



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

MEAT PREPARATION

UNIT CODE: HOS/CU/FP/CR/05/6/B

Relationship to Occupational Standards

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

Duration of Unit: 260 hours

Unit Description

This unit specifies the competencies required to plan, prepare and present various meat dishes. It requires the ability to select, prepare, and portion meat using relevant equipment, cooking and food storage methods.

Summary of Learning Outcomes

1. Preparing meat/mutton/game/pork
2. Preparing poultry
3. Preparing fish
4. Preparing seafood
5. Preparing cold cuts

Learning Outcomes, Content and Methods of Assessment

Learning Outcome	Content	Methods of Assessment
1. Preparing butcher's meat/ mutton/game/ pork	<ul style="list-style-type: none">• Types of meat• Factors to consider when selecting meats• Thawing meats• Meat preparation equipment• Portioning meats• Aging of meats• Method of marinating meats• Methods of cooking meats• Seasonings• Garnishing• Presenting meats• Storing meats	<ul style="list-style-type: none">• Observation• Written• Oral• Assignments• Supervised exercises

Learning Outcome	Content	Methods of Assessment
2. Preparing poultry	<ul style="list-style-type: none"> • Types of poultry • Factors to consider when selecting poultry • Food contamination in poultry • Thawing poultry • Poultry preparation equipment • Portioning poultry • Method of marinating poultry • Methods of cooking poultry • Seasonings • Garnishing • Presenting poultry • Storing poultry 	<ul style="list-style-type: none"> • Observation • Written • Oral • Assignments • Supervised exercises
3. Preparing fish	<ul style="list-style-type: none"> • Types of fish • Factors to consider when selecting fish • Food contamination in poultry • Removing fish scales • Portioning fish • Preparing fillets • Methods of cooking fish • Garnishing fish • Storing fish • Presenting fish 	<ul style="list-style-type: none"> • Observation • Written • Oral • Assignments • Supervised exercises
4. Preparing seafood	<ul style="list-style-type: none"> • Types of seafood • Factors to consider when selecting seafood • Food contamination in seafood • Procedure of removing shell from seafood • Scaling seafood • Portioning seafood • Preparing fillets 	<ul style="list-style-type: none"> • Observation • Written • Oral • Assignments • Supervised exercises

Learning Outcome	Content	Methods of Assessment
	<ul style="list-style-type: none"> • Methods of cooking seafood • Garnishing seafood • Storing seafood • Presenting seafood • Portioning seafood • Methods of cooking seafood • Garnishing seafood • Presenting seafood 	
5. Preparing cold cuts	<ul style="list-style-type: none"> • Definition of cold cuts • Different methods of thawing foods • Holding temperatures for cold and hot foods • The food temperature danger zone 	<ul style="list-style-type: none"> • Observation • Written • Oral • Assignments • Supervised exercises
6. Preparing hot/cold starters, sandwiches, canapes	<ul style="list-style-type: none"> • Types of hot/cold starters, sandwiches, canapes • Importance of preparing hot/cold starters, sandwiches, canapes in menus • Ingredients for hot/cold starters, sandwiches, canapes • Procedure for preparing hot/cold starters, sandwiches, canapes • Presentation 	<ul style="list-style-type: none"> • Observation • Written • Oral • Assignments • Supervised exercises

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