



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

Learning Outcome	Content	Suggested Assessment Methods
1. Prepare hot desserts	<ul style="list-style-type: none">• Define desserts• Classification• Role of different ingredients in desserts• Choice of ingredients for dessert• Preparation techniques/methods• Equipment for desserts preparation• Production of desserts• Qualities of a good desserts• Preparing a variety of hot desserts creamed e.g.<ul style="list-style-type: none">• Pudding• Couffles• Flans pies• Fritters• Sponges• Specilaity hot desserts• Presentation of desserts	<ul style="list-style-type: none">• Observation• Oral questioning• Assignments• Supervised exercises• Practical assessments• Written tests

Learning Outcome	Content	Suggested Assessment Methods
2. Prepare cold and frozen desserts	<ul style="list-style-type: none"> Preparing a variety of cold desserts e.g. <ul style="list-style-type: none"> Ice cream Jellies Yoghurt Fruit mixtures Mouse Speciality cold desserts Presentation of desserts 	<ul style="list-style-type: none"> Observation Oral questioning Assignments Supervised exercises Practical assessments Written tests
3. Prepare sweet sauces	<ul style="list-style-type: none"> Define sweet sauces Choice of sauces Uses of sweet sauces Identification of commercial sweet sauces Characteristics of sweet sauces Sweet sauce ingredients Variations of sweet sauces Cleaning and cutting ingredients Equipment used in sauce preparation Thickening ingredients Storage Presentation 	<ul style="list-style-type: none"> Observation Oral questioning Assignments Supervised exercises Practical assessments Written tests
4. Preparing fruits	<ul style="list-style-type: none"> Define fruits Choice of fruits Classification of fruits Equipment used in preparing and presenting fruits Uses of fruits Factors to consider when selecting fruits Methods of preparing <ul style="list-style-type: none"> Peeling Cutting Dicing Coring Slicing Method of cooking fruits Qualities of fruit dishes Presentation of fruits 	<ul style="list-style-type: none"> Observation Oral questioning Assignments Supervised exercises Practical assessments Written tests

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