



**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 MAIN DISHES**

**UNIT CODE:** HOS/CU/FP/CR/03/4/B

### **Relationship to Occupational Standards**

This unit addresses the unit of competency: **Prepare main dishes**

**Duration of Unit:** 150 hours

### **UNIT DESCRIPTION**

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

### **Summary of Learning Outcomes**

1. Plan for preparation of main dishes
2. Control main dishes cost
3. Prepare main dishes ingredients
4. Prepare main dishes
5. Present main dishes
6. Carry out housekeeping activities

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

<b>Learning Outcome</b>	<b>Content</b>	<b>Methods of Assessment</b>
1. Plan for preparation of main dishes	<ul style="list-style-type: none"><li>• Introduction to main dishes</li><li>• Definition of terms and concepts</li><li>• Types of main dishes</li><li>• Safety and hygiene rules in the kitchen</li><li>• Planning for preparation of main dishes<ul style="list-style-type: none"><li>○ Ingredients</li><li>○ Tools and equipment</li><li>○ Time</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>
2. Control cost of main dishes	<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></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>

Learning Outcome	Content	Methods of Assessment
	<ul style="list-style-type: none"> <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>	
3. Prepare ingredients for main dishes	<ul style="list-style-type: none"> <li>• Introduction to ingredients preparation</li> <li>• Definition of terms and concepts</li> <li>• Ingredients for preparation of main dishes</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 the main dishes	<ul style="list-style-type: none"> <li>• Definition of terms and concepts</li> <li>• Types of main dishes and their nutritional value</li> <li>• Faults in preparation of main dishes and their remedies</li> <li>• Methods of preparing main dishes</li> <li>• Making main dishes healthier</li> <li>• Quality control aspects in preparation of main dishes</li> <li>• Emerging trends in preparation of main dishes</li> <li>• Preparation of a variety of main dishes</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>
5. Present main dishes	<ul style="list-style-type: none"> <li>• Introduction to presentation of main dishes</li> </ul>	<ul style="list-style-type: none"> <li>• Observation</li> <li>• Written tests</li> </ul>

Learning Outcome	Content	Methods of Assessment
	<ul style="list-style-type: none"> <li>• Definition of terms and concepts</li> <li>• Tools and equipment for presentation of main dishes and their selection</li> <li>• Garnishing of main dishes</li> <li>• Portioning main dishes</li> <li>• Presentation of main dishes</li> </ul>	<ul style="list-style-type: none"> <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 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 test</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