procedure • Input/product standards • Precautions to be taken • Keeping records 	0.6	3	3.6	
		Total:	4	16	20	
Sub module: 6: Preparation of meat, fish and prawn						
Description: It includes the knowledge and skills related to the preparation of meat, fish and prawn.						
Objective:						
<ul style="list-style-type: none"> • To prepare meat, fish and prawn 						
Tasks: Each task consists of the minimum essential related technical knowledge necessary to carry out that very task.						
18 hrs. (Th.) + 72 hrs. (Pr.) = 90 hrs.			Time (hours.)			
SN	Tasks/skills	Related technical knowledge	Th.	Pr.	Tot.	
1.	Prepare crispy fried fish with hot garlic sauce.	<u>Preparation of crispy fried fish with hot garlic sauce.:</u> <ul style="list-style-type: none"> • Concept and nutritive value of crispy fried fish with hot garlic sauce. 	1.0	4	5.0	

		<ul style="list-style-type: none"> • Healthy preparation procedure • Input/product standards • Precautions to be taken • Keeping records 				
2.	Prepare chicken pork with tofu	<u>Preparation of chicken pork with tofu:</u> <ul style="list-style-type: none"> • Concept and nutritive value of chicken pork with tofu • Healthy preparation procedure • Input/product standards • Precautions to be taken • Keeping records 	1.0	4	5.0	
3.	Prepare fried pork/chicken/fish/prawn with Sichuan sauce	<u>Preparation of fried pork/chicken/fish/prawn with Sichuan sauce:</u> <ul style="list-style-type: none"> • Concept and nutritive value of fried pork/chicken/fish/prawn with Sichuan sauce • Healthy preparation procedure • Input/product standards • Precautions to be taken • Keeping records 	1.0	4	5.0	
4.	Prepare pork/chicken/tenderloin/prawn chilly	<u>Preparation of pork/chicken/tenderloin/prawn chilly:</u> <ul style="list-style-type: none"> • Concept and nutritive value of pork/chicken/tenderloin/prawn chilly • Healthy preparation procedure • Input/product standards • Precautions to be taken • Keeping records 	1.0	4	5.0	
5.	Prepare fried chicken winglet	<u>Preparation of fried chicken winglet:</u> <ul style="list-style-type: none"> • Concept and nutritive value of fried chicken winglet 	1.0	4	5.0	

		<ul style="list-style-type: none"> • Healthy preparation procedure • Input/product standards • Precautions to be taken • Keeping records 				
6.	Prepare chicken/fish Manchurian	<u>Preparation of chicken/fish Manchurian:</u> <ul style="list-style-type: none"> • Concept and nutritive value of chicken/fish Manchurian • Healthy preparation procedure • Input/product standards • Precautions to be taken • Keeping records 	1.0	4	5.0	
7.	Prepare fried prawn	<u>Preparation of fried prawn:</u> <ul style="list-style-type: none"> • Concept and nutritive value of fried prawn • Healthy preparation procedure • Input/product standards • Precautions to be taken • Keeping records 	1.0	4	5.0	
8.	Prepare braised whole fish with hot sauce	<u>Preparation of braised whole fish with hot sauce:</u> <ul style="list-style-type: none"> • Concept and nutritive value of braised whole fish with hot sauce • Healthy preparation procedure • Input/product standards • Precautions to be taken • Keeping records 	1.0	4	5.0	
9.	Prepare sweet and sour pork/chicken/fish	<u>Preparation of sweet and sour pork/chicken/fish:</u> <ul style="list-style-type: none"> • Concept and nutritive value of sweet and sour pork/chicken/fish • Healthy preparation procedure • Input/product standards • Precautions to be taken • Keeping records 	1.0	4	5.0	
10.	Prepare diced fish with green pepper	<u>Preparation of diced fish with</u>	1.0	4	5.0	

