

Grade XII

Meal Management and Food Preservation (Theory) Marks =50

Total Periods=30

1 Period= 45min

S.No	Topics	Main Points	References	Periods
1	Meal planning	<p>Meal Management Definition and Importance of meal management, foundation for effective meal management (values and goals with examples), Process of management (planning, organizing, delegating, implementing, supervising and evaluating), Meal manager and meal related responsibility, decision making in meal management.</p>	1, 2	3
2	Meal preparation	<p>Ease and efficiency in meal preparation Proper choice of menu, proper method of preparation, proper use of equipment, buy planned shopping, organizing the work (floor plans, work centers), organizing the storage.</p> <p>Time and Energy management Factors influencing time plans, time planning, saving energy.</p>	1, 2, 3	2(total 4) 2
3	Meal service	<p>Setting the table Definition and types of table appointments (dinnerware, flatware, hollowware, glassware, table linens and table decorations) materials, use and care of table appointments.</p> <p>Methods of meal service Meal services, styles of meal services (informal styles: Blue-plate, family service, American service, Buffet service. Formal styles: English service and Russian service)</p>	1, 2, 3	3(total 6) 3
4	Marketing	<p>Food purchasing Wise purchasing (weights and measure, plentiful foods, quality, packaged foods)</p> <p>Factors that affect the price of food Supply and demand, general market conditions, partially prepared and ready to serve foods, grades and brands of foods as aid</p> <p>Factors determining the purchasing of food Resources, storage space, price and price trends, keeping quality of food, menus.</p> <p>Surveying the market places Factors in selecting a market, types of market.</p> <p>Managing Marketing Smart shopping, shopping aids.</p>	1, 2, 3	2(total 10) 2

		<p>Buying Protein rich foods Definition of meat, types of meat, choosing beef cuts, choosing poultry, choosing fish.</p> <p>Buying Fruits and Vegetables Introduction of Fruits and vegetables, fresh fruits, fresh vegetables, frozen and canned vegetables and fruits.</p> <p>Buying Grains and grain products Introduction of grains and grain products, breads and flour, breakfast cereal, rice, pasta (semolina products).</p>		2 2 2
5	Sanitary practices	<p>Food spoilage Definition of food spoilage, definition and examples of perishable, semi-perishable and non-perishable foods, Factors that cause food spoilage: Natural decay (moisture loss, the action of enzymes), Contamination by microorganisms (bacteria, moulds), Other sources of food contamination (chemicals, radiation, pollution).</p> <p>Hygienic practices hygienic practices in the handling and preparation of food (personal hygiene, food purchase, food storage at home, kitchen hygiene, waste disposal)</p>	1, 4	2(total 4) 2
6	Preservation	<p>Preservation Definition and advantages of preservation, aims of preservation, methods of preservation: heating (pasteurization and sterilization), removal of moisture (sun drying, commercial drying: conventional, vacuum, freeze), removal of air (vacuum packaging, modified atmospheric packaging), reduction of temperature (refrigeration and freezing), addition of chemical preservative, irradiation, preservative products: jelly, jam, marmalade, preserves, conserves, chutney, pickle, relishes, functions of basic ingredients.</p>		3

BOOKS RECOMMENDED

1. Margaret McWilliams, Fundamentals of meal management, 4th Edition, Pearson Education, 2005.
2. Justin and Rust, Foods, Houghton Mifflin Company, 1967.
3. Faye Kinder, Meal management, Macmillan publishing company, 1978.
4. Anita Tull, Food and Nutrition, Oxford university press, 1987.
5. N. Soriano, A guide to meal management and table services, Rex Book store, 2004.
6. Helen Kowlatuk and Alice O kopan, Food for today, Chas. A. Bennett Co. Inc., 1999

Grade XII

Meal Management and Food Preservation (Practical) Marks =25

Total Periods=84

1 Period= 45min

S.No	Topics	Main Points/Procedure	References	Periods
1	Meal planning	<p>Nutrition in Meal planning Balanced diet, Food pyramid, dietary guidelines of Pakistan, Dietary reference intake (recommended dietary allowances, adequate intake, tolerable upper intake, estimated average requirement), integrating nutrition into menus, average serving.</p> <p>Meal planning Definition and advantages of meal planning, principles of meal planning: people being served (cultural or ethnic background, religious dietary conditions, age, health conditions) resources available (economics, time energy and equipment), meal patterns (breakfast, lunch, dinner (supper), snacks) with examples of light, moderate and heavy meals).</p> <p>Menu planning Definition of menu, types (formal and informal), principles of menu planning (flavor, texture, color, size and shape, availability, aroma, temperature, creativity and variety, nutritive value), principles of menu writing.</p> <p>Menu planning for different age groups Activity: <u>menu planning for adult woman</u> (plan a day menu for a normal woman 31-50 years of age. Compare the average serving with the Daily Food guide. Calculate the nutritive value of the diet and compare it with the RDA) <u>Modification of adult woman's menu into adult man</u> (modify the normal adult woman's menu for an adult man of 31-50 years of age. Calculate the nutritive value and compare it with RDA. <u>Modification of adult woman's menu into teenage girl</u> (modify a normal woman's menu for a teenage girl of 14-18 years of age. Calculate the nutritive value and compare it with RDA. <u>Menu planning for a preschool:</u> daily food guide allowance for preschool child, developing eating habits, foods to avoid, choking hazards (plan a day's diet for a preschool child of 3 years of age. Calculate the nutritive value and compare it with RDA) Menu planning for different income family Suggestions for planning menu for different income families.</p>	1, 2, 3, 5, practical handouts	3(total 33) 3 3 9 3 3 3 (total 6)

