



Model Curriculum

QP Name: Mountain Cuisine Chef

QP Code: THC/Q4524

QP Version: 2.0

NSQF Level: 5

Model Curriculum Version: 1.0

Table of Contents

Training Parameters	2
Program Overview	3
Training Outcomes	3
Compulsory Modules	3
Module 1: Introduction to Adventure Tourism Industry and related SOPs	6
Module 2: Organizing Pre-Trip Requirements	7
Module 4: Setting Up Kitchen Area and Preparing Meals	9
Module 5: Following Environmental and Conservation Practices	10
Module 6: Completing Post Cooking Activity	11
Module 7: Assessing and Mitigating Risks	12
Module 8: Effective Communication	13
Module 9: Gender and Age Sensitivity	14
Module 10: Health and Hygiene	15
Module 11: Green Practices	16
Module 12: On-the-Job Training	17
Annexure	18
Trainer Requirements	18
Assessor Requirements	19
Assessment Strategy	20
References	22
Glossary	22
Acronyms and Abbreviations	23

Training Parameters

Sector	Tourism & Hospitality
Sub-Sector	Adventure Tourism
Occupation	Mountain Based Activities
Country	India
NSQF Level	5
Aligned to NCO/ISCO/ISIC Code	NCO-2015/4221.0100
Minimum Educational Qualification and Experience	8th Class with 6 Months of experience and should have worked for a minimum of 15 treks of 7 days each as a Camp Helper on treks/expeditions and Basic Mountaineering Course from any recognized mountaineering institute.
Pre-Requisite License or Training	NA
Minimum Job Entry Age	18 years
Last Reviewed On	29/07/2021
Next Review Date	29/07/2024
NSQC Approval Date	29/07/2021
QP Version	2.0
Model Curriculum Creation Date	29/07/2021
Model Curriculum Valid Up to Date	29/07/2024
Model Curriculum Version	1.0

Minimum Duration of the Course	265 Hours
Maximum Duration of the Course	265 Hours

Program Overview

This section summarizes the end objectives of the program along with its duration.

Training Outcomes

At the end of the program, the learner will be able to:

- Perform the steps to prepare for cooking during the trip/expedition
- Carry out cooking while on trek/expedition
- Apply appropriate steps to conduct post cooking activities
- Explain the significance of assessing and mitigating risks
- Employ suitable methods of communicating with customers and colleagues
- Apply appropriate gender and age sensitive practices
- Employ safe, healthy and hygienic practices
- Explain the steps to follow and maintain green practices

Compulsory Modules

The table lists the modules and their duration corresponding to the Compulsory NOS of the QP.

NOS and Module Details	Theory Duration	Practical Duration	On-the-Job Training Duration (Mandatory)	On-the-Job Training Duration (Recommended)	Total Duration
Bridge Module	02:00	04:00	04:00	00:00	10:00
Module 1: Introduction to adventure tourism industry and SOP's	02:00	04:00	04:00	00:00	10:00
THC/N8612 – Prepare for Cooking During the Trip/Expedition NOS Version No. 1.0 NSQF Level 5	12:00	20:00	40:00	00:00	72:00
Module 2: Organizing Pre-trip requirements	08:00	10:00	20:00	00:00	38:00

Module 3: Documenting Expenses and Packing Supplies	04:00	10:00	20:00	00:00	34:00
THC/N8613 – Cook While on Trip/Expedition NOS Version No. 1.0 NSQF Level 5	08:00	26:00	40:00	00:00	74:00
Module 4: Setting Up Kitchen Area and Preparing Meals	05:00	20:00	30:00	00:00	55:00
Module 5: Following environmental conservation practices	03:00	06:00	10:00	00:00	19:00
THC/N8614 – Conduct Post Cooking Activity NOS Version No. 1.0 NSQF Level 4	04:00	06:00	10:00	00:00	20:00
Module 6: Completing Post Cooking Activity	04:00	06:00	10:00	00:00	20:00
THC/N8615 – Assess and Mitigate Risks Before and During Cooking Activity NOS Version No. 1.0 NSQF Level 5	03:00	04:00	10:00	00:00	17:00
Module 7: Assessing and Mitigating Risks	03:00	04:00	10:00	00:00	17:00
THC/N9913 Communicate with Customers and Colleagues NOS Version No. 1.0 NSQF Level 4	04:00	04:00	04:00	00:00	12:00
Module 8: Effective Communication	04:00	04:00	04:00	00:00	12:00
THC/N9914 Follow Gender and Age Sensitive Practices NOS Version No. 1.0 NSQF Level 4	04:00	04:00	04:00	00:00	12:00

