



**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 SAUCES

**UNIT CODE:** HOS/CU/FP/CR/02/4/B

### Relationship to Occupational Standards

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

**Duration of Unit:** 30 Hours

### UNIT DESCRIPTION

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

### Summary of Learning Outcomes

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

### Learning Outcomes, Content and Methods of Assessment

Learning Outcome	Content	Methods of Assessment
1. Plan for preparation of sauces	<ul style="list-style-type: none"><li>• Introduction to sauces</li><li>• Definition of terms and concepts</li><li>• Types of sauces and their derivatives</li><li>• Safety and hygiene rules</li><li>• Planning for preparation of sauces<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 tests</li><li>• Oral questioning</li><li>• Portfolios</li><li>• Third party reports</li></ul>
2. Control cost of sauces	<ul style="list-style-type: none"><li>• Introduction to cost control</li><li>• Definition of terms and concepts</li></ul>	<ul style="list-style-type: none"><li>• Observation</li><li>• Written tests</li><li>• Oral questioning</li></ul>

<b>Learning Outcome</b>	<b>Content</b>	<b>Methods of Assessment</b>
	<ul style="list-style-type: none"> <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>• Portfolios</li> <li>• Third party reports</li> </ul>
3. Prepare sauce 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 sauces</li> <li>• Methods of ingredient preparation</li> <li>• Types of stocks</li> <li>• Preparation of stocks</li> <li>• Factors determining quality of stocks</li> <li>• Preservation of stocks</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 sauces	<ul style="list-style-type: none"> <li>• Definition of terms and concepts</li> <li>• Nutritional value of sauces</li> <li>• Uses of different sauces</li> <li>• Faults in sauce preparation and their remedies</li> <li>• Methods of preparing different sauces</li> <li>• Thickening of sauces.</li> <li>• Preparation of a variety of sauces</li> <li>• Quality control aspects in sauces 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>

<b>Learning Outcome</b>	<b>Content</b>	<b>Methods of Assessment</b>
	<ul style="list-style-type: none"> <li>• Emerging trends in sauce preparation</li> </ul>	
5. Present sauces	<ul style="list-style-type: none"> <li>• Introduction to sauce presentation</li> <li>• Definition of terms and concepts</li> <li>• Tools and equipment for sauce presentation and their selection</li> <li>• Garnishing of sauces</li> <li>• Portioning of sauces</li> <li>• Presentation of sauces</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 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 soup and sauce ingredients
- PPEs
- Stationery
- Soup and sauce recipes
- LCD projector
- White/black boards
- Kitchen linen

**Kitchen tools and equipment:**

- Sauce boats
- Soup tureen
- Assorted food warmers
- Cookers
- Cooking sticks
- Blenders
- Mixing bowls
- Knives
- Chopping boards