		<p>Activity: <u>Low income</u> (Plan a whole day's menu for a low income family within cost limit)</p> <p><u>Middle income</u> (Modify the lunch of low income family for middle income family within cost limit)</p> <p><u>High income</u> (Modify the dinner of a low income for a high income family within cost limit)</p>		3
				3
2	Meal preparation	<p>Demonstration Presentation of different demonstration topic and preparation of recipes from following topics: <u>Beverages and snacks</u> (definition, importance, types, characteristics of beverages, types of snacks). <u>Desserts</u> (definition, types: fruit, frozen, gelatin, milk, food value of desserts) <u>Sandwiches</u> (definition, ingredients: bread, spreads, fillings, garnishes, classification of sandwiches, things to remember in making sandwiches, making simple sandwiches) <u>Pasta</u> (definition, types, quality, quantity guide for pasta, how to make pasta) <u>Packed meals</u> (guidelines to packed meals, suggested foods, equipment) <u>Salad and salad dressings</u> (definition, classification: appetizer, accompaniment, main course, dessert, general suggestion for salad making, salad dressings) <u>Soups and accompaniments</u> (stocks, ingredients of stocks, ingredient proportion of stock, types, care of stock after preparation, soups, types, service) <u>Cakes and icings</u> (definition, basic cake mixing methods, preparation of pans and baking, test for doneness, cake icings)</p>	Practical handouts	(total 24)
				3
				3
				3
				3
				3
				3
				3
3	Meal service	<p>Setting the table Table setting of cloths and mats, napkins, flatware, glassware, dinnerware, definition of individual cover, size of cover, setting of cover, instructions for sketching cover, napkin folding techniques, table etiquettes. Activity: Draw an individual cover showing placement of table appointments of different menus. Make 4 different napkin folding techniques. Methods of meal service Informal service: <u>Family style breakfast:</u> definition of family style service, rules for table setting, rules for service</p>	1, 2, 3, practical handouts	6(total 15)
				3

		<p>Activity: Prepare and perform family style service breakfast. Make the market list of menu and sketch the table setting of family style breakfast.</p> <p>Buffet: definition, types: formal, semi-formal, informal, planning the buffet meal, setting the buffet table.</p> <p>Activity: Plan, prepare and serve an informal buffet lunch for 10 persons.</p> <p>Buffet Tea: types of buffet tea, food for large teas, setting the buffet tea</p>		6
4	Marketing	<p>Current prices</p> <p>Activity: To find out the current food prices of different food items (milk group, meat and its substitutes, lentils, bread and cereal group, vegetables, fruits, miscellaneous item) and how to calculate the cost of each item per serving.</p>	Practical handouts	3
5	Sanitary practices	<p>Adulteration</p> <p>Definition, modes of adulteration, classification (intentional and unintentional), test for detecting some adulterants, intervention.</p> <p>Activity:</p> <p>Observe and detect adulterants in food.</p>	Practical handouts	3
6	Preservation	<p>Preservation</p> <p>Activity: Preparation of following preservative products: Guava jelly, Apple jam, Apple preserve, Apricot and Orange Conserve, Apple and Tomato chutney, Tomato sauce.</p>	4, practical handouts	6

BOOKS RECOMMENDED

1. Margaret McWilliams, Fundamentals of meal management, 4th Edition, Pearson Education, 2005.
2. Justin and Rust, Foods, Houghton Mifflin Company, 1967.
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4. Anita Tull, Food and Nutrition, Oxford university press, 1987.
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S.NO	STEPS	MARKS	TOTAL	T.SIGN
1	DRAFT (01)			
a	Punctuality (0.5)			
b	Technique (0.5)			
2	PINNING, MARKING & CUTTING(02)			
a	Punctuality (0.5)			
b	Technique (0.5)			
c	Cutting of Panty (0.5)			
d	Cutting of Shaped Facing (0.5)			
3	STITCHING (03)			
a	Punctuality & Technique (0.5)			
b	Flat Fell Seam (01)			
c	Bias Binding /Bias Facing (0.5)			
d	Joining & Attaching of Shaped Facing (0.5)			
e	Finishing of Shaped Facing (0.5)			

