

THE INSTITUTE OF COMMERCIAL MANAGEMENT

SUBJECT SYLLABUS



CULINARY THEORY

Introduction to the Catering Industry:

- Definition of the Catering Industry
- Various types of Catering Establishments
- Welfare Catering
- Residential Establishments
- Catering for Industry (Industry Catering)

Food & Society:

- An Introduction to Food & Society
- Some Factors which Affect what we Eat
- Ideas about Food
- Images of Food
- Resources
- Influences
- Food Changes in British Society

Influences of Ethnic Culture:

- Introduction to Ethnic Cookery
- Religious Influences
- European Cookery
- Mediterranean & Middle Eastern
- American
- Mexican & South American
- Caribbean
- India, Pakistani & Bangladeshi
- Chinese
- Japanese
- South East Asian
- African

Food Commodities:

- Meat / Offal / Poultry / Game / Fish /
- Vegetables
- Fruits / Nuts
- Eggs / Milk / Cheese
- Fats & Oils
- Cereals Raising Agents
- Sugar
- Beverages
- Pulses
- Herbs / Spices / Condiments
- Colourings, Flavourings & Essences
- Grocery & Delicatessen
- Confectionery & Bakery Goods

Elementary Nutrition, Food Science & Food Preservation:

- Food & Nutrients
- Proteins
- Fats
- Carbohydrates
- Vitamins
- Mineral Elements
- Water
- The Cooking of Nutrients
- Food Requirements Basal Metabolism
- Value of Foods in the Diet
- Balanced Diet & Healthy Eating
- Food Additives
- Food Spoilage
- Methods of Preservation

Menu Planning:

- Kind of Menu
- Structure of Menu
- Planning the Menu
- Writing Menus in French
- Examples of Different Menus

Food Purchasing, Storage & Control:

- Purchasing of Commodities
- Portion Control
- Methods of Purchasing
- The Standard Recipe
- Cost Control
- Food Cost & Operational Control
- Storekeeping

Promotion & Selling:

- Promotion & Selling
- Service of Food
- Types of Food Service

Kitchen Planning:

- Design of the Kitchen
- Kitchen Organisation
- Working Methods
- Role & Function of Personnel of a Traditional Kitchen
- Kitchen Supervision

Catering Equipment:

- Large Equipment
- Mechanical Equipment
- Food Processing Equipment
- Refrigeration
- Small Equipment & Utensils

Catering Services:

- Gas
- Electricity
- Comparison of Fuels
- Energy Conservation
- Water

Catering Systems:

- Standards of Hygiene
- Cook-Chill System
- Cook-Freeze System
- Overall Benefits of Cook-Chill/Cook-Freeze
- Sous-Vide
- Centralised Production
- Small Centralised Operations

Computers in Catering:

- Catering Controls
- Hotel Management Software

Health & Safety:

- Legislation
- Environmental Health Officer
- Accidents
- Accident Prevention
- First Aid
- Fire Precautions
- Use of Portable Fire Extinguishers

Hygiene:

- Personal Hygiene
- Kitchen Hygiene
- Food Hygiene
- Food Hygiene Regulations
- Food Hygiene Regulations 1990
- Summary of Food Hygiene

Industrial Relations:

- Legal Aspects

Reading List**Main Text:**

The Culinary Theory of Catering – Foskett, Kinton & Ceserani (Hodder & Stoughton)