Module 9: Gender and Age Sensitivity	04:00	04:00	04:00	00:00	12:00
THC/N9915 Maintain Safe, Healthy and Hygienic Practices NOS Version No. 1.0 NSQF Level 4	04:00	12:00	12:00	00:00	28:00
Module 10: Health and Hygiene	04:00	12:00	12:00	00:00	28:00
THC/N9916 Follow and Maintain Green Practices NOS Version No. 1.0 NSQF Level 4	04:00	08:00	08:00	00:00	20:00
Module 11: Green Practices	04:00	08:00	08:00	00:00	20:00
Total Duration	45:00	88:00	132:00	00:00	265:00

Module Details

Module 1: Introduction to Adventure Tourism Industry and related SOPs

Bridge Module

Terminal Outcomes:

- Explain the importance of mountaineering, trekking in adventure tourism
- Elaborate the importance of a Mountain Cuisine Chef
- List SOPs in mountaineering and trekking for adventure tourism
- Explain the hierarchy of job roles in mountaineering and trekking activities

Duration: 02:00	Duration: 04:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Describe the importance of mountaineering/trekking as a part of adventure tourism • List industry SOPs in mountaineering and trekking • Explain the hierarchy of job roles in mountaineering and trekking activities in the adventure tourism industry • Explain the importance of a Mountain Cuisine Chef • Describe the role of a Mountain Cuisine Chef in the adventure tourism industry • Discuss the importance of backcountry cooking • Describe the attributes required for a Mountain Cuisine Chef 	<ul style="list-style-type: none"> • Demonstrate correct use of mountaineering/trekking equipment
Classroom Aids	
LCD Projector for PPT and Video Presentation, Speakers and Whiteboard & marker	
Tools, Equipment and Other Requirements	
Maps, Compass, Backpacks, Climbing Ropes, Harness, Helmets, Ice Axe, Snow Boots, Crampons, Pitons etc.	

Module 2: Organizing Pre-Trip Requirements

Mapped to: THC/N8612 V 1.0

Terminal Outcomes:

- Apply appropriate practises to plan and organize kitchen tasks ahead of the expedition/trek
- Perform steps to plan for meals and procure supplies

Duration: 08:00	Duration: 10:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Discuss all the pre-trip information to be collected, lists to be gathered, and arrangements to be made • Describe how to plan meals keeping in mind different factors like budget, nutrition, dietary requirements for the trek and food allergies • Elaborate on food allergies • List the types of backcountry stoves (MSR/LPG) and their uses • Explain the importance of work distribution for kitchen helpers during the preparation/organising phase • Discuss the importance of resupplying of food items during the trip • Explain how to resolve procurement issues in case of unavailability of provisions 	<ul style="list-style-type: none"> • Create a sample checklist of kitchen equipment, supplies, rations and alternative food items to be carried for a trip/expedition • Create a sample meal and nutrition plan keeping the budget, altitude and food allergies in mind • Role play collaborating with third party vendors for organising and setting up pre-trip requirements • Employ appropriate practices to check food supplies /equipment for suitability • Demonstrate supervising proper use, repair and maintenance of backcountry stoves (MSR/LPG) • Apply methods to supervise the kitchen staff with all tasks
Classroom Aids	
LCD Projector for PPT and Video Presentation, Speakers and Whiteboard & marker	
Tools, Equipment and Other Requirements	
Kitchen Tents, Backpacks, Backcountry Stove, Cylinder, Cooking and Serving Utensils, Kitchen Equipment, Food Supplies, Ice Axe.	

Module 3: Documenting Expenses and Packing Supplies

Mapped to: THC/N8612 V 1.0

Terminal Outcomes:

- Explain the importance of documenting expenses
- Apply suitable practices to pack equipment and supplies

Duration: 04:00	Duration: 10:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • List the packing material required for packing supplies • List all gear/supplies/equipment to be rechecked before leaving for trek 	<ul style="list-style-type: none"> • Create a sample expense sheet for procured items • Apply practices to supervise gear/supplies and kitchen equipment packing
Classroom Aids	
LCD Projector for PPT and Video Presentation, Speakers and Whiteboard & marker	
Tools, Equipment and Other Requirements	
Kitchen Tents, Backcountry Stove, Cylinder, Cooking and Serving Utensils, Kitchen Equipment, Food Supplies, Payment Invoice	

Module 4: Setting Up Kitchen Area and Preparing Meals

Mapped to: THC/N8613 V 1.0

Terminal Outcomes:

