



REPUBLIC OF KENYA

NATIONAL OCCUPATIONAL STANDARDS

FOR

FOOD AND BEVERAGE PRODUCER (CULINARY ARTS)

KNQF LEVEL: 5

ISCED OCCUPATIONAL STANDARD CODE: 1013 454 B



**TVET CDACC
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NAIROBI**

PREPARE CAKES

UNIT CODE: HOS/OS/FP/CR/10/5/B

UNIT DESCRIPTION

This unit specifies the competencies required to plan, prepare and present a range of cakes. It involves preparing cakes using the creaming, rubbing in, melting, whisking, all in one method and preparing sweet sauces.

ELEMENTS AND PERFORMANCE CRITERIA

ELEMENT These describe the key outcomes which make up workplace function.	PERFORMANCE CRITERIA 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 cakes using creamed method	1.1 Select type and size of equipment suitable to prepare cakes. 1.2 Baking tins are prepared (greasing, dusting, lining with grease paper) as per the recipe. 1.3 Oven is preheated to the recommended time and temperature as per the recipe. 1.4 Ingredients are identified and selected as per the recipe. 1.5 The ingredients for preparing creamed cakes are weighed and measured as per the recipe. 1.6 Hygiene procedures are observed as per HACCP. 1.7 Prepare a variety of cakes using creaming method as per the recipe. 1.8 Recommended temperatures and baking period/time observed as per the recipe. 1.9 Presentation equipment identified and used as per the specification. 1.10 Cakes are served as per the recipe.
2. Prepare cakes using rubbed in method	2.1 Select type and size of equipment suitable to prepare cakes. 2.2 Baking tins are prepared (greasing, dusting, lining with grease paper) as per the recipe. 2.3 Oven is preheated to the recommended time and temperature as per the recipe. 2.4 Ingredients are identified and selected as per the recipe. 2.5 The ingredients for preparing cakes using rubbed in method are weighed and measured as per the recipe. 2.6 Hygiene procedures are observed as per HACCP.

	<p>2.7 Prepare a <i>variety of cakes</i> using rubbing in method as per the recipe.</p> <p>2.8 Recommended temperatures and baking period/time observed as per the recipe.</p> <p>2.9 Presentation equipment identified and used as per the specification.</p> <p>2.10 Cakes are served as per the recipe.</p>
3. Prepare cakes using melting method	<p>3.1 Select type and size of equipment suitable to prepare cakes.</p> <p>3.2 Baking tins are prepared (greasing, dusting, lining with grease paper) as per the recipe.</p> <p>3.3 Oven is preheated to the recommended time and temperature as per the recipe.</p> <p>3.4 Ingredients are identified and selected as per the recipe.</p> <p>3.5 The ingredients for preparing cakes using melting method are weighed and measured as per the recipe.</p> <p>3.6 Hygiene procedures are observed as per HACCP.</p> <p>3.7 Prepare a <i>variety of cakes using melting method</i> as per the recipe.</p> <p>3.8 Recommended temperatures and baking period/time observed as per the recipe.</p> <p>3.9 Presentation equipment identified and used as per the specification.</p> <p>3.10 Cakes are served as per the recipe.</p>
4. Prepare cakes using whisking method	<p>4.1 Select type and size of equipment suitable to prepare cakes.</p> <p>4.2 Baking tins are prepared (greasing, dusting, lining with grease paper) as per the recipe.</p> <p>4.3 Oven is preheated to the recommended time and temperature as per the recipe.</p> <p>4.4 Ingredients are identified and selected as