



REPUBLIC OF KENYA

NATIONAL OCCUPATIONAL STANDARDS

FOR

FOOD AND BEVERAGE PRODUCER (CULINARY ARTS)

LEVEL 6

PROGRAMME CODE: 0721 0654 B



TVET CDACC
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NAIROBI

PREPARE BREADS

UNIT CODE: HOS/OS/FP /CR/07/6/B

UNIT DESCRIPTION

This unit specifies the competencies required to plan, prepare and present breads. It involves preparing: white, whole meal, sweet yeast, deep fried, puff pastry, and special and unleavened breads.

ELEMENTS AND PERFORMANCE CRITERIA

ELEMENT	PERFORMANCE CRITERIA
These describe the key outcomes which make up workplace function.	These are assessable statements which specify the required level of performance for each of the elements. <i>Bold and italicized terms are elaborated in the Range</i>
1. Prepare white breads	1.1 Select type and size of equipment suitable to prepare the white breads. 1.2 Ingredients identified and selected as per the recipe. 1.3 Weigh and measure ingredients according to recipe. 1.4 Hygiene and procedures are observed as per HACCP 1.5 Mix <i>dry ingredients</i> as per the recipe 1.6 <i>Liquid ingredients</i> added as per the recipe 1.7 Dough handled as per the recipe 1.8 Dough proved as per the recipe. 1.9 Oven preheated to the temperatures recommended in the recipe 1.10 Baking trays prepared and dough placed on the trays as per the recipe. 1.11 Baking period/time observed as per the recipe 1.12 Bread cooled on cooling racks as per SOPs 1.13 Presentation and display equipment identified and used as per the specification 1.14 Serve white bread as per the specifications and style of service
2. Prepare whole meal breads	2.1 Select type and size of equipment suitable to prepare the brown breads.

	<p>2.2 Ingredients identified and selected as per the recipe.</p> <p>2.3 Weigh and measure ingredients according to recipe.</p> <p>2.4 Hygiene and procedures are observed as per HACCP</p> <p>2.5 Mix <i>dry ingredients</i> as per the recipe</p> <p>2.6 <i>Liquid ingredients</i> added as per the recipe</p> <p>2.7 Dough handled as per the recipe</p> <p>2.8 Dough prooved as per the recipe.</p> <p>2.9 Oven preheated to the temperatures recommended in the recipe</p> <p>2.10 Baking trays prepared and dough placed on the trays as per the recipe.</p> <p>2.11 Baking period/time obseved as per the recipe</p> <p>2.12 Bread cooled on cooling racks as per SOPs</p> <p>2.13 Presentation and display equipment identified and used as per the specification</p> <p>2.14 Serve brown bread as per the specifications and style of servicetrays as per the recipe</p> <p>2.15 Oven preheated at the temperatures recommended in the recipe</p> <p>2.16 Baking period/time obseved as per the recipe</p> <p>2.17 Presentation equipment identified and used as per the specification</p> <p>2.18 Serve brown bread as per the specifications</p>
3. Prepare sweet yeast puff pastries	<p>3.1 Select type and size of equipment suitable to prepare the sweet yeast puff pastries.</p> <p>3.2 Ingredients identified and selected as per the recipe.</p> <p>3.3 Weigh and measure ingredients according to recipe.</p> <p>3.4 Hygiene and procedures are observed as per HACCP</p> <p>3.5 Mix <i>dry ingredients</i> as per the recipe</p> <p>3.6 <i>Liquid ingredients</i> added as per the recipe</p> <p>3.7 Dough handled as per the recipe</p> <p>3.8 Dough prooved as per the recipe.</p> <p>3.9 Oven preheated to the temperatures recommended in the recipe</p>

