



**REPUBLIC OF KENYA**

**COMPETENCY BASED CURRICULUM**

**FOR**

**FOOD AND BEVERAGE PRODUCTION (CULINARY ARTS)**

**LEVEL 6**

**PROGRAMME CODE: 0721 0654 B**



**TVET CDACC  
P.O. BOX 15745-00100  
NAIROBI**

## **BREADS**

**UNIT CODE:** HOS/CU/FP/CR/07/6/B

### **Relationship to Occupational Standards**

This unit addresses the unit of competency: **Prepare breads**

**Duration of Unit:** 260 hours

### **Unit Description**

This unit specifies the competencies required to plan, prepare and present breads. It involves preparing: white, whole meal, sweet yeast, deep fried, puff pastry, special and unleavened breads.

### **Summary of Learning Outcomes**

1. Preparing white breads
2. Preparing whole meal breads
3. Preparing sweet yeast puff pastry breads
4. Preparing sweet breads
5. Preparing deep fried breads
6. Preparing special breads
7. Preparing unleavened breads

### **Learning Outcomes, Content and Methods of Assessment**

<b>Learning Outcome</b>	<b>Content</b>	<b>Suggested Assessment Methods</b>
1. Preparing white breads	<ul style="list-style-type: none"><li>• Define baking</li><li>• Different types of breads</li><li>• Baking equipment e.g. baking tins, trays, ovens</li><li>• Ingredients for making white breads</li><li>• Methods of preparing breads e.g. baking, deep frying, roasting</li><li>• Handling dough</li><li>• Recipes for baking white breads</li><li>• Presenting breads</li></ul>	<ul style="list-style-type: none"><li>• Observation</li><li>• Oral</li><li>• Assignments</li><li>• Supervised exercises</li></ul>

<b>Learning Outcome</b>	<b>Content</b>	<b>Suggested Assessment Methods</b>
2. Preparing whole meal breads	<ul style="list-style-type: none"> <li>• Ingredients for making whole breads</li> <li>• Recipes for baking whole breads</li> <li>• Preparation of whole breads</li> </ul>	<ul style="list-style-type: none"> <li>• Observation</li> <li>• Oral</li> <li>• Assignments</li> <li>• Supervised exercises</li> </ul>
3. Preparing sweet yeast puff pastry breads	<ul style="list-style-type: none"> <li>• Ingredients for making yeast puff pastry breads</li> <li>• Recipes for baking yeast puff pastry breads</li> <li>• Preparation of yeast puff pastry breads using recipes</li> <li>• Presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Observation</li> <li>• Oral</li> <li>• Assignments</li> <li>• Supervised exercises</li> </ul>
4. Preparing sweet breads	<ul style="list-style-type: none"> <li>• Ingredients for making sweet breads</li> <li>• Recipes for baking sweet breads</li> <li>• Preparation of sweet breads using recipes</li> </ul>	<ul style="list-style-type: none"> <li>• Observation</li> <li>• Oral</li> <li>• Assignments</li> <li>• Supervised exercises</li> </ul>
5. Preparing deep fried breads	<ul style="list-style-type: none"> <li>• Ingredients for making fried breads</li> <li>• Recipes for baking sweet breads</li> <li>• Making of fried breads using given recipe</li> <li>• Presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Observation</li> <li>• Oral</li> <li>• Assignments</li> <li>• Supervised exercises</li> </ul>
6. Preparing special breads	<ul style="list-style-type: none"> <li>• Ingredients for making special breads</li> <li>• Recipes for baking special breads</li> <li>• Preparation of special breads</li> </ul>	<ul style="list-style-type: none"> <li>• Observation</li> <li>• Oral</li> <li>• Assignments</li> <li>• Supervised exercises</li> </ul>
7. Preparing unleavened breads	<ul style="list-style-type: none"> <li>• Ingredients for making unleavened breads</li> <li>• Recipes for baking unleavened breads</li> <li>• Preparation of special breads</li> </ul>	<ul style="list-style-type: none"> <li>• Observation</li> <li>• Oral</li> <li>• Assignments</li> <li>• Supervised exercises</li> </ul>

### **Suggested Methods of Instruction**

- Instructor led facilitation of theory
- Demonstration by trainer

- Practice by trainee
- Group discussions

**Recommended Resources**

- Classroom/individual stove kitchen/production kitchen
- A variety of ingredients
- Projector
- White board
- Laptop