

References

1. J.E. Park & K. Park : Text Book of Social Medicine
Bhanot Publishers.
2. Y.P. Bedi : Social & Preventive Medicine
Nama Ram & Sons
3. B.N. Ghose : A treatise on hygiene & Public
Health
4. Dr. (Mrs) Bela Bhargava: Family Health & Social Welfare
5. डॉ. (श्रीमती) बेला भार्गव : पारिवारिक स्वास्थ्य एवं सामाजिक कल्याण
6. डॉ. केथरीन एस. सिंह : मातृकला, शिशु पालन एवं बाल विकास
7. श्रीमती वृन्दासिंह : जन स्वास्थ्य एवं परिवार कल्याण

PRACTICAL - I

BASIC FOOD PREPARATION

M.M. 25

1. Introduction to Food lab, cooking terms, weight and measures and equipments.
2. Preparation from cereals, pulses, nuts and oil seeds, vegetables, milk and milk products, Egg and their combinations.
3. Preparation of Beverages and Soups.
4. Salad - Decorative and nutritious
5. Food Preservation - Sauce, Jam, Pickle, Murabba, Chutney, Squashes.

Distribution of Marks :

1. Sessional and Files	08
2. Preparation of recipe	10
3. Table management and serving	05
4. Cleaning	02
Total	25