



Course: A Master Class in Juices & Punches Manufacturing and Innovation: From Kitchen to Market.

Course Duration: (Face-to-face)

Total Contact hours: - 12

Sessions: - 3 (4 hours each)

Day -Sunday

Course Description:

This course introduces the principles and techniques of preparing fresh juices and punches. It covers ingredient selection, methods of extraction and blending, flavour balance, presentation, and storage. Emphasis is placed on hygiene, nutrition, and creative beverage design.

Course Objectives:

By the end of the course, learners will be able to:

1. Identify various types of local fruits, vegetables, and herbs used in juices and punches.
2. Apply correct methods for juice extraction and punch preparation.
3. Balance Flavors, colours, and textures in beverages.
4. Apply hygiene and safety standards in beverage preparation.
5. Present juices and punches attractively for different occasions.

Course Outline / Units

Unit 1: Introduction to Juices and Punches

- Definition and differences between juices and punches
- Historical background and cultural relevance
- Classification of beverages: alcoholic vs. non-alcoholic, fresh vs. processed
- The Importance of Juices and Punches in the Diet, Hospitality Industry, and Business Opportunities.

Unit 2: Ingredients and Equipment

- Local common fruits and vegetables for juices
- Herbs, spices, and sweeteners used in punches
- Importance of water and ice quality
- Equipment: juicers, blenders, strainers, shakers, dispensers, and glassware
- Storage containers and serving tools

Unit 3: Preparation Techniques & Preservation

- Methods of juice extraction (manual, mechanical) or cold press
- Blending and mixing techniques
- Straining, chilling, and garnishing
- Preparation of fruit syrups and concentrates
- Batch preparation
- Preservation Science

Unit 4: Types of Juices

- Single fruit/vegetable juices
- Mixed fruit and vegetable blends

- Health and detox juices

Unit 5: Punches

- Definition and types (fruit punch, milk-based punch, tea punch, mocktails)
- Components of a punch: base, sweetener, acid, dilution, flavouring, garnish
- Methods of mixing punches (still and sparkling)
- Presentation and portion control

Unit 6: Nutrition, Hygiene, and Safety

- Nutritional value of fresh juices and punches
- Food safety and sanitation practices
- Storage, shelf life, and spoilage prevention
- Allergen awareness and labelling
- Market opportunity

Lab session

This course will facilitate three (3) practical sessions that will explore commercial ready manufacturing for both juices, dairy and non-dairy punches and preservation science.