- Apply suitable methods to set up the kitchen tent and prepare
- Employ appropriate self-grooming practices

Duration: 05:00	Duration: 20:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • List the sequence of tasks to be completed during the day. • Explain how to plan and schedule staff movement ahead of the remaining group. • List the tasks to be delegated to kitchen helpers while setting up the kitchen area and preparing meals • Describe the importance of following personal and kitchen hygiene while cooking • Explain safety and emergency protocols to be followed in case of food allergies or poisoning • Discuss the importance of respecting and assisting persons with disabilities 	<ul style="list-style-type: none"> • Demonstrate safe selection and setting up of kitchen area as per risk assessment protocols • Demonstrate how to set up kitchen tent • Prepare different dishes that can be cooked in the backcountry • Role play how to address guests in a well-groomed and presentable manner • Employ appropriate practices to follow personal and kitchen hygiene while cooking • Demonstrate suitable methods to assist persons with disabilities
Classroom Aids	
LCD Projector for PPT and Video Presentation, Speakers and Whiteboard & marker	
Tools, Equipment and Other Requirements	
Kitchen Tents, Backcountry Stove, Cylinder, Cooking and Serving Utensils, Kitchen Equipment, Food Supply, Cleaning Supplies.	

Module 5: Following Environmental and Conservation Practices

Mapped to: THC/N8613 V 1.0

Terminal Outcomes:

- Employ appropriate practices for minimum impact travel and camping policies
- Perform steps to adhere to green practices while cooking in the wilderness
- Explain the importance of using “cat holes” in the wilderness

Duration: 03:00	Duration: 06:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Explain outdoor and environmental ethical practises including leave no Trace Principles • Discuss environmental norms, safety guidelines to follow and distance to maintain from water sources while selecting kitchen area • Explain steps to avoid food wastage • Explain the importance of “cat holes” used for human waste disposal 	<ul style="list-style-type: none"> • Demonstrate how to select appropriate area for cleaning and washing • Demonstrate making “cat holes” • Show appropriate steps for proper hygiene practices after human waste disposal
Classroom Aids	
LCD Projector for PPT and Video Presentation, Speakers and Whiteboard & marker	
Tools, Equipment and Other Requirements	
Ice Axe, Toilet Accessories, Trash Bags	

Module 6: Completing Post Cooking Activity

Mapped to: THC/N8614 V 1.0

Terminal Outcomes:

- Apply appropriate environmental practises to close the kitchen activity
- Employ methods to document and settle accounts for additional expenditures
- Perform required steps to create trip reports

Duration: 04:00	Duration: 06:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Explain the steps for waste segregation and proper disposal of food waste in the wilderness • List steps to clean, dry and pack kitchen equipment and tent • List all tasks to be completed post trip/expedition 	<ul style="list-style-type: none"> • Demonstrate cleaning of kitchen equipment, and area • Apply appropriate practices for waste segregation and proper disposal of food waste • Role play giving feedback to kitchen helpers • Create sample expense account of basic post trip expenditure • Create a sample trip report
Classroom Aids	
LCD Projector for PPT and Video Presentation, Speakers and Whiteboard & marker	
Tools, Equipment and Other Requirements	
Kitchen Equipment, Cleaning Supplies, Garbage Bags, Feedback Forms, Accounts Report	

Module 7: Assessing and Mitigating Risks

Mapped to: THC/N8615 V 1.0

Terminal Outcomes:

- Explain the steps to take safety measures while cooking
- Apply suitable methods to respond to emergency situations
- Employ appropriate practises to manage natural disasters

Duration: 03:00	Duration: 04:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • List the hazards associated with cooking on backcountry stoves • Describe how to perform risk assessment during kitchen site selection • List things to keep in mind while catering to people with food allergies • Explain emergency procedure and protocols • Explain SOPs on disaster management 	<ul style="list-style-type: none"> • Show safe methods of separately packing and keeping food and fuel • Demonstrate how to supervise the staff for safe practises in the kitchen area • Employ suitable practices to handle cases of food allergies, food poisoning and steps to prevent their spread • Role play use of local call out procedures for seeking help
Classroom Aids	
LCD Projector for PPT and Video Presentation, Speakers and Whiteboard & marker	
Tools, Equipment and Other Requirements	
Kitchen Equipment, Ration, Fuel Bottles, Packing Material	

Module 8: Effective Communication

Mapped to: THC/N9913 V 1.0

Terminal Outcomes:

- Apply appropriate practises to interact with superiors and colleagues
- Employ methods to effectively communicate with guests

