


SESSION PLAN 2025-26 (STANDARD IX)			
COURSE CODE: 409			
COURSE TITLE: COOK (REG)			
MONTH	UNITS	TOPICS COVERED	
		THEORY	PRACTICAL
Apr-25	UNIT 1: Introduction to hospitality industry	1. Orientation of vocational education and Enrolment of Students in Food Production. 2. Maintain Students data (Enrolment and attendance) in instructor register. 3. Creating WhatsApp Group of class students for important information. 4. Submit requirement of books as per the students head count & Book distribution 5. Working on Lesson Plan of the theory and practical. 6. Monthly meeting with the Principal and Project Coordinator. 7. Submit Form 001/monthly report, Next Month's Plan, Monthly Attendance, Claims.	Enlist the facilities of five star hotel.
		1. An insight in the operations of a five star hotel 2. Introduction to allied areas of hospitality industry: Travel Agency	Writing pros and cons of written, verbal and non-verbal communication
	UNIT 1: COMMUNICATION SKILLS – I	written, verbal and non-verbal communication	Activity/Q&A
May-25	UNIT 1: Introduction to hospitality industry	Introduction to allied areas of hospitality industry: fast food, Airlines, Retail, Entrepreneur, Others	Draw a diagram depicting the classification of hospitality industry.
	SUMMER VACATION (11TH MAY- 30TH JUNE)		
Jun-25	SUMMER VACATION (11TH MAY- 30TH JUNE)		
Jul-25	UNIT 2: Career Opportunities	Revision of previous session topics. Orientation of vocational education and Enrolment of Students. career opportunities In Hotels, travel industry, In Retail industry, Entrepreneur, Food criti	Revision of previous session topics.
	UNIT 3: Introduction to Kitchen	career opportunities In Hotels, travel industry, In Retail industry, Entrepreneur, Food criti	Guest lecture on Career opportunities in hospitality industry.
		Activity/Q&A	Demonstrate the job opportunities in hospitality industry availability of nutrients through vegetables using charts/pictures
Aug-25	UNIT 3: Introduction to Kitchen /UNIT 1: COMMUNICATION SKILLS – I	Sections in a kitchen Attitude & Behaviour, Skills & Knowledge	Identify and differentiate the all sections of the kitchen.
	UNIT 3: Introduction to Kitchen	Ergonomics in kitchen	Group discussion on the difference and importance of skills and
	UNIT 4: Protective clothing & Its maintenance/UNIT 2: SELF-MANAGEMENT SKILLS – I	1. Importance of Protective clothing 3. Q&A sessions 4. UNIT TESTS 2. Types of Protective clothing	Activity on chef cap and chef coat making in class. Guest lecture on Communication skills listing do's and don'ts for avoiding common body language mistakes in communication
Sep-25	UNIT 5: Personal Hygiene /UNIT 2: SELF-MANAGEMENT SKILLS – I	Importance of personal hygiene and Maintaining personal hygiene Hand washing technique	Activity of hand washing technique in school. Guest lecture on personal hygiene.
	MID TERM EXAMINATION 15 SEPTEMBER 2025-1 OCTOBER 2025		
Oct-25	UNIT 6: Equipment & Kitchen tools	Introduction to Kitchen Equipment, Care & Maintenance of equipment Work place hygiene, Knife & its Maintenance	Guest lecture on personal hygiene. Demonstration of kitchen equipments.
	UNIT 3: INFORMATION AND COMMUNICATION TECHNOLOGY SKILLS – I	ICT in our daily life (examples)	Demonstration and practice on the use of mouse Demonstration and practice on the use of keyboard Group discussion on the various aspects of hardware and software
		ICT tools - Mobile, tab, radio, TV, email, etc. Q&A	Preparing posters / collages for showing the role of ICT at workplace
Nov-25	UNIT 7: Culinary History/UNIT 4: ENTREPRENEURIAL SKILLS- I	Historical background	Group discussion on historical background of culinary.
			Demonstration of the uses of printers, webcams, scanner and other peripheral devices Drawing diagram of computer system and labelling it
		Basic knowledge of entrepreneurship skills	Demonstration and practice on the use of mouse Demonstration and practice on the use of keyboard Group discussion on traits and behaviour of entrepreneurs.

Dec-25	UNIT 8: Kitchen Commodities / UNIT 5: GREEN SKILLS – I	Evolution of culinary industry	Group discussion on different types of food items.
		a) Plant Origin – Cereals, Pulses, Fruits, Vegetables, Spices and Herbs.	Chart on plant origin products
		b) Animal Origin – Dairy Products, Eggs, Meats, Sea food	Chart on animal origin products
		Introduction to environment. Relationship between society and environment, ecosystem and factors causing imbalance Natural resource conservation Environment protection and conservation	Group discussion on hazards of deteriorating environment Prepare posters showing environment conservation Discussion on various factors that influence our environment Prepare a Poster showing the importance of green economy with the help of newspaper/ magazine cuttings
Jan-26	 UNIT 9: Storage of Commodities UNIT 10: Kitchen Organization	Perishability of a product, Techniques of storage.	Group discussion on perishability of products and various techniques of storage.
		Kitchen Organization, Duties & Responsibilities	Group discussion on kitchen hierarchy.
Feb-26	REVISION: Food production and Employability skills chapters	REVISION OF Food production (UNIT 1-UNIT 10) REVISION OF Employability skills (UNIT 1-UNIT 5)	
	REVISION		RevisionSA - 2 Exam
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Mar-26	1. Annual Exams of students 2. Duty in Exams 3. Evaluation duty		