

HYGIENE AND SANITATION 2 CREDITS

Objectives:

At the end of the course, the student will be able to identify hygiene hazards, and be aware of the safety procedures to be followed when handling food.

Practice safety and hygiene at the workplace

Content:

Importance of hygiene and sanitation in the hospitality industry

The 5 groups of organisms, Growth curve of microbial organisms, harmful effects and beneficial uses of m.o in the food industry

How can foods get spoilt, classification of foods according to the ease with which it gets spoilt, spoilage indicators of food, conditions that can lead to food spoilage.

Need for food storage, dry , refrigerated, and freezer storage. Guidelines for food storage. Storage of various food items.

Importance of hygiene procedures in preparing food, cooking food, holding food. Left over food, preparations of specific foods and faults in food preparation.

Rules for serving and displaying food, Service of hot foods and cold foods, bartending , protective display of food.

Procedures for cleaning , Sanitizing, Cleaning agents, Importance of cleaning operations, Water-hard water , soft water.

Different types of waste, methods to store and dispose of the waste.

Sanitary regulations and standards.

Importance of safety regarding equipment, sprains and strains in the kitchen

Pedagogy:

Presentations, Group Discussions.

Minimum depth coverage will be at the level of the following books:

Hygiene and Sanitation by S. Roday

Introduction to Cookery by P.S. Bali