		<u>green pepper:</u> <ul style="list-style-type: none"> • Concept and nutritive value of diced fish with green pepper • Healthy preparation procedure • Input/product standards • Precautions to be taken • Keeping records 				
11.	Prepare ginger fried chicken	<u>Preparation of ginger fried chicken:</u> <ul style="list-style-type: none"> • Concept and nutritive value of ginger fried chicken • Healthy preparation procedure • Input/product standards • Precautions to be taken • Keeping records 	1.0	4	5.0	
12.	Prepare fried chicken with cashew nuts	<u>Preparation of fried chicken with cashew nuts:</u> <ul style="list-style-type: none"> • Concept and nutritive value of fried chicken with cashew nuts • Healthy preparation procedure • Input/product standards • Precautions to be taken • Keeping records 	1.0	4	5.0	
13.	Prepare garlic chicken	<u>Preparation of garlic chicken:</u> <ul style="list-style-type: none"> • Concept and nutritive value of garlic chicken • Healthy preparation procedure • Input/product standards • Precautions to be taken • Keeping records 	1.0	3	4.0	
14.	Prepare stir fried chicken.	<u>Preparation of stir fried chicken.:</u> <ul style="list-style-type: none"> • Concept and nutritive value of stir fried chicken. • Healthy preparation procedure • Input/product standards 	1.0	3	4.0	

		<ul style="list-style-type: none"> • Precautions to be taken • Keeping records 				
15.	Prepare soft fried pork chop	<u>Preparation of soft fried pork chop:</u> <ul style="list-style-type: none"> • Concept and nutritive value of soft fried pork chop • Healthy preparation procedure • Input/product standards • Precautions to be taken • Keeping records 	1.0	3	4.0	
16.	Prepare pork slice with garlic/lemon flavor	<u>Preparation of pork slice with garlic/lemon flavor:</u> <ul style="list-style-type: none"> • Concept and nutritive value of pork slice with garlic/lemon flavor • Healthy preparation procedure • Input/product standards • Precautions to be taken • Keeping records 	1.0	3	4.0	
17.	Prepare shredded chicken with Sichwan sauce	<u>Preparation of shredded chicken with Sichwan sauce:</u> <ul style="list-style-type: none"> • Concept and nutritive value of shredded chicken with Sichwan sauce • Healthy preparation procedure • Input/product standards • Precautions to be taken • Keeping records 	0.5	3	3.5	
18.	Prepare fish/meat balls	<u>Preparation of fish/meat balls:</u> <ul style="list-style-type: none"> • Concept and nutritive value of fish/meat balls • Healthy preparation procedure • Input/product standards • Precautions to be taken • Keeping records 	0.5	3	3.5	
19.	Prepare goal coins(non-veg.)	<u>Preparation of goal coins(non-veg.):</u> <ul style="list-style-type: none"> • Concept and nutritive value of goal coins(non- 	0.5	3	3.5	

		veg.)				
		<ul style="list-style-type: none"> • Healthy preparation procedure • Input/product standards • Precautions to be taken • Keeping records 				
20.	Prepare spring roll(non-veg.)	<u>Preparation of spring roll(non-veg.):</u> <ul style="list-style-type: none"> • Concept and nutritive value of spring roll(non-veg.) • Healthy preparation procedure • Input/product standards • Precautions to be taken • Keeping records 	0.5	3	3.5	
		Total:	18	72	90	
Sub module: 7: Preparation of vegetables						
	Description: It includes the knowledge and skills related to the preparation of vegetables.					
	Objective: <ul style="list-style-type: none"> • To prepare Vegetables 					
	Tasks: Each task consists of the minimum essential related technical knowledge necessary to carry out that very task.					
	16 hrs. (Th.) + 64 hrs. (Pr.) = 80 hrs.			Time (hours.)		
SN	Tasks/skills	Related technical knowledge	Th.	Pr.	Tot.	
1.	Prepare potato with red chilly	<u>Preparation of potato with red chilly:</u> <ul style="list-style-type: none"> • Concept and nutritive value of potato with red chilly • Healthy preparation procedure • Input/product standards • Precautions to be taken • Keeping records 	1	4	5	
2.	Prepare eggplant with oyster sauce	<u>Preparation of eggplant with oyster sauce:</u> <ul style="list-style-type: none"> • Concept and nutritive value of eggplant with oyster sauce • Healthy preparation procedure 	1	4	5	

