

Value Added Course

Emerging trends in teacher education call for value Addition. As teachers is one of the important pillar of the society so pupil teacher must acquire something more than what is provided in the curriculum. It is important for higher education Institutions to supplement the curriculum to prepare their pupil teacher to meet the demand of society, our self , interest & aptitude.

Agra Public Teachers Training College (APTTC) offers a various value added courses which make their learner skill full & give opportunities to show their talent & learn new skills.

❖ Cooking

Course objectives :-

1. To learn cooking skills.
2. To learn how to present a food.
3. To understand the importance of healthy & nutritious food.
4. To learn precaution to be taken while cooking.

Course outcomes :-

1. Contribute in their home management.
2. Learn cooking as life skills.
3. Maintain hygiene while cooking.

Module 1 :-

Introduction to cooking, Need & importance of cooking, aims & objectives of cooking, Precaution while cooking, different type of cooking, factors affecting eating habits.

Module 2 :-

Food without fire - salad preparation, raw food.

Module 3 :-

Food with fire- meal & snacks.

Module 4:-

Hygiene during cooking, decoration & presentation of food.