



**REPUBLIC OF KENYA**

**COMPETENCY BASED CURRICULUM**

**FOR**

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

**KNQF LEVEL: 5**

**ISCED PROGRAMME CODE: 1013 454 B**



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

## CAKES AND CAKE DECORATION

**UNIT CODE:** HOS/CU/FP/CR/10/5/B

### Relationship to Occupational Standards

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

**Duration of Unit: 120 hours**

### Unit Description

This unit specifies the competencies required to prepare cakes and cake decorations. It involves preparing cakes using creamed method, rubbed in method, melting method, whisking method, all in one method, decorating cakes and preparing sweet sauces.

### Summary of Learning Outcomes

1. Prepare cakes using creaming method
2. Prepare cakes using rubbed in method
3. Prepare cakes using melting method
4. Prepare cakes using whisking method
5. Prepare cakes using all in one method
6. Prepare sweet sauces

### Learning Outcomes, Content and Suggested Assessment Methods

| Learning Outcome                      | Content   | Suggested Assessment Methods  |
|---------------------------------------|---|---|
| 1. Prepare cakes using creamed method | <ul style="list-style-type: none"><li>• Define cakes</li><li>• Classification</li><li>• Uses of cakes</li><li>• Role of different ingredients in cakes e.g.<ul style="list-style-type: none"><li>• Flour</li><li>• Liquids</li><li>• Fats and oils</li><li>• Sugar</li><li>• Raising agents</li><li>• Others</li></ul></li><li>• Choice of ingredients for cakes</li><li>• Preparation techniques</li><li>• Equipment for cake preparations</li><li>• Baking Tins preparation</li><li>• Qualities of a good cakes</li><li>• Cake faults</li><li>• Testing if cakes are cooked</li><li>• Creaming method</li></ul> | <ul style="list-style-type: none"><li>• Observation</li><li>• Oral questioning</li><li>• Assignments</li><li>• Supervised exercises</li><li>• Practical assessments</li><li>• Written tests</li></ul> |

| Learning Outcome                         | Content   | Suggested Assessment Methods   |
|--|---|--|
|  | <ul style="list-style-type: none"> <li>Preparing a variety of creamed cake mixtures e.g.               <ul style="list-style-type: none"> <li>Marble cake</li> <li>Rich fruit cake</li> <li>Medeira</li> <li>Victoria</li> <li>Sandwich</li> <li>Queescakes</li> <li>Red velvet</li> <li>Specilaity cakes</li> </ul> </li> <li>Presentation of cakes</li> </ul> |  |
| 2. Prepare cakes using rubbed in method  | <ul style="list-style-type: none"> <li>Rubbed in method</li> <li>Preparing a variety of rubbed in cake mixtures e.g.               <ul style="list-style-type: none"> <li>Fruit cake</li> <li>Rock</li> <li>Coconut</li> <li>Specilaity cakes</li> </ul> </li> <li>Presentation of cakes</li> </ul>   | <ul style="list-style-type: none"> <li>Observation</li> <li>Oral questioning</li> <li>Assignments</li> <li>Supervised exercises</li> <li>Practical assessments</li> <li>Written tests</li> </ul> |
| 3. Prepare cakes using melting method    | <ul style="list-style-type: none"> <li>Melting method</li> <li>Preparing a variety of melting method cake mixtures. e.g.               <ul style="list-style-type: none"> <li>Ginger bread</li> <li>Specilaity cakes</li> </ul> </li> <li>Presentation of cakes</li> </ul>  | <ul style="list-style-type: none"> <li>Observation</li> <li>Oral questioning</li> <li>Assignments</li> <li>Supervised exercises</li> <li>Practical assessments</li> <li>Written tests</li> </ul> |
| 4. Prepare cakes using whisking method   | <ul style="list-style-type: none"> <li>Whisking method</li> <li>Preparing a variety of whisking method cake mixtures e.g.               <ul style="list-style-type: none"> <li>Swiss roll</li> <li>Black forest</li> <li>White forests</li> <li>Specilaity cakes</li> </ul> </li> <li>Presentation of cakes</li> </ul>  | <ul style="list-style-type: none"> <li>Observation</li> <li>Oral questioning</li> <li>Assignments</li> <li>Supervised exercises</li> <li>Practical assessments</li> <li>Written tests</li> </ul> |
| 5. Prepare cakes using all in one method | <ul style="list-style-type: none"> <li>All in all method</li> <li>Preparing a variety of whisking method cake mixtures e.g.               <ul style="list-style-type: none"> <li>Fruit cake</li> </ul> </li> </ul>  | <ul style="list-style-type: none"> <li>Observation</li> <li>Oral questioning</li> <li>Assignments</li> <li>Supervised exercises</li> </ul>   |

| Learning Outcome        | Content  | Suggested Assessment Methods   |
|-------------------------|--|--|
|                         | <ul style="list-style-type: none"> <li>• Rock</li> <li>• Coconut</li> <li>• Specilaity cakes</li> <li>• Marble cake</li> <li>• Rich fruit cake</li> <li>• Medeira</li> <li>• Victoria</li> <li>• Sandwich</li> <li>• Queescakes</li> <li>• Red velve</li> <li>• Specilaity cakes</li> <li>• Presentation of cakes</li> </ul>   | <ul style="list-style-type: none"> <li>• Practical assessments</li> <li>• Written tests</li> </ul>   |
| 6. Decorate cakes       | <ul style="list-style-type: none"> <li>• Define cake decoration</li> <li>• Ingredients for cake decorations</li> <li>• Types of icing and decorations               <ul style="list-style-type: none"> <li>• Glaze</li> <li>• Butter</li> <li>• Royal</li> <li>• Plastic</li> <li>• Chocolate</li> <li>• Fondant</li> </ul> </li> <li>• Method of preparing cake decorations</li> </ul>  | <ul style="list-style-type: none"> <li>• Observation</li> <li>• Oral questioning</li> <li>• Assignments</li> <li>• Supervised exercises</li> <li>• Practical assessments</li> <li>• Written tests</li> </ul> |
| 7. Prepare sweet sauces | <ul style="list-style-type: none"> <li>• Define sweet sauces</li> <li>• Choice of sauces</li> <li>• Uses of sweet sauces</li> <li>• Identification of commercial sweet sauces</li> <li>• Characteristics of sweet sauces</li> <li>• Sweet sauce ingredients</li> <li>• Variations of sweet sauces</li> <li>• Cleaning and cutting ingredients</li> <li>• Equipment used in sauce preparation</li> <li>• Thickening ingredients</li> <li>• Storage</li> <li>• Presentation</li> </ul> | <ul style="list-style-type: none"> <li>• Observation</li> <li>• Oral questioning</li> <li>• Assignments</li> <li>• Supervised exercises</li> <li>• Practical assessments</li> <li>• Written tests</li> </ul> |

### Suggested Delivery Methods

- Instructor led facilitation of theory
- Demonstration by trainer
- Practice by trainee
- Group discussions

**Recommended Resources**

- Fully equipped operational commercial/institutional kitchen including industry-current tools and equipment
- A variety of ingredients
- Table linen