Duration: 04:00	Duration: 04:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> ● Explain the importance of trust, support and respect to colleagues and superiors ● Describe how to identify and resolve potential and existing conflicts with colleagues ● Explain the methods for effective communication with various people ● Describe the importance of effective listening, use of appropriate voice tone and pitch for communication ● Explain the importance of guest satisfaction and guest feedback 	<ul style="list-style-type: none"> ● Demonstrate professional etiquette while greeting the office staff and guests ● Role Play on how to converse with office staff and guests ● Role play a situation on how to handle customer concerns effectively
Classroom Aids	
LCD Projector for PPT and Video Presentation, Speakers, Whiteboard & Marker	
Tools, Equipment and Other Requirements	
NA	

Module 9: Gender and Age Sensitivity

Mapped to: THC/N9914 V 1.0

Terminal Outcomes:

- Employ suitable practices for age and gender specific customer service

Duration: 04:00	Duration: 04:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> ● Discuss the importance of following behavioral etiquettes with women ● List the safety measures available for female colleagues and customers ● Discuss the importance of being vigilant for any mishaps related to women, children or elderly people ● Explain women rights and how to respect women 	<ul style="list-style-type: none"> ● Role play appropriate behavioral etiquettes towards all ages, genders and differently abled people as per specification
Classroom Aids	
LCD Projector for PPT and Video Presentation, Speakers, Whiteboard & Marker	
Tools, Equipment and Other Requirements	
NA	

Module 10: Health and Hygiene

Mapped to: THC/N8715 V 1.0

Terminal Outcomes:

- Perform steps to follow standard safety procedures
- Employ practises to maintain a clean workplace
- Apply appropriate procedures to maintain personal hygiene and health

Duration: 04:00	Duration: 12:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> ● List possible hazards in the work areas and take necessary steps to eliminate or minimize them ● Explain the need for personal and workplace hygiene and methods to maintain the same ● Explain the importance of preventive health check-ups and vaccinations 	<ul style="list-style-type: none"> ● Demonstrate the procedure for routine cleaning, sanitization and storing of tools, equipment, and other articles ● Show how to keep work area clean, hygienic and hazard free ● Demonstrate ergonomic lifting, bending or moving equipment and supplies ● Demonstrate use of personal protective equipment ● Perform emergency procedures using fire safety equipment, first aid equipment ● Identify hazard symbols related to general warning, health hazard, biohazard, harmful irritant, poison/toxic material, carcinogen hazard, explosive hazard, electrical hazard, hot surface, low temperature warning symbol ● Demonstrate the use of safety equipment for fire safety, physical safety, first aid equipment such as Automated External Defibrillator (AED)
Classroom Aids:	
LCD Projector for PPT and Video Presentation, Speakers, Whiteboard & Marker	
Tools, Equipment and Other Requirements	
Physical safety equipment, personal protective equipment, fire safety equipment, first aid equipment	

Module 11: Green Practices
Mapped to: THC/N9916 V 1.0

Terminal Outcomes:

- Employ appropriate methods for material conservation and eco-friendly practices
- Apply methods for effective waste management

Duration: 04:00	Duration: 08:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> ● Explain different types of wastewater ● Describe methods to manage non-recyclable waste ● Explain the need for following eco-friendly practices ● Explain common sources of pollution and ways to minimize them 	<ul style="list-style-type: none"> ● Demonstrate material conservation practices like using dead, dry fallen sticks instead of big logs for bonfire etc. ● Demonstrate methods to dispose-off non-recyclable waste appropriately ● Employ appropriate methods to reuse and recycle waste
Classroom Aids	
LCD Projector for PPT and Video Presentation, Speakers, Whiteboard & Marker	
Tools, Equipment and Other Requirements	
Waste bins	

Module 12: On-the-Job Training
Mapped to: Mountain Cuisine Chef

Mandatory Duration: 132:00	Recommended Duration: 00:00
Module Name: On-the-Job Training	
Location: On Site	
Terminal Outcomes	
<ul style="list-style-type: none"> • Perform steps to collate trip information, plan and prepare for cooking (Mountaineering, trekking) • Employ suitable practices to set up kitchen area and prepare meals • Perform appropriate steps for trip closure • Employ appropriate methods to conduct risk assessment for backcountry cooking • Apply suitable techniques to communicate effectively with guests and colleagues • Employ suitable practices to provide customized age and gender specific customer service • Employ suitable practices to ensure workplace safety and cleanliness • Apply suitable practices for effective and eco-friendly waste management 	

