

## PERMISSION LETTER

Date:02.08.2022

From

The Head of the Department,

Department of Nutrition and Dietetics,

St. Joseph's college of Arts and science for women, Hosur.

To

The Principal,

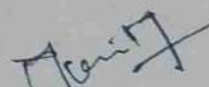
St. Joseph's college of Arts and science for women, Hosur.

Respected Sister

Sub: Seeking permission for conducting certificate course.

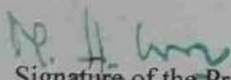
We the Department of Nutrition and Dietetics have planned to start a certificate course on "Food processing and cookery" from 08/08/2022 to 18/11/2022 and Mrs.M.Monica as a trainer. So we request you to permit us to conduct the certificate course.

Thanking You

  
Yours Truly,

Mrs.M.Monica

Head and Assistant Professor  
Department of Nutrition and Dietetics  
St. Joseph's College of Arts and Science for Women  
SIPCOT, Hosur - 635 126.

  
Signature of the Principal  
ST. JOSEPH'S COLLEGE OF ARTS  
& SCIENCE FOR WOMEN  
Mookandapalli, Sipcot,  
HOSUR - 635 126, Krishnagiri - Dist



ST. JOSEPH'S COLLEGE OF ARTS AND SCIENCE FOR  
WOMEN, HOSUR.

DEPARTMENT OF NUTRITION AND  
DIETETICS

**CERTIFICATE COURSE  
ON  
FOOD PROCESSING AND COOKERY**

DURATION : 30 Hours

Date : 08.08.2022 to 18.11.2022

Trainer : Mrs.M.MONICA

## SYLLABUS

### CERTIFICATE COURSE ON FOOD PROCESSING AND COOKERY

#### OUTCOME

1. To understand the principles of processing plant foods and to study the need for processing foods.
2. Choose the appropriate application of certain conservation processes with regard to the preservation of quality and the satisfactory durability of food products.
3. Optimize process parameters for selected conservation processes taking into account the physico-chemical properties of food products.

UNIT	TOPIC	HOURS
I	Food Processing Introduction <ul style="list-style-type: none"> <li>• Definition</li> <li>• Importance</li> <li>• Scope of food processing Industry.</li> </ul>	3
II	Classification of plant food processing <ul style="list-style-type: none"> <li>• Fruit and Vegetable processing</li> <li>• Cereal and legume processing</li> <li>• Oil seeds processing</li> </ul>	8
III	Classification of Animal food processing <ul style="list-style-type: none"> <li>• Milk processing</li> <li>• Meat processing</li> <li>• Fish processing</li> <li>• Poultry processing</li> </ul>	8
IV	Cookery <ul style="list-style-type: none"> <li>• Definition and objectives</li> <li>• Equipment and techniques used for pre- preparation and preparation of foods.</li> </ul>	3
V	Methods of cooking <ul style="list-style-type: none"> <li>• Moist heat methods</li> <li>• Dry heat methods</li> <li>• Combination of both</li> <li>• Micro wave cooking</li> </ul>	8

*[Signature]*  
Signature of the HOD

Head and Assistant Professor  
Department of Nutrition and Dietetics  
St. Joseph's College of Arts and Science for Women  
SIPCOT, Hosur - 635 126.

*[Signature]*  
Signature of the Principal

PRINCIPAL  
ST. JOSEPH'S COLLEGE OF ARTS  
& SCIENCE FOR WOMEN  
Mookandapalli, Sipcot,  
HOSUR - 635 126, Krishnagiri - Dist.

*[Signature]*  
Signature of the Authorized Person