		<ul style="list-style-type: none"> • Input/product standards • Precautions to be taken • Keeping records 				
3.	Prepare stir-fried vegetable	<u>Preparation of stir-fried vegetable:</u> <ul style="list-style-type: none"> • Concept and nutritive value of stir-fried vegetable • Healthy preparation procedure • Input/product standards • Precautions to be taken • Keeping records 	1	4	5	
4.	Prepare broccoli mushroom	<u>Preparation of broccoli mushroom:</u> <ul style="list-style-type: none"> • Concept and nutritive value of broccoli mushroom • Healthy preparation procedure • Input/product standards • Precautions to be taken • Keeping records 	1	4	5	
5.	Prepare mushroom tofu	<u>Preparation of mushroom tofu:</u> <ul style="list-style-type: none"> • Concept and nutritive value of mushroom tofu • Healthy preparation procedure • Input/product standards • Precautions to be taken • Keeping records 	1	4	5	
6.	Prepare fried baby corn.	<u>Preparation of fried baby corn.:</u> <ul style="list-style-type: none"> • Concept and nutritive value of fried baby corn. • Healthy preparation procedure • Input/product standards • Precautions to be taken • Keeping records 	1	4	5	
7.	Prepare vegetable Manchurian	<u>Preparation of vegetable Manchurian:</u> <ul style="list-style-type: none"> • Concept and nutritive 	1	4	5	

		<p>value of vegetable Manchurian</p> <ul style="list-style-type: none"> • Healthy preparation procedure • Input/product standards • Precautions to be taken • Keeping records 				
8.	Prepare Chinese cabbage with Soya and garlic	<p><u>Preparation of Chinese cabbage with Soya and garlic:</u></p> <ul style="list-style-type: none"> • Concept and nutritive value of Chinese cabbage with Soya and garlic • Healthy preparation procedure • Input/product standards • Precautions to be taken • Keeping records 	1	4	5	
9.	Prepare slice vegetable with mushroom and bamboo shoot	<p><u>Preparation of slice vegetable with mushroom and bamboo shoot:</u></p> <ul style="list-style-type: none"> • Concept and nutritive value of slice vegetable with mushroom and bamboo shoot • Healthy preparation procedure • Input/product standards • Precautions to be taken • Keeping records 	1	4	5	
10.	Prepare Ma-Tofu (bean curd) spring onion with oyster sauce	<p><u>Preparation of Ma-Tofu (bean curd) spring onion with oyster sauce:</u></p> <ul style="list-style-type: none"> • Concept and nutritive value of Ma-Tofu (bean curd) spring onion with oyster sauce • Healthy preparation procedure • Input/product standards • Precautions to be taken • Keeping records 	1	4	5	
11.	Prepare braised mixed vegetables of garlic and Soya	<p><u>Preparation of braised mixed vegetables of garlic and Soya:</u></p> <ul style="list-style-type: none"> • Concept and nutritive 	1	4	5	