	<p>3.10 Baking trays prepared and dough placed on the trays as per the recipe.</p> <p>3.11 Baking period/time observed as per the recipe</p> <p>3.12 Bread cooled on cooling racks as per SOPs</p> <p>3.13 Presentation and display equipment identified and used as per the specification</p> <p>3.14 Serve sweet yeast puff pastries as per the specifications and style of service trays as per the recipe</p> <p>3.15 Oven preheated at the temperatures recommended in the recipe</p> <p>3.16 Baking period/time observed as per the recipe</p> <p>3.17 Presentation equipment identified and used as per the specification</p> <p>3.18 Serve sweet yeast puff pastries as per the specifications</p>
4. Prepare sweet breads	<p>4.1 Select type and size of equipment suitable to prepare the sweet bread.</p> <p>4.2 Ingredients identified and selected as per the recipe.</p> <p>4.3 Weigh and measure ingredients according to recipe.</p> <p>4.4 Hygiene and procedures are observed as per HACCP</p> <p>4.5 Mix <i>dry ingredients</i> as per the recipe</p> <p>4.6 <i>Liquid ingredients</i> added as per the recipe</p> <p>4.7 Dough handled as per the recipe</p> <p>4.8 Dough proved as per the recipe.</p> <p>4.9 Oven preheated to the temperatures recommended in the recipe</p> <p>4.10 Baking trays prepared and dough placed on the trays as per the recipe.</p> <p>4.11 Baking period/time observed as per the recipe</p> <p>4.12 Bread cooled on cooling racks as per SOPs</p> <p>4.13 Presentation and display equipment identified and used as per the specification</p> <p>4.14 Serve sweet bread as per the specifications and style of service trays as per the recipe</p> <p>4.15 Oven preheated at the temperatures recommended in the recipe</p>

	<p>4.16 Baking period/time observed as per the recipe</p> <p>4.17 Presentation equipment identified and used as per the specification</p> <p>4.18 Serve sweet bread as per the specifications Bread cooled on cooling racks as per SOP's</p> <p>4.19 Presentation equipment identified and used as per the specification</p> <p>4.20 Serve sweet bread as per the specifications</p>
5. Prepare deep fried breads	<p>5.1 Select type and size of equipment suitable to prepare the deep fried breads.</p> <p>5.2 Ingredients identified and selected as per the recipe.</p> <p>5.3 Weigh and measure ingredients according to recipe.</p> <p>5.4 Hygiene and procedures are observed as per HACCP</p> <p>5.5 Mix <i>dry ingredients</i> as per the recipe</p> <p>5.6 <i>Liquid ingredients</i> added as per the recipe</p> <p>5.7 Dough handled as per the recipe</p> <p>5.8 Spice bread as per the recipe (where necessary)</p> <p>5.9 Dough proofed as per the recipe.</p> <p>5.10 Oil heated to the recommended temperatures in the recipe</p> <p>5.11 Deep fry the bread as per the recipe</p> <p>5.12 Drain oil briefly as per SOP's</p> <p>5.13 Presentation and display equipment identified and used as per the specification</p> <p>5.14 Serve deep fried breads as per the specifications and style of service trays as per the recipe</p>
6. Prepare special breads	<p>6.1 Select type and size of equipment suitable to prepare the special breads.</p> <p>6.2 Ingredients identified and selected as per the recipe.</p> <p>6.3 Weigh and measure ingredients according to recipe.</p> <p>6.4 Hygiene and procedures are observed as per HACCP</p>

	<p>6.5 Mix <i>dry ingredients</i> as per the recipe</p> <p>6.6 <i>Liquid ingredients</i> added as per the recipe</p> <p>6.7 Dough handled as per the recipe</p> <p>6.8 Dough prooved as per the recipe.</p> <p>6.9 Oven preheated to the temperatures recommended in the recipe</p> <p>6.10 Baking trays prepared and dough placed on the trays as per the recipe.</p> <p>6.11 Baking period/time obseved as per the recipe</p> <p>6.12 Bread cooled on cooling racks as per SOPs</p> <p>6.13 Presentation and display equipment identified and used as per the specification</p> <p>6.14 Serve special bread as per the specifications and style of service trays as per the recipe</p> <p>6.15 Oven preheated at the temperatures recommended in the recipe</p> <p>6.16 Baking period/time obseved as per the recipe</p> <p>6.17 Presentation equipment identified and used as per the specification</p> <p>6.18 Serve special bread as per the specifications</p>
7. Prepare unleavened bread	<p>7.1 Select type and size of equipment suitable to prepare the unleavened breads.</p> <p>7.2 Ingredients identified and selected as per the recipe.</p> <p>7.3 Weigh and measure ingredients according to recipe.</p> <p>7.4 Hygiene and procedures are observed as per HACCP</p> <p>7.5 Mix <i>dry ingredients</i> as per the recipe</p> <p>7.6 <i>Liquid ingredients</i> added as per the recipe</p> <p>7.7 Dough handled as per the recipe</p> <p>7.8 Dough prooved as per the recipe.</p> <p>7.9 Oven preheated to the temperatures recommended in the recipe</p> <p>7.10 Baking trays prepared and dough placed on the trays as per the recipe.</p> <p>7.11 Baking period/time obseved as per the recipe</p> <p>7.12 Bread cooled on cooling racks as per SOPs</p> <p>7.13 Presentation and display equipment identified and used as per the specification</p>

	<p>7.14 Serve unleavened bread as per the specifications and style of servicetrays as per the recipe</p> <p>7.15 Oven preheated at the temperatures recommended in the recipe</p> <p>7.16 Baking period/time observed as per the recipe</p> <p>7.17 Presentation equipment identified and used as per the specification</p> <p>7.18 Serve unleavened bread as per the specifications</p>
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RANGE

This section provides work environments and conditions to which the performance criteria apply. It allows for different work environments and situations that will affect performance.

