

Meal planning and management

Course No.	Title of Course	Credit Hours
HND-325	Meal planning and management	3(2-1)

Learning Outcomes:

- To understand the importance of meal planning and its role in everyday life
- To apply the principles of meal planning in the planning of balanced and appropriate meals keeping in mind the nutritional requirements, family budget and food requirements choices of different age groups
- To identify market trends and conditions while purchasing food keeping in mind food costs and quality

Theory:

Importance and principles of meal planning for family and occasions; Nutritional value of meal; Family meal budgeting; Rules for good menu planning; Menu planning for families; Selection of various foods in relation to season and market conditions; Composition and storage of food; Selection, use and care of table appointments; Study of different types of table settings, table manners and etiquettes; Kitchen safety and settings; Basics of food hygiene and sanitation; Food labelling; Menus for schools, geriatric and healthcare centers.

Practical:

Survey and record keeping of market prices (retail & wholesale); Types of foods available in the market from different food groups. e.g. retail cuts of meat and types of milk; Comparison of weight, volume and effect of cooking on color, taste.

and texture of different foods; Planning, preparation and service of meals for different occasions at different income levels; Understanding food labels; Market visits for cost and quality and food marketing regulations. Food service visits (Restaurants, School, Colleges, Hospitals).

Suggested Readings

1. Brown, A. 2015. Understanding Food Principles & Preparation, 5th ed. Cengage Learning, Belmont, CA, USA.
2. McWilliams, M. 2012. Fundamentals of Meal Management, 5th ed. Dorling Kindersley India Pvt. Ltd., New Delhi, India.
3. Narvaez-Soriano, S. 2004. A Guide to Meal Management and Table Services. Rex Book Store, Manilla, Philippine.
4. Sethi, M. 2008. Institutional Food Management. New Age International Pvt. Ltd. New Delhi, India.