		<p>value of braised mixed vegetables of garlic and Soya</p> <ul style="list-style-type: none"> • Healthy preparation procedure • Input/product standards • Precautions to be taken • Keeping records 				
12.	Prepare stir fried black mushroom with garlic sauce	<p><u>Preparation of stir fried black mushroom with garlic sauce:</u></p> <ul style="list-style-type: none"> • Concept and nutritive value of stir fried black mushroom with garlic sauce • Healthy preparation procedure • Input/product standards • Precautions to be taken • Keeping records 	1	4	5	
13.	Prepare whole corn salad	<p><u>Preparation of whole corn salad:</u></p> <ul style="list-style-type: none"> • Concept and nutritive value of whole corn salad • Healthy preparation procedure • Input/product standards • Precautions to be taken • Keeping records 	1	4	5	
14.	Prepare spinach Sesame	<p><u>Preparation of spinach Sesame:</u></p> <ul style="list-style-type: none"> • Concept and nutritive value of spinach Sesame • Healthy preparation procedure • Input/product standards • Precautions to be taken • Keeping records 	1	4	5	
15.	Prepare goal coins(veg.)	<p><u>Preparation of goal coins(veg.):</u></p> <ul style="list-style-type: none"> • Concept and nutritive value of goal coins(veg.) • Healthy preparation procedure • Input/product standards 	1	4	5	

		<ul style="list-style-type: none"> • Precautions to be taken • Keeping records 				
16.	Prepare spring roll(veg.)	<u>Preparation of spring roll(veg.):</u> <ul style="list-style-type: none"> • Concept and nutritive value of spring roll(veg.) • Healthy preparation procedure • Input/product standards • Precautions to be taken • Keeping records 	1	4	5	
		Total:	16	64	80	
Sub module: 8: Preparation of desserts and cold food						
	Description: It includes the knowledge and skills related to the preparation of desserts / cold food.					
	Objective: <ul style="list-style-type: none"> • To prepare Desserts and cold food 					
	Tasks: Each task consists of the minimum essential related technical knowledge necessary to carry out that very task.					
	8 hrs. (Th.) + 32 hrs. (Pr.) = 40 hrs.		Time (hours.)			
SN	Tasks/skills	Related technical knowledge	Th.	Pr.	Tot.	
1.	Prepare shredded chicken with Sichuan sauce	<u>Preparation of shredded chicken with Sichuan sauce:</u> <ul style="list-style-type: none"> • Concept and nutritive value of shredded chicken with Sichuan sauce • Healthy preparation procedure • Input/product standards • Precautions to be taken • Keeping records 	0.7	3	3.7	
2.	Prepare traditional mix vegetable	<u>Preparation of traditional mix vegetable:</u> <ul style="list-style-type: none"> • Concept and nutritive value of traditional mix vegetable • Healthy preparation procedure • Input/product standards • Precautions to be taken • Keeping records 	0.7	3	3.7	
3.	Prepare kidney bean with potato	<u>Preparation of kidney bean with potato:</u> <ul style="list-style-type: none"> • Concept and nutritive 	0.6	3	3.6	

		<p>value of kidney bean with potato</p> <ul style="list-style-type: none"> • Healthy preparation procedure • Input/product standards • Precautions to be taken • Keeping records 				
4.	Prepare orange jelly	<p><u>Preparation of orange jelly :</u></p> <ul style="list-style-type: none"> • Concept and nutritive value of orange jelly • Healthy preparation procedure • Input/product standards • Precautions to be taken • Keeping records 	0.6	3	3.6	
5.	Prepare chocolate mousse	<p><u>Preparation of chocolate mousse:</u></p> <ul style="list-style-type: none"> • Concept and nutritive value of chocolate mousse • Healthy preparation procedure • Input/product standards • Precautions to be taken • Keeping records 	0.6	3	3.6	
6.	Prepare diced apple with honey	<p><u>Preparation of diced apple with honey:</u></p> <ul style="list-style-type: none"> • Concept and nutritive value of diced apple with honey • Healthy preparation procedure • Input/product standards • Precautions to be taken • Keeping records 	0.6	3	3.6	
7.	Prepare cucumber garlic	<p><u>Preparation of cucumber garlic:</u></p> <ul style="list-style-type: none"> • Concept and nutritive value of cucumber garlic • Healthy preparation procedure • Input/product standards • Precautions to be taken • Keeping records 	0.6	2	2.6	
8.	Prepare mixed flavored cashewnut	<p><u>Preparation of mixed flavored</u></p>	0.6	2	2.6	

