



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

COLD STARTERS, SALADS AND CANAPES

UNIT CODE: HOS/CU/FP/CR/02/5/B

Relationship to Occupational Standards

This unit addresses the unit of competency: **Prepare cold starters, salads and canapes**

Duration of Unit: 40 hours

Unit Description

This unit specifies the competencies required to plan, prepare and present cold starters. It requires the ability to prepare savoury cold starters, sweet cold starters, canapes and Fruit vegetable salads.

Summary of Learning Outcomes

1. Prepare savoury cold starters
2. Prepare sweet cold starters
3. Prepare canapes
4. Fruit vegetable salad

Learning Outcomes, Content and Suggested Assessment Methods

Learning Outcome	Content	Suggested Assessment Methods
1. Prepare savoury cold starters e.g. cold soups, vegetable-based salads	<ul style="list-style-type: none">• Define starters• Types of savoury cold starters• Ingredients for savoury cold starters• Preparation and production procedures• General rules to be followed when making savoury cold starters• Qualities of a good starter• Presentation	<ul style="list-style-type: none">• Assignments• Oral questions• Written tests• Practical assessments• Supervised exercises• Projects
2. Prepare sweet cold starters e.g. fruit based,	<ul style="list-style-type: none">• Types of sweet cold starters• Ingredients for sweet cold starters• Preparation and production procedures• General rules to be followed when making sweet cold starters• Qualities of a good starters• Presentation	<ul style="list-style-type: none">• Assignments• Oral questions• Written tests• Practical assessments• Supervised exercises• Projects
3. Prepare canapes	<ul style="list-style-type: none">• Define canapes	<ul style="list-style-type: none">• Assignments

Learning Outcome	Content	Suggested Assessment Methods
	<ul style="list-style-type: none"> • Types of canapes • Ingredients for canapes • Preparation, production and presentation of canapes 	<ul style="list-style-type: none"> • Oral questions • Written tests • Practical assessments • Supervised exercises • Projects
4. Fruit vegetable salad	<ul style="list-style-type: none"> • Ingredients for fruit vegetable salads • Types and choices of dressings • Garnishing and presentation 	<ul style="list-style-type: none"> • Assignments • Oral questions • Written tests • Practical assessments • Supervised exercises • Projects

Suggested Delivery Methods

- Group discussions
- Demonstration by instructor
- Practical work by trainee
- Exercises

Recommended Resources

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

PREPARE EGGS

UNIT CODE: HOS/CU/FP/CR/03/5/B

Relationship to Occupational Standards

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

Duration of Unit: 10 hours

Unit Description

This unit specifies the competencies required to prepare eggs. It requires the ability to prepare boiled eggs, prepare poached eggs, prepare fried eggs, prepare omelettes, prepare moulded eggs and prepare scrambled eggs.

Summary of Learning Outcomes

1. Prepare boiled eggs
2. Prepare poached eggs
3. Prepare fried eggs
4. Prepare omelettes
5. Prepare moulded eggs
6. Prepare scrambled eggs

Learning Outcomes, Content and Suggested Assessment Methods

Learning Outcome	Content	Suggested Assessment Methods
1. Prepare boiled eggs	<ul style="list-style-type: none">• Nutritional value of eggs• Types of eggs (chicken, ducks, goose, quill, ostrich)• Egg sizes• Qualities to consider when buying• Testing for freshness• Storing eggs• Degree of cooking boiled eggs (soft or hard)	<ul style="list-style-type: none">• Assignments• Oral questions• Written tests• Practical assessments• Supervised exercises• Projects
2. Prepare poached eggs	<ul style="list-style-type: none">• Procedure of poaching eggs• Variations of poached eggs• Garnishing and presentation	<ul style="list-style-type: none">• Assignments• Oral questions• Written tests• Practical assessments• Supervised exercises• Projects
3. Prepare fried eggs	<ul style="list-style-type: none">• Procedure of frying eggs• Variations of frying eggs• Garnishing and presentation	<ul style="list-style-type: none">• Assignments• Oral questions• Written tests• Practical assessments

Learning Outcome	Content	Suggested Assessment Methods
		<ul style="list-style-type: none"> • Supervised exercises • Projects
4. Prepare omelettes	<ul style="list-style-type: none"> • Procedure of making omelettes • Variations of omelettes eggs • Spanish • French • Plain • Cheese • Jam • Shrimp • Ham etc) • Garnishing and presentation 	<ul style="list-style-type: none"> • Assignments • Oral questions • Written tests • Practical assessments • Supervised exercises • Projects
5. Prepare scotch eggs	<ul style="list-style-type: none"> • Procedure of making scotch eggs • Variations of scotch eggs eg • Vegan • Liver • Tandoori • Spinach • Chickpeas • Others • Garnishing and presentation 	<ul style="list-style-type: none"> • Assignments • Oral questions • Written tests • Practical assessments • Supervised exercises • Projects
6. Prepare moulded eggs	<ul style="list-style-type: none"> • Procedure of making mould eggs • Variations of moulded eggs • Garnishing and presentation 	<ul style="list-style-type: none"> • Assignments • Oral questions • Written tests • Practical assessments • Supervised exercises • Projects
7. Prepare scrambled eggs	<ul style="list-style-type: none"> • Procedure of making scrambled eggs • Variations of scrambled eggs • Garnishing and presentation 	<ul style="list-style-type: none"> • Assignments • Oral questions • Written tests • Practical assessments • Supervised exercises • Projects

Suggested Delivery Methods

- Group discussions
- Demonstration by instructor
- Practical work by trainee
- Exercises

Recommended Resources

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