



REPUBLIC OF KENYA

COMPETENCY BASED CURRICULUM

FOR

FOOD AND BEVERAGE PRODUCTION (CULINARY ARTS)

KNQF LEVEL: 4

ISCED PROGRAMME CODE: 1013 354 B



TVET CDACC
P.O. BOX 15745-00100
NAIROBI

PREPARATION OF SALADS AND SALAD DRESSINGS

UNIT CODE: HOS/CU/FP/CR/05/4/B

Relationship to Occupational Standards

This unit addresses the unit of competency: Prepare salads and salad dressings.

Duration of Unit: 60 Hours

Unit Description

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

Summary of Learning Outcomes

1. Plan for preparation of salads and salad dressings
2. Control salads and salad dressings costs
3. Prepare salads and salad dressings ingredients
4. Prepare salads and salad dressings
5. Present salads and salad dressings
6. Carry out housekeeping activities

Learning Outcomes, Content and Methods of Assessment

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

Learning Outcome	Content	Suggested Assessment Methods
2. Control salads and salad dressings costs	<ul style="list-style-type: none"> • Introduction to cost control • Definition of terms and concepts • Importance of cost control • Equipment and tools used in cost control • Determination of production cost • Determination of selling price • Minimising costs • Food cost control records 	<ul style="list-style-type: none"> • Observation • Written tests • Oral questioning • Portfolios • Third party reports
3. Prepare salads and salad dressings ingredients	<ul style="list-style-type: none"> • Introduction to ingredients preparation • Definition of terms and concepts • Ingredients for preparation of salads and salad dressings • Preservation of nutrients during ingredients preparation • Methods of preparing ingredients for salads and salad dressings 	<ul style="list-style-type: none"> • Observation • Written tests • Oral questioning • Portfolios • Third party reports
4. Prepare salads and salad dressings	<ul style="list-style-type: none"> • Definition of terms and concepts • Types of salads and their nutritional value • Types of salad dressings and their nutritional value • Faults in salads and salad dressings preparation and their remedies • Methods of preparing different salads • Methods of preparing different salad dressings • Preparation of a variety of salads and salad dressings • Making salads and salad dressings healthier • Quality control aspects in salads and salad dressings preparation 	<ul style="list-style-type: none"> • Observation • Written tests • Oral questioning • Portfolios • Third party reports

Learning Outcome	Content	Suggested Assessment Methods
	<ul style="list-style-type: none"> Emerging trends in salads and salad dressings preparation 	
5. Present salads and salad dressings	<ul style="list-style-type: none"> Introduction to salads and salad dressings presentation Definition of terms and concepts Tools and equipment for salads and salad dressings presentation and their selection Garnishing of salads and salad dressings Portioning of salads and salad dressings Presentation of salads and salad dressings 	<ul style="list-style-type: none"> Observation Written tests Oral questioning Portfolios Third party reports
6. Carry out housekeeping activities	<ul style="list-style-type: none"> Housekeeping and its significance Care and maintenance of kitchen tools and equipment Kitchen cleaning procedures Record keeping Types of wastes and their management Waste disposal 	<ul style="list-style-type: none"> Observation Written tests Oral questioning Portfolios Third party reports

Suggested Methods of Instruction

- Direct instruction
- Demonstrations
- Question and answer
- Group discussions
- Assignments
- Projects
- Field trips

Recommended resources

- Functional kitchen
- A variety of salad and salad dressing 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
- Food warmers
- Rolling pins
- Cooking sticks
- Blenders
- Cookers
- Refrigerators
- Deep freezers
- Bain marries
- Ovens