	TOTAL MARKS			
	Out of 06			
	GRAND TOTAL			
	REMARKS			
	GRADE			

EVALUATION SHEET OF PANTY

SECTION : _____ **ROLL NO:** _____ **NAME:** _____

EVALUATION SHEET OF SQUARE YOKE FROCK

SECTION : _____ ROLL NO: _____ NAME: _____

S.N O	STEPS	MARK S	TOTA L	T.SIG N	S.N O	STEPS	MARK S	TOTA L	T.SIG N
1	Draft (01)				7	Preparati on & Joining of Sleeve (02)			
a	Punctualit y (0.5)				a	Punctualit y (0.5)			
b	Technique (0.5)				b	Draft of Sleeve Variation (0.5)			
					c	Gathers and Finishing (0.5)			
2	Pinning, Marking & Cutting(0 2)				d	Joining of Sleeves with Armhole (0.5)			
a	Punctualit y (0.5)								
b	Technique (0.5)				8	Collar (02)			
c	Cutting of Yoke (0.5)				a	Draft of Collar (0.25)			
d	Cutting of Skirt (0.5)				b	Pinning, Marking			

						& Cutting (0.25)			
3	Continuo us Bound Placket on Back Skirt (01)				d	Finishing (0.5)			
a	Punctualit y (0.5)				e	Punctualit y (0.5)			
b	Accuracy (0.5)								
4	Gathers on Skirts& Finishing at Bottom Edge (1.5)				9	Fasteners (01)			
a	Punctualit y (0.5)				a	Punctualit y (0.5)			
b	Technique & Accuracy (0.5)				b	Technique & Neatness (0.5)			
c	Finishing (0.5)								
5	Joining of Front & Back Skirt with Bodice and Finishing of Back Opening (1.5)					GRAND TOTAL OUT OF 13			
a	Punctualit y (0.5)					REMAR KS			
b	Technique & Accuracy (0.5)								
c	Finishing								

	(0.5)							
6	Joining of Shoulders (01)							
a	Punctuality (0.5)							
b	Technique & Accuracy (0.5)							

EVALUATION SHEET OF PORTFOLIO

SECTION: _____ **ROLL NO:** _____ **NAME:** _____

S.NO	ASSIGNMENTS	MARKS	T.SIGN
A	DRAFTS (28.5)		
1	Draft of Kurta on ¼ scale		
2	Draft of Straight Pyjama on ¼ scale		
3	Draft of Ara Pyjama on ¼ scale		
4	Draft of Basic Bodice Block for a Pre-school Girl		
5	Draft of Waist Line Frock for a Pre-school Girl		
6	Draft of High-Waist Frock for a Pre-school Girl		
7	Draft of Low-Waist Frock for a Pre-school Girl		
8	Draft of Square Yoke Frock for a Pre-school Girl		
9	Draft of Round Yoke Frock for a Pre-school Girl		
10	Draft of A- Line Frock for a Pre-school Girl		
11	Draft of Skirt & Blouse for a Pre-school Girl		
12	Draft of Semi Circular Skirt for a Pre-school Girl		
13	Draft of Basic Sleeve for a Pre-school Girl		
14	Sleeve Variations		
a	Gathers at Top		
b	Gathers at Bottom		
c	Gathers at Both Ends (Top & Bottom)		
15	Draft of Rolled Collar for a Pre-school Girl		
16	Draft of Peter Pan Collar for a Pre-school Girl		
17	Draft of Panty for a Pre-school Girl		

B	SAMPLE OF KURTA NECKLINE (1.5)		
C	SAMPLE OF EMBROIDERY (01)		
D	KNITTING (04)		
	Stockinet Stitch (0.5)		
	Garter Stitch (0.5)		
	Rib Stitch (0.5)		
	Moss Stitch (0.5)		
	Lace Stitch (01)		
	Cable Stitch (01)		
E	LABEL (01)		
F	STAIN REMOVAL (02)		
	GRAND TOTAL OUT OF 38		
	REMARKS		
	GRADE		

CRITERIA OF GRADES IN PROJECTS

MARKS GAINED	GRADE GIVEN
91% and above	A+
86% – 90 %	A
80% – 85 %	B+
76% - 79%	B
70% – 75 %	C
60% – 69%	D
55% - 59%	E
Below 55%	U (ungraded)

Marking Scheme:Applied Arts

S.No	Theory marks	Practical marks	Total
1	50	25	75

Distribution of Practical marks

S.No	Art File	Viva	Final exam	Projects	Total
1	04	04	06	11	25

S.No	Projects	Marks
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1	Decoupage	02
2	Stenciling	02
3	Rug	04
4	Tie & Dye	03

Costs for Projects

An approximate cost: Rs 3080- 3330

S.No	Projects	Cost in Rs
1	Decoupage	150-400
2	Stenciling	400
3	Rug	1200
4	Tie & Dye	350
5	Art File	480
6	Paints & brushes	500
7	Total	3080-3330