Annexure

Trainer Requirements

Trainer Prerequisites						
Minimum Educational Qualification	Specialization	Relevant Industry Experience		Training Experience		Remarks
		Years	Specialization	Years	Specialization	
Class 10 Pass	Outdoor trekking cook	10 years	Outdoor cooking	2 years	Outdoor cooking	

Trainer Certification	
Domain Certification	Platform Certification
“Mountain Cuisine Chef”, “THC/Q8602, v2.0”, Minimum accepted score is 80%	“Trainer”, “MEP/Q2601 V1” with a scoring of Minimum 80%

Assessor Requirements

Assessor Prerequisites						
Minimum Educational Qualification	Specialization	Relevant Industry Experience		Training/Assessment Experience		Remarks
		Years	Specialization	Years	Specialization	
Class 10 Pass	Outdoor trekking cook	10 years	Outdoor cooking	2 years	Outdoor cooking	

Assessor Certification	
Domain Certification	Platform Certification
“Mountain Cuisine Chef”, “THC/Q8602, v2.0”, Minimum accepted score is 80%	“Assessor”, “MEP/Q2701 V1” with the scoring of minimum 80%

Assessment Strategy

This section includes the processes involved in identifying, gathering, and interpreting information to evaluate the learner on the required competencies of the program.

1. Assessment System Overview:

- Batches assigned to the assessment agencies for conducting the assessment on SDSM/SIP or email
- Assessment agencies send the assessment confirmation to VTP/TC looping SSC
- Assessment agency deploys the certified Assessor for executing the assessment
- SSC monitors the assessment process & records
- If the batch size is more than 30, then there should be 2 Assessors.

2. Testing Environment: Assessor must:

- Confirm that the centre is available at the same address as mentioned on SDMS or SIP
- Check the duration of the training.
- Check the Assessment Start and End time to be as 10 a.m. and 5 p.m.
- Check that the allotted time to the candidates to complete Theory & Practical Assessment is correct.
- Check the mode of assessment—Online (TAB/Computer) or Offline (OMR/PP).
- Confirm the number of TABs on the ground are correct to execute the Assessment smoothly.
- Check the availability of the Lab Equipment for the particular Job Role.

3. Assessment Quality Assurance levels / Framework:

- Question papers created by the Subject Matter Experts (SME)
- Question papers created by the SME should be verified by the other subject Matter Experts along with the approval required from THSC
- Questions are mapped with NOS and PC
- Question papers are prepared considering that level 1 to 3 is for the unskilled & semi-skilled individuals, and level 4 and above are for the skilled, supervisor & higher management
- Assessor must be TOA certified
- Assessment agency must follow the assessment guidelines to conduct the assessment

4. Types of evidence or evidence-gathering protocol:

- Time-stamped & geotagged reporting of the assessor from assessment location
- Centre photographs with signboards and scheme specific branding
- Biometric or manual attendance sheet (stamped by TP) of the trainees during the training period
- Time-stamped & geotagged assessment (Theory + Viva + Practical) photographs & videos

5. Method of verification or validation:

- Surprise visit to the assessment location

- Random audit of the batch
 - Random audit of any candidate
6. Method for assessment documentation, archiving, and access
- Hard copies of the documents are stored
 - Soft copies of the documents & photographs of the assessment are uploaded / accessed from Cloud Storage and in the Hard Drives

References

Glossary

Term	Description
Declarative Knowledge	Declarative knowledge refers to facts, concepts and principles that need to be known and/or understood in order to accomplish a task or to solve a problem.
Key Learning Outcome	Key learning outcome is the statement of what a learner needs to know, understand and be able to do in order to achieve the terminal outcomes. A set of key learning outcomes will make up the training outcomes. Training outcome is specified in terms of knowledge, understanding (theory) and skills (practical application).
OJT (M)	On-the-job training (Mandatory); trainees are mandated to complete specified hours of training on site
OJT (R)	On-the-job training (Recommended); trainees are recommended the specified hours of training on site
Procedural Knowledge	Procedural knowledge addresses how to do something, or how to perform a task. It is the ability to work, or produce a tangible work output by applying cognitive, affective or psychomotor skills.
Training Outcome	Training outcome is a statement of what a learner will know, understand and be able to do upon the completion of the training .
Terminal Outcome	Terminal outcome is a statement of what a learner will know, understand and be able to do upon the completion of a module . A set of terminal outcomes help to achieve the training outcome.

Acronyms and Abbreviations

Term	Description
QP	Qualification Pack
NSQF	National Skills Qualification Framework
NSQC	National Skills Qualification Committee
NOS	National Occupational Standards
SOP	Standard Operating Procedure
AED	Automated External Defibrillator