



**REPUBLIC OF KENYA**

**COMPETENCY BASED CURRICULUM**

**FOR**

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

**KNQF LEVEL: 4**

**ISCED PROGRAMME CODE: 1013 354 B**



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NAIROBI**

## PREPARATION OF CEREALS, VEGETABLES, FRUITS AND NUTS

**UNIT CODE:** HOS/CU/FP/CR/04/4/B

### Relationship to Occupational Standards

This unit addresses the unit of competency: Prepare cereals, vegetables, fruits and nuts

**Duration of Unit:** 150 hours

### UNIT DESCRIPTION

This unit covers the competencies required to prepare cereals, vegetables, fruits and nuts. It involves planning for preparation of cereals, vegetables, fruits and nuts, controlling their cost, preparing the ingredients, preparation of cereals, vegetables, fruits and nuts, and their presentation. It also entails carrying out housekeeping activities.

### Summary of Learning Outcomes

1. Plan for preparation of cereals, vegetables, fruits and nuts
2. Control cost of cereals, vegetables, fruits and nuts
3. Prepare cereals, vegetables, fruits and nuts
4. Prepare cereals, vegetables, fruits and nuts
5. Present cereals, vegetables, fruits and nuts
6. Carry out housekeeping activities

### Learning Outcomes, Content and Methods of Assessment

Learning Outcome	Content	Methods of Assessment
1. Plan for preparation of cereals, vegetables, fruits and nuts	<ul style="list-style-type: none"><li>• Introduction to cereals, vegetables, fruits and nuts</li><li>• Definition of terms and concepts</li><li>• Types of cereals, vegetables, fruits and nuts</li><li>• Safety and hygiene rules in the kitchen</li><li>• Planning for preparation of cereals, vegetables, fruits and nuts<ul style="list-style-type: none"><li>○ Ingredients</li><li>○ Tools and equipment</li></ul></li></ul>	<ul style="list-style-type: none"><li>• Observation</li><li>• Written test</li><li>• Oral questioning</li><li>• Portfolios</li><li>• Third party reports</li></ul>

Learning Outcome	Content	Methods of Assessment
	<ul style="list-style-type: none"> <li>○ Time</li> </ul>	
2. Control cost of cereals, vegetables, fruits and nuts	<ul style="list-style-type: none"> <li>• Introduction to cost control</li> <li>• Definition of terms and concepts</li> <li>• Importance of cost control</li> <li>• Equipment and tools used in cost control</li> <li>• Determination of production cost</li> <li>• Determination of selling price</li> <li>• Minimising costs</li> <li>• Food cost control records</li> </ul>	<ul style="list-style-type: none"> <li>• Observation</li> <li>• Written tests</li> <li>• Oral questioning</li> <li>• Portfolios</li> <li>• Third party reports</li> </ul>
3. Prepare cereals, vegetables, fruits and nuts ingredients	<ul style="list-style-type: none"> <li>• Introduction to ingredients preparation</li> <li>• Definition of terms and concepts</li> <li>• Ingredients for preparation of cereals, vegetables, fruits and nuts</li> <li>• Preservation of nutrients during ingredients preparation</li> <li>• Methods of ingredient preparation</li> </ul>	<ul style="list-style-type: none"> <li>• Observation</li> <li>• Written tests</li> <li>• Oral questioning</li> <li>• Portfolios</li> <li>• Third party reports</li> </ul>
4. Prepare cereals, vegetables, fruits and nuts	<ul style="list-style-type: none"> <li>• Definition of terms and concepts</li> <li>• Types of cereals, vegetables, fruits and nuts and their nutritional value</li> <li>• Faults in preparation of cereals, vegetables, fruits and nuts and their remedies</li> <li>• Methods of preparing different cereals, vegetables, fruits and nuts</li> </ul>	<ul style="list-style-type: none"> <li>• Observation</li> <li>• Written test</li> <li>• Oral questioning</li> <li>• Portfolios</li> <li>• Third party reports</li> </ul>

Learning Outcome	Content	Methods of Assessment
	<ul style="list-style-type: none"> <li>• Making cereals, vegetables, fruits and nuts healthier</li> <li>• Preparation of a variety of cereals, vegetables, fruits and nuts.</li> <li>• Quality control aspects in preparation of cereals, vegetables, fruits and nuts</li> <li>• Emerging trends in preparation of cereals, vegetables, fruits and nuts</li> </ul>	
5. Present cereals, vegetables, fruits and nuts	<ul style="list-style-type: none"> <li>• Introduction to food presentation</li> <li>• Definition of terms and concepts</li> <li>• Tools and equipment for presentation of cereals, vegetables, fruits and nuts and their selection</li> <li>• Garnishing cereals, vegetables, fruits and nuts</li> <li>• Portioning of cereals, vegetables, fruits and nuts</li> <li>• Presentation of cereals, vegetables, fruits and nuts</li> </ul>	<ul style="list-style-type: none"> <li>• Observation</li> <li>• Written tests</li> <li>• Oral questioning</li> <li>• Portfolios</li> <li>• Third party reports</li> </ul>
6. Carry out housekeeping activities	<ul style="list-style-type: none"> <li>• Housekeeping activities and its significance</li> <li>• Care and maintenance of kitchen tools and equipment</li> <li>• Kitchen cleaning procedures</li> <li>• Record keeping</li> <li>• Types of wastes and their management</li> <li>• Waste disposal</li> </ul>	<ul style="list-style-type: none"> <li>• Observation</li> <li>• Written tests</li> <li>• Oral questioning</li> <li>• Portfolios</li> <li>• Third party reports</li> </ul>

#### Suggested Methods of Instruction

- Direct instruction
- Demonstrations

- Question and answer
- Group discussions
- Assignments
- Projects
- Field trips

### **Recommended resources**

- Functional kitchen
- A variety of food commodities ingredients
- Kitchen linen
- PPEs –Gloves, Aprons, Head gears, Kitchen uniforms, safety shoes
- LCD projector
- White/black boards
- Stationery

### **Tools and equipment:**

- Mixing bowls
- Chopping boards
- Sieves/colander
- Knives
- Graters
- Sauce pans
- Frying pans
- Assorted food warmers
- Rolling pins
- Cooking sticks
- Blenders
- Cookers
- Refrigerators
- Deep freezers
- Bain marries
- Ovens