Variable	Range
1. Dry ingredients may include but not limited to:	<ul style="list-style-type: none">• Flour• Sugar• Salt• Baking powder• Instant yeast• Spices and herbs
2. Liquid ingredients may include but not limited to:	<ul style="list-style-type: none">• Eggs• Oil• Water• Milk• Butter• Cream
3. Fillings may include but not limited to:	<ul style="list-style-type: none">• Fresh or crystallised fruit and fruit purées• Whole or crushed nuts• Cream• Custard• Meringue
4. Sweetenings may include but not limited to:	<ul style="list-style-type: none">• Granulated sugar• Brown sugar• Honey• Sweeteners
5. Proving dough may include but not limited to:	<ul style="list-style-type: none">• Covering the <i>dough</i> during with a plastic bag• Placing dough in the oven proving compartment

REQUIRED SKILLS AND KNOWLEDGE

This section describes the skills and knowledge required for this unit of competency.

Required Skills

The individual needs to demonstrate the following skills:

- Kitchen equipment selection and use
- Food presentation techniques
- cooking methods (Baking, frying)
- Kneading, whisking, shaping, rolling, piping
- Icing and decorating
- Cleaning methods (scrubbing, cleaning with cold/warm water, use of vegetable wash)
- Use of other working tools and equipment (chopping board)
- Creativity/Innovation
- Garnishing
- Personal grooming
- Presentation
- Communication
- Interpersonal relations

Required Knowledge

The individual needs to demonstrate knowledge and understanding of:

- Hazard Analysis of Critical Control Points (HACCP)
- Standard Operating Procedure (SOP)
- Occupational Safety and Health (OHS)
- Work place procedures
- Salad dressing
- Seasoning salads
- Time management
- Efficient workflow
- Culture and religion (kosher, halal, vegans)
- Special needs
- Garbage management
- Food trends (organic products, molecular gastronomy)
- Hospitality law
- Political, Economic, Social, Technological Environmental and Legal (PESTEL)
- Allergens (gluten free & nut allergy, milk intolerance)
- Professional ethics
- Costing and cost control
- Meat curving
- Cooking with wines and spirits
- Fats and oils

- Sugar and salt
- Condiments
- Communication
- Accounting (basic)
- Interpersonal relations
- Management (supplies, human resource)
- Problem solving skills
- Planning and organizing
- ICT
- First Aid

EVIDENCE GUIDE

This provides advice on assessment and must be read in conjunction with the performance Criteria, required skills and knowledge and range.

1. Critical aspects of Competency	<p>Assessment requires evidence that the candidate:</p> <ol style="list-style-type: none"> 1.1. Demonstrated ability to conduct pre-start checks on ovens used for baking 1.2. Demonstrated ability to start, operate, monitor and adjust ovens to achieve required quality outcomes 1.3. Baked breads as per the quality standards 1.4. Demonstrated ability to apply safe work practices and identify OSH hazards and controls 1.5. Demonstrated ability to safely shut down ovens 1.6. Demonstrated ability to monitor baking process, including: steam injection crust colour, sheen, uniformity of shape and size as per the recipe 1.7. Demonstrated ability to apply food safety procedures 1.8. Hygienically handled and stored breads
2. Resource Implications	<p>The following resources MUST be provided:</p> <ol style="list-style-type: none"> 2.1 Fully equipped operational commercial/institutional kitchen including industry-current tools, utensils and equipment. 2.2 Ingredients for preparing various types of breads
2. Method of Assessment	<p>Competency may be assessed through:</p> <ol style="list-style-type: none"> 3.1 Direct observation using a checklist of the learners preparing various breads

	<p>3.2 Written or oral questions to test knowledge.</p> <p>3.3 Review of portfolios of evidence and third party workplace reports of on-the-job performance by the candidate.</p>
1. Context of Assessment	<p>Competency may be assessed:</p> <p>4.1 On-the-job</p> <p>4.2 Off-the -job</p> <p>4.3 During Industrial attachment</p>
5. Guidance information for assessment	Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended.