

Shri Rawatpura Sarkar University, Raipur



Examination Scheme & Syllabus

For

BBA

(Hotel Management)

Semester-(I)

(Effective from the session: 2022-23)

BBA Hotel Management Programme

Scheme of Teaching and Examination

BBAHM First Semester

Choice Based Credit System (CBCS)

(Effective from the Academic Year 2022-2023)

S.No	Course Code	Course Title	Hours / Week			Credits	Maximum Marks			Sem End Exam Duration (Hrs)
			L	T	P		Continuous Evaluation	Sem End Exam	Total	
1	BBAHM101T	Basics of Food Production I	3	1	-	4	30	70	100	3
2	BBAHM101P	Basics of Food Production I	-	-	2	1	30	70	100	-
3	BBAHM102T	Basics of Food & Beverage Service I	3	1	-	4	30	70	100	3
4	BBAHM102P	Basics of Food & Beverage Service I	-	-	2	1	30	70	100	-
5	BBAHM103T	Basics of Hotel Housekeeping I	3	1	-	4	30	70	100	3
6	BBAHM103P	Basics of Hotel Housekeeping I	-	-	2	1	30	70	100	-
7	BBAHM104T	Basics of Front Office-I	3	1	-	4	30	70	100	3
8	BBAHM104P	Basics of Front Office-I	-	-	2	1	30	70	100	-
9	BBAHM105T	General English & Communication	-	-	2	2	30	70	100	3
10	BBAHM106T	Nutrition	2	-	-	2	30	70	100	3
						24			1000	



BBA
(Hotel Management)
Semester-(I)
2022-23

Course Title	Basics of Food Production – I (Theory)				
Course Code	BBAM101T				
Course Credits	L	T	P	TC	
	3	1	1	5	
Prerequisites	Basic concept of food production				
Course Objectives	Develop knowledge & interest in basic Indian food production & prepare students for each food production and service roles.				
Course Contents	<p style="text-align: center;">UNIT – I</p> <p style="text-align: center;">INTRODUCTION TO COOKERY</p> <p>A. Origin of Modern Cookery & Culinary History B. Levels of skills and experiences C. Attitudes and behavior in the kitchen D. Personal hygiene E. Uniforms & protective clothing F. Safety procedure in handling equipment</p> <p style="text-align: center;">UNIT – II</p> <p style="text-align: center;">HIERARCHY AREA OF DEPARTMENT AND KITCHEN</p> <p>A. Classical Brigade B. Modern staffing in various category hotels C. Roles of executive chef D. Duties and responsibilities of various chefs E. Co-operation with other departments Selection of title</p> <p style="text-align: center;">UNIT – III</p> <p style="text-align: center;">AIMS & OBJECTS OF COOKING FOOD</p> <p>A. Aims and objectives of cooking food B. Various textures</p>				



BBA
(Hotel Management)
Semester-(I)
2022-23

- C. Various consistencies
- D. Techniques used in pre-preparation
- E. Techniques used in preparation
- F. List of culinary (common and basic) terms
- G. Explanation with example

UNIT – IV

BASIC PRINCIPLES OF FOOD PRODUCTION – I

i) VEGETABLE AND FRUIT COOKERY

- A. Introduction – classification of vegetables
- B. Pigments and colour changes
- C. Effects of heat on vegetables
- D. Cuts of vegetables
- E. Classification of fruits
- F. Uses of fruit in cookery
- G. Salads and salad dressings

ii) STOCKS

- A. Definition of stock
- B. Types of stock
- C. Preparation of stock
- D. Recipes
- E. Storage of stocks
- F. Uses of stocks
- G. Care and precautions

iii) SAUCES

- A. Classification of sauces
- B. Recipes for mother sauces
- C. Storage & precautions

iv) SOUPS

- A. Classification with examples
- B. Basic recipes of Consommé with 10 Garnishes



