



**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**

## DESSERTS

**UNIT CODE:** HOS/CU/FP/CR/11/5/B

### **Relationship to Occupational Standards**

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

**Duration of Unit: 40 hours**

### **Unit Description**

This unit specifies the competencies required to plan, prepare and present desserts. It involves preparing hot, cold/frozen desserts, sweet sauces and fruits.

### **Summary of Learning Outcomes**

1. Prepare hot desserts
2. Prepare cold desserts
3. Prepare sweet sauces
4. Prepare frozen desserts
5. Preparing fruits

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

<b>Learning Outcome</b>	<b>Content</b>	<b>Suggested Assessment Methods</b>
1. Prepare hot desserts	<ul style="list-style-type: none"><li>• Define desserts</li><li>• Classification</li><li>• Role of different ingredients in desserts</li><li>• Choice of ingredients for dessert</li><li>• Preparation techniques/methods</li><li>• Equipment for desserts preparation</li><li>• Production of desserts</li><li>• Qualities of a good desserts</li><li>• Preparing a variety of hot desserts creamed e.g.<ul style="list-style-type: none"><li>• Pudding</li><li>• Couffles</li><li>• Flans pies</li><li>• Fritters</li><li>• Sponges</li><li>• Specilaity hot desserts</li></ul></li><li>• Presentation of desserts</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
2. Prepare cold and frozen desserts	<ul style="list-style-type: none"> <li>Preparing a variety of cold desserts e.g.</li> <li>Ice cream</li> <li>Jellies</li> <li>Yoghurt</li> <li>Fruit mixtures</li> <li>Mouse</li> <li>Specialty cold desserts</li> <li>Presentation of desserts</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 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>
4. Preparing fruits	<ul style="list-style-type: none"> <li>Define fruits</li> <li>Choice of fruits</li> <li>Classification of fruits</li> <li>Equipment used in preparing and presenting fruits</li> <li>Uses of fruits</li> <li>Factors to consider when selecting fruits</li> <li>Methods of preparing <ul style="list-style-type: none"> <li>Peeling</li> <li>Cutting</li> <li>Dicing</li> <li>Coring</li> <li>Slicing</li> </ul> </li> <li>Method of cooking fruits</li> <li>Qualities of fruit dishes</li> <li>Presentation of fruits</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