		<u>cashewnut:</u> <ul style="list-style-type: none"> • Concept and nutritive value of mixed flavored cashewnut • Healthy preparation procedure • Input/product standards • Precautions to be taken • Keeping records 				
9.	Prepare peanuts vinegar.	<u>Preparation of peanuts vinegar.:</u> <ul style="list-style-type: none"> • Concept and nutritive value of peanuts vinegar. • Healthy preparation procedure • Input/product standards • Precautions to be taken • Keeping records 	0.6	2	2.6	
10.	Prepare sweet cashewnut	<u>Preparation of sweet cashewnut:</u> <ul style="list-style-type: none"> • Concept and nutritive value of sweet cashewnut • Healthy preparation procedure • Input/product standards • Precautions to be taken • Keeping records 	0.6	2	2.6	
11.	Prepare Pancake with ice-cream	<u>Preparation of Pancake with ice-cream:</u> <ul style="list-style-type: none"> • Concept and nutritive value of Pancake with ice-cream • Healthy preparation procedure • Input/product standards • Precautions to be taken • Keeping records 	0.6	2	2.6	
12.	Prepare Litchi with ice-cream	<u>Preparation of Litchi with ice-cream:</u> <ul style="list-style-type: none"> • Concept and nutritive value of Litchi with ice-cream • Healthy preparation procedure 	0.6	2	2.6	

		<ul style="list-style-type: none"> • Input/product standards • Precautions to be taken • Keeping records 				
13.	Prepare Crispy Dice Apple / Banana Toffe	<u>Preparation of Crispy Dice Apple / Banana Toffe:</u> <ul style="list-style-type: none"> • Concept and nutritive value of Crispy Dice Apple / Banana Toffe • Healthy preparation procedure • Input/product standards • Precautions to be taken • Keeping records 	0.6	2	2.6	
		Total:	8	32	40	
		All total:				

Physical Facilities

The theory class rooms at least should have area of 10 square feet per trainee and in the workshop it should be at least of 30 square feet per trainees. All the rooms and laboratory should be well illuminated and ventilated.

- Well equipped workshop with adequate space 1 (No.)
- Well furnished class room with adequate space 1 (No.)
- Office room equipped with modern facilities 1 (No.)
- Principle room equipped with modern facilities 1 (No.)
- Reception room equipped with modern facilities 1 (No.)
- Store room 1 (No.)

Tools and Equipment

Basket (5 nos.)	Bata (10 nos.)	Broom (10 nos.)	Butcher Knife (10 nos.)
Chop sticks and spoon (20 sets)	Chef knife (10 nos.)	Chopping Board (10 nos.)	Cold dish plate (10 nos.)
Cooker (3 nos.)	Cooking pot (10 nos.)	Colander (10 nos.)	Dust bin (10 nos.)
Freeze/D freeze (1/1 nos.)	Fry pan (10 nos.)	Full plate (12 nos.)	Glass (10 nos.)
Half plate (12 nos.)	Hot case (5 nos.)	Kitchen duster (10 nos.)	Kitchen rack (3 nos.)
Kitchen knife set (10 nos.)	Kitchen knife/fork (10 nos.)	Ladder (10 nos.)	Micro oven (2 nos.)
Mixer grinder (2 nos.)	Mope (5 nos.)	Peelar (10 nos.)	Quarter plate (12 nos.)
Sauce boat (20 nos.)	Saucers (20 nos.)	Sieve (5 nos.)	Spider (5 nos.)
Spatula wooden (10 nos.)	Service spoon (24 nos.)	Serving plate (24 nos.)	Soup bowl (20 nos.)
Soup container (10 nos.)	Spices bowl (10 nos.)	Stove/gas/kerosene (4 nos.)	Turner (10 nos.)
Vegetable knife (10 nos.)	Washbasin (4 nos.)	Working table (5 nos.)	Wok/kadai (5 nos.)