BBA
(Hotel Management)
Semester-(I)
2022-23

	<p style="text-align: center;">UNIT – V</p> <p style="text-align: center;">METHODS OF COOKING FOOD</p> <p>A. Roasting B. Grilling C. Frying D. Baking E. Broiling F. Poaching G. Boiling</p> <ul style="list-style-type: none">• Principles of each of the above• Care and precautions to be taken• Selection of food for each type of cooking
Course Outcomes	<p>Course Outcome: Student will be able to</p> <ol style="list-style-type: none">1. Develop knowledge & interest in basic Indian food production.2. Know different equipment used in cooking.3. Understand basic skills required in the food production department4. The students after completing the Diploma Hotel Management Studies will be competently skilled in taking up operational and supervisory roles in all the four core areas of the Hotel Industry.5. Student will be able to understand basic principles of baking
Text Books	<ol style="list-style-type: none">1. Food Production Operations Book by Chef Parvinder S Bali2. International Cuisine & Food Production Management by Chef Parvinder S Bali3. Theory of Cookery by chef Krishna Arora
Reference Books	<ol style="list-style-type: none">1. Quantity Food Production Operations and Indian Cuisine2. Theory of Bakery and Patisserie by Parvinder S Bali3. Principles of Food Production Operation by Yogesh Sinha.



BBA
(Hotel Management)
Semester-(I)
2022-23

Assignments	<p>Assignment 1: Write about 10 famous chefs in world</p> <p>Assignment 2: Write about different equipments used in kitchen and classify them with pictures</p> <p>Assignment 3: Write about weight and volume equivalents</p> <p>Assignment 4: Write about different methods of cooking used with example of each method</p> <p>Assignment 5: Write on hygiene and skills required in kitchen</p>
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BBA
(Hotel Management)
Semester-(I)
2022-23

Course Title	Basics of Food Production – I (Practical)		
Course Code	BBAHM101P		
S.No	Topic	Method	Hours
1	i)Equipments - Identification, Description, Uses & handling ii) Hygiene - Kitchen etiquettes, Practices & knife handling iii) Safety and security in kitchen	Demonstrations & simple applications	2
2	Vegetables – classification ii) Cuts - julienne, jardinière, macedoines, brunoise, payssane, mignonette, dices, cubes, shred, mirepoix iii) Preparation of salad dressings	Demonstrations & simple applications by students	2
3	Egg cookery - Preparation of variety of egg dishes Boiled (Soft & Hard) Fried (Sunny side up, Single fried, Bull’s Eye, Double fried) Poaches Scrambled Omelet (Plain, Stuffed, Spanish) En cocotte (eggs Benedict)	Demonstrations & simple applications by students	2
4	Simple Salads & Soups: Cole slaw, Potato salad, Beet root salad, Green salad, Fruit salad,	Demonstrations & simple applications by students	2
5	BREAD MAKING Demonstration & Preparation of Simple and enriched bread recipes Bread Loaf (White and Brown) Bread Rolls (Various shapes) French Bread Brioche	Demonstrations & simple applications by students	2
6	6 Sauces - Basic mother sauces Béchamel Espagnole Veloute Hollandaise Mayonnaise Tomato	Demonstrations & simple applications	2
7	SOUPS A. Classification with examples B. Basic recipes of Consommé with 10 Garnishes	Demonstrations & simple applications by students	2



BBA
(Hotel Management)
Semester-(I)
2022-23

Course Title	BASIC OF FOOD AND BEVERAGE SERVICE – I (Theory)				
Course Code	BBAHM102T				
Course Credits	L	T	P	TC	
	3	1	1	5	
Prerequisites	Basic knowledge of Food & Beverage.				
Course Objectives	The objective of Food Production is concerned with planning, directing and controlling the kind, amount, location, movement and timing of various flows of Food Production used in and produced by the process.				
Course Contents	<p>UNIT – I</p> <p>THE HOTEL & CATERING INDUSTRY</p> <p>A. Introduction to the Hotel Industry and Growth of the hotel Industry in India B. Role of Catering establishment in the travel/tourism industry C. Types of F&B operations D. Classification of Commercial, Residential/Non-residential E. Welfare Catering - Industrial/Institutional/Transport such as air, road, rail, sea, etc. F. Structure of the catering industry - a brief description of each</p> <p>UNIT – II</p> <p>DEPARTMENTAL ORGANISATION & STAFFING</p> <p>A. Organization of F&B department of hotel B. Principal staff of various types of F&B operations C. French terms related to F&B staff D. Duties & responsibilities of F&B staff E. Attributes of a waiter F. Inter-departmental relationships (Within F&B and other department)</p> <p>UNIT – III</p> <p>FOOD SERVICE AREAS (F & B OUTLETS)</p> <p>A. Specialty Restaurants B. Coffee Shop C. Cafeteria</p>				



BBA
(Hotel Management)
Semester-(I)
2022-23

- D. Fast Food (Quick Service Restaurants)
- E. Grill Room
- F. Banquets
- G. Bar
- H. Vending Machines
- I. Discotheque

II ANCILLIARY DEPARTMENTS

- A. Pantry
- B. Food pick-up area
- C. Store
- D. Linen room
- E. Kitchen stewarding

UNIT – IV

F & B SERVICE EQUIPMENT

Familiarization & Selection factors of: -

- Cutlery
- Crockery
- Glassware
- Flatware
- Hollowware
- All other equipment used in F&B Service
- French terms related to the above

UNIT – V

NON-ALCOHOLIC BEVERAGES

- Classification (Nourishing, Stimulating and Refreshing beverages)

A. Tea –

Origin & Manufacture - Types & Brands

B. Coffee –



BBA
(Hotel Management)
Semester-(I)
2022-23

	<p>Origin & Manufacture - Types & Brands</p> <p>C. Juices and Soft Drinks</p> <p>D. Cocoa & Malted Beverages –</p> <p>Origin & Manufacture</p>
Course Outcomes	<p>Course Outcomes: Student will be able to</p> <ol style="list-style-type: none"> 1. Develop knowledge & interest in Food and Beverage Service basic practices. 2. Know different equipment used in Restaurant 3. Understand basic skills required in the Food and Beverage Service department. 4. To know and understand and make the various cocktails using alcoholic and non alcoholic beverages. 5. To know about the buffet service and equipments.
Text Books	<ol style="list-style-type: none"> 1. Food & Beverage Service Book by R. Singaravelavan. 2. Food & Beverage Management by Peter Alcott
Reference Books	<p>Recommended</p> <ol style="list-style-type: none"> 1. Food & Beverage Service Book by R. Singaravelavan. 2. Food & Beverage Service by John Cousin.
Practical	<ol style="list-style-type: none"> 1. Mise en Place Activity 2. Silver Service/ Serving Lunch 3. Handling of Tray and Salver 4. Rules of Laying a guest Table 5. Room Service Tray and Trolley Setup 6. Setting Up Various Buffets 7. Dining Etiquettes & Table Manners 8. Pantry Operations 9. Service of Indian & Regional Dishes
Assignment	<p>Assignment 1: To find 02 suppliers of Restaurant equipments in Raipur city.</p> <p>Assignment 2: To find the prices of various equipments used in restaurant.</p> <p>Assignment 3: Collect at least 2 menus each of – Indian Restaurants, Institutional and Industrial canteens</p> <p>Assignment 4: Plan an Indian menu for a restaurant.</p> <p>Assignment 5: To identify different types of services used in various Food and beverage outlets in Raipur city (any 05)</p>



BBA
(Hotel Management)
Semester-(I)
2022-23

Course Title	BASIC OF FOOD AND BEVERAGE SERVICE – I (Practical)	
Course Code	BBAHM102P	
Prerequisites	Basic knowledge of Food & Beverage.	
Course Objective	Food and Beverage Services <i>covers</i> all the aspects of food and beverage department starting from understanding of the industry, organization of the department, menu served, various service procedures, managing cordial relations with customers	
S.No	Topic	Hours
1	Food Service areas – Induction & Profile of the areas	2
2	Ancillary F&B Service areas – Induction & Profile of the areas	2
3	Familiarization of F&B Service equipment	2
4	Care & Maintenance of F&B Service equipment	2
5	Coffee - Preparation & Service	2
6	Basic Technical Skills Task-01: Holding Service Spoon & Fork Task-02: Carrying a Tray / Salver Task-03: Laying a Table Cloth Task-04: Changing a Table Cloth during service Task-05: Placing meal plates & Clearing soiled plates Task-06: Stocking Sideboard Task-07: Service of Water Task-08: Using Service Plate & Crumbing Down Task-09: Napkin Folds Task-10: Changing dirty ashtray Task-11: Cleaning & polishing glassware	2
7	Tea – Preparation & Service	2
8	Juices & Soft Drinks - Preparation & Service · Mock tails · Juices, Soft drinks, Mineral water, Tonic water	2



BBA
(Hotel Management)
Semester-(I)
2022-23

Course Title	BASICS OF HOUSEKEEPING – I (Theory)				
Course Code	BBAHM103T				
Course Credits	L	T	P	TC	
	3	1	1	6	
Prerequisites	Basic knowledge of House Keeping operation management.				
Course Objective	<ul style="list-style-type: none"> • Provide an overview of the key issues of housekeeping and maintenance management. • Understand the theoretical and practical knowledge that constitutes the work of housekeeping • Illustrate the complexities and demands of working in the industry through the scope of housekeeping 				
Course Contents	<p>UNIT – I</p> <p>A.THE ROLE OF HOUSEKEEPING IN HOSPITALITY OPERATION Role of Housekeeping in Guest Satisfaction and Repeat Business</p> <p>B.ORGANISATION CHART OF THE HOUSEKEEPING DEPARTMENT</p> <p>A. Hierarchy in small, medium, large and chain hotels B. Identifying Housekeeping Responsibilities C. Personality Traits of housekeeping Management Personnel. D. Duties and Responsibilities of Housekeeping staff E. Layout of the Housekeeping Department</p> <p>UNIT – II</p> <p>CLEANING ORGANISATION</p> <p>A. Principles of cleaning, hygiene and safety factors in cleaning B. Methods of organizing cleaning C. Frequency of cleaning daily, periodic, special D. Design features that simplify cleaning E. Use and care of Equipment</p> <p>UNIT – III</p> <p>CLEANING AGENTS</p> <p>A. General Criteria for selection B. Classification</p>				



BBA
(Hotel Management)
Semester-(I)
2022-23

	<p>C. Polishes D. Floor seats E. Use, care and Storage F. Distribution and Controls G. Use of Eco-friendly products in Housekeeping</p> <p>UNIT – IV COMPOSTION, CARE AND CLEANING OF DIFFERENT SURFACES</p> <p>A. Metals B. Glass C. Leather, Leatherites, Rexines D. Plastic E. Ceramics F. Wood G. Wall finishes H. Floor finishes</p> <p>UNIT – V INTER DEPARTMENTAL RELATIONSHIP</p> <p>A. With Front Office B. With Maintenance C. With Security D. With Stores E. With Accounts F. With Personnel G. Use of Computers in House Keeping department</p>
Course Outcomes	<ol style="list-style-type: none">1. Develop knowledge & interest in basic practices of Housekeeping2. Know different equipment used in Housekeeping3. Understand basic skills required in the Housekeeping department.4. To understand the tactics of Handling Guest Complaints at Housekeeping department.5. To find out environmental friendly practices in housekeeping department
Text Books	<ol style="list-style-type: none">1. Hotel House Keeping Operations and Management by G. Raghubalan and Smritee Raghubalan



BBA
(Hotel Management)
Semester-(I)
2022-23

	<ol style="list-style-type: none">2. House keeping Management by Matt A. Casado3. Managing House Keeping Operations by Aleta Nitschke and William D. Frye
Reference Books	<ol style="list-style-type: none">1. Hotel House Keeping operations by Sailender Rai and Rohit Bisht2. Hotel Hospital and Hostel House Keeping by Joan C Branson3. Front Office Operations – Colin Dix & Chris Baird.
Assignments	<p>Assignment 1: Name and draw the Diagrams of 10 Manual Cleaning equipments along with their usage</p> <p>Assignment 2: Name and draw the Diagrams of 10 Mechanical Cleaning equipments along with their usage</p> <p>Assignment 3: Draw the Layout of Housekeeping Department and briefly explain its sections. Assignment 4: Draw the Hierarchy / Organizational structure of Housekeeping department of Small, Medium and Large sized Hotels.</p> <p>Assignment 5: Name the Facilities and Amenities offered in guest room by Hotels and explain in brief.</p> <p>Assignment 6: Write in brief about the different functions of Housekeeping Department.</p>



BBA
(Hotel Management)
Semester-(I)
2022-23

Course Title	BASICS OF HOUSEKEEPING – I (Practical)	
Course Code	BBAHM103P	
Prerequisites	Basic knowledge of Accommodation operation management.	
Course Objective	The objective of this course is to make student understand about how to achieve organizational goals	
S.No	Topic	Hours
1	Sample Layout of Guest Rooms <ul style="list-style-type: none">• Single room• Double room• Twin room• Suite	2
2	Guest Room Supplies and Position <ul style="list-style-type: none">• Standard room• Suite• VIP room special amenities	2
3	Cleaning Equipment-(manual and mechanical) Familiarization <ul style="list-style-type: none">• Different parts• Function• Care and maintenance	2
4	Cleaning Agent <ul style="list-style-type: none">• Familiarization according to classification• Function	2
5	Maid's trolley <ul style="list-style-type: none">• Contents• Trolley setup	2
6	Familiarizing with different types of Rooms, facilities and surfaces <ul style="list-style-type: none">• Twin/ double• Suite• Conference etc	2



BBA
(Hotel Management)
Semester-(I)
2022-23

Course Title	Basic Front Office- I (Theory)				
Course Code	BBAHM104T				
Course Credits	L	T	P	TC	
	3	1	1	6	
Prerequisites	Basic Fundamentals of Front Office.				
Course Objectives	At the end of the semester the students will be able to – Understand the various types of hotels and their features Explain the structure of Front Office Department Develop clear concept about Accommodation facilities Handle Reservation activities Deal effectively with Guests & Colleagues Maintain Personal Care & Safety.				
Course Contents	<p>UNIT – I INTRODUCTION TO TOURISM, HOSPITALITY & HOTEL INDUSTRY</p> <p>A. Tourism and its importance B. Hospitality and its origin C. Hotels, their evolution and growth D. Brief introduction to hotel core areas with special reference to Front Office.</p> <p>UNIT – II CLASSIFICATION OF HOTELS</p> <p>A. Size B. Star C. Location & clientele D. Ownership basis E. Independent hotels F. Management contracted hotel G. Chains H. Franchise/Affiliated I. Supplementary accommodation J. Time shares and condominium</p> <p>UNIT – III TYPES OF ROOMS</p> <p>A. Single B. Double C. Twin</p>				



BBA
(Hotel Management)
Semester-(I)
2022-23

	<p>D. Suits</p> <p>TIME SHARE & VACATION OWNERSHIP</p> <p>A. What is time share? Referral chains & condominiums B. How is it different from hotel business? C. Classification of timeshares D. Types of accommodation and their size</p> <p>UNIT – IV</p> <p>FRONT OFFICE ORGANIZATION</p> <p>A. Function areas B. Front office hierarchy C. Duties and responsibilities D. Personality traits.</p> <p>BELL DESK</p> <p>A. Functions B. Procedures and records</p> <p>UNIT – V</p> <p>HOTEL ENTRANCE, LOBBY AND FRONT OFFICE</p> <p>A. Layout B. Front office equipment (non automated, semi-automated and automated)</p>
<p>Course Outcomes</p>	<ol style="list-style-type: none">1. Have an understanding of the modern day history of the hotel industry and the factors that drive the industry2. Able to articulate the difference in ownership and management in the hotel industry3. Have an understanding of the importance of forecasting, revenue management and reservation technologies and the impact it has on a hotel4. To have a basic understanding of customer service and the confidence level to handle customer complaints



BBA
(Hotel Management)
Semester-(I)
2022-23

	<p>5. Follow basic hotel accounting procedures ranging from posting accounts to conducting cash and check transactions at the front desk</p>
Text Books	<p>1. Legal Aspect of Hospitality Management Second Edition, By John E.H. Sherry, Publisher Wiley & sons</p> <p>2. Hospitality Management: Current Trends & Practices by Dr. JM Negi, Amity University Press, New Delhi</p> <p>3. Front Office Management by Mr. Sbhil Nagar</p> <p>4. Front Office by Abbott, Butter Worth Hiemann</p>
Reference Books	<p>1. Front Office Operations: Jatashankar Tewari</p> <p>2. Front Office Management by Bardi, John Willy and Sons</p>
Assignments	<p>Assignment 1: Write names of 50 countries along with names of their Continents, Capital Cities and Currencies.</p> <p>Assignment 2: Write names of all States and Union Territories of India along with names of their Capital Cities, Languages and Chief Ministers.</p> <p>Assignment 3: Write names of 50 Best International Airports along with their Locations and Name of Countries.</p> <p>Assignment 4: Writes names of 50 Best Tourist Destinations of the world along with their Locations and Names of Countries.</p> <p>Assignment 5: Writes names of 50 Best Tourist Destinations in India along with their Locations and Names of States.</p> <p>Assignment 6: Write names of 25 International Hotel Chains along with their countries of Origin.</p>



BBA
(Hotel Management)
Semester-(I)
2022-23

Course Title	Basic Front Office – I (Practical)	
Course Code	BBAHM104P	
Prerequisites	Explain and discuss front office accounting procedures, checkout and settlement procedures, night audit functions and verification	
Course Objective	The objective of this course is to make student understand about understanding of the modern day history of the hotel industry and the factors that drive the industry	
S.No	Topic	Hours
1	Appraisal of front office equipment and furniture	2
2	Rack, Front desk counter & bell desk	2
3	Filling up of various Performa	2
4	Welcoming of guest	2
5	Telephone handling	2
6	Role play: <ul style="list-style-type: none">• Reservation• Arrivals• Luggage handling• Message and mail handling• Paging	2



BBA
(Hotel Management)
Semester-(I)
2022-23

Course Title	General English and Communication (Theory)				
Course Code	BBAHM105T				
Course Credits	L	T	P	TC	
		2		2	
Prerequisites	Basic Communication Knowledge for smooth operations				
Course Objectives	<ul style="list-style-type: none"> • The student will be able to understand communication process • The student will be able to understand Communication Effectiveness. • The student will able to identify various issues in business communication 				
Course Contents	<p>UNIT – I INTRDUCTION TO COMMUNICATION A. Meaning B. Nature C. Types of communication D. Scope of communication E. Barriers to effective communication F. Active Listening Skills</p> <p>UNIT – II EFFECTIVE PRESENTATION SKILL A. Effective presentation skills B. Preparing and delivering presentations C. Elements of effective presentations D. Non verbal communication E. Body language F. Gesture and hand movements</p> <p>UNIT – III BUSINESS COMMUNICATION A. Principles of business communication B. Forming Paragraphs C. Memos D. E-mails E. Letters</p>				



BBA
(Hotel Management)
Semester-(I)
2022-23

	<p>UNIT – IV</p> <ul style="list-style-type: none">A. Channels of CommunicationB. Types of CommunicationC. Dimensions of CommunicationD. Barriers to communicationE. Principles of CommunicationF. Importance of Business Communication <p>UNIT – V</p> <p>Spoken Skills, Conducting Presentation, oral presentation debates, speeches interviews, Group Discussion, Listening: Importance of listening, Types of Listening, Develop Listening Skills</p>
Course Outcomes	<ul style="list-style-type: none">1. Apply the practical knowledge of using action words in sentence construction2. Apply and analyze the right kind of pronunciation with regards to speech sounds and able to get different types of pronunciations.3. Understand the importance of pronunciation and apply the same day to day conversation.4. Students will increase their reading speed and comprehension of academic articles5. Analyze the different parameters and formats of written technical communication and apply in everyday work and life.
Text Books	<ul style="list-style-type: none">1. Food Science and Nutrition by Sunetra Roday2. Prescription for Nutritional Healing Pgylis A Balch
Reference Books	<ul style="list-style-type: none">1. The Science of Nutrition: Debunk the Diet Myths and Learn How to Eat Well for Health and Happiness Alexander by Book by Rhiannon Lambert2. Fundamentals of Food and Nutrition by Teejmeet Rekhi & Heena Yadav3. Food and Nutrition by Don Ross.
Assignment	<p>Assignment 1 Read newspaper articles related to hospitality</p> <p>Assignment 2 Letter writing</p> <p>Assignment 3 Writing memorandum</p> <p>Assignment 4 Writing a notice</p> <p>Assignment 5 Role play about how to improve communication</p> <p>Assignment 6 Role play about how to eliminate gap while doing business communication</p>



BBA
(Hotel Management)
Semester-(I)
2022-23

Course Title	Nutrition (Theory)				
Course Code	BBAHM106T				
Course Credits	L	T	P	TC	
		2		2	
Prerequisites	Utilize knowledge from foundational sciences as a basis for understanding the role of food and nutrients in health and disease.				
Course Objectives	This covers the areas of foods and nutrition from a scientific approach. Studies prepare students for many science, dietetics, food industry, and health-related careers. Producing, processing, preparing, evaluating, and using food are all aspects of this field.				
Course Contents	<p>UNIT – I</p> <p>BASIC ASPECTS</p> <p>A. Definition of the terms Health, Nutrition and Nutrients</p> <p>B. Importance of Food – (Physiological, Psychological and Social function of food) in maintaining good health.</p> <p>C. Classification of nutrients</p> <p>UNIT – II</p> <p>ENERGY</p> <p>A. Definition of Energy and Units of its measurement (Kcal)</p> <p>B. Energy contribution from macronutrients (Carbohydrates, Proteins and Fat)</p> <p>C. Factors affecting energy requirements</p> <p>D. Concept of BMR, SDA, Thermodynamic action of food</p> <p>E. Dietary sources of energy</p> <p>F. Concept of energy balance and the health hazards associated with Underweight, Overweight</p> <p>UNIT – III</p> <p>MACRO NUTRIENTS</p> <p>Carbohydrates</p> <ul style="list-style-type: none"> • Definition Classification (mono, di and polysaccharides) • Dietary Sources • Functions • Significance of dietary fiber (Prevention/treatment of diseases) 				



BBA
(Hotel Management)
Semester-(I)
2022-23

Lipids

- Definition Classification : Saturated and unsaturated fats
- Dietary Sources
- Functions
- Significance of Fatty acids (PUFAs, MUFAs, SFAs, EFA) in
- maintaining health Cholesterol – Dietary sources and the Concept of dietary and blood
- cholesterol

Proteins

- Definition
- Classification based upon amino acid composition
- Dietary sources
- Functions
- Methods of improving quality of protein in food (special emphasis
- on Soya proteins and whey proteins)

UNIT – IV

BALANCED DIET

- Definition
- Importance of balanced diet
- RDA for various nutrients – age, gender, physiological state

UNIT – V

MENU PLANNING

- Planning of nutritionally balanced meals based upon the three food• group system Factors affecting meal planning
- Critical evaluation of few meals served at the Institutes/Hotel based on the principle of meal planning.
- Calculation of nutritive value of dishes/meals



BBA
(Hotel Management)
Semester-(I)
2022-23

Course Outcomes	<p>Students will be able to demonstrate critical thinking skills and analytical abilities to identify and solve problems in the nutritional sciences.</p> <ol style="list-style-type: none">1. Utilize knowledge from foundational sciences as a basis for understanding the role of food and nutrients in health and disease.2. Students will be able to critique and effectively communicate nutrition information.3. Students will be able to describe social, multiethnic, and environmental dimensions within nutrition and the life sciences.4. Explain the function of carbohydrates, fat, proteins, vitamins, minerals, and water and their role in promoting and maintaining health.5. Assess the effects of diet foods, food additives, and eating disorders on wellness.
Text Books	<ol style="list-style-type: none">3. Food Science and Nutrition by Sunetra Roday4. Prescription for Nutritional Healing Pgylis A Balch
Reference Books	<ol style="list-style-type: none">4. The Science of Nutrition: Debunk the Diet Myths and Learn How to Eat Well for Health and Happiness Alexander by Book by Rhiannon Lambert5. Fundamentals of Food and Nutrition by Teejmeet Rekhi & Heena Yadav6. Food and Nutrition by Don Ross.
Assignments	<p>Assignment 1: New Trends in Food Science and Nutrition</p> <p>Assignment 2 Methods of Food Preservation</p> <p>Assignment 3 Factors affecting food spoilage</p> <p>Assignment 4 Menu Planning, Principles importance and considerations</p> <p>Assignment 5 Macro Micro Nutrients their functions source and importance</p> <p>Assignment 6 Metabolism of protein carbohydrates and Fats</p>



BBA
(Hotel Management)
Semester-(I)
2022-23

MARKING SCHEME FOR PRACTICAL EXAMINATION

MAXIMUM MARKS: 100

PASS MARKS: 50

DURATION: 3HRS

All Technical Skills to be tested as listed in the syllabus

MARKS

1. Uniform / Grooming	: 10
2. Service Equipment Knowledge / Identification	: 20
3. Care Cleaning & Polishing of service equipment	: 20
4. Service skills / tasks	: 20
5. Beverage service Tea / Coffee / Soft drinks	: 20
6. Journal	: 10
	100

NOTE:

1. The examination should test skills and knowledge of the students by assigning sets of tasks as listed in the practical syllabus under each category.

2. During table service each guest should pose one question to the candidate on the item being served. The invigilators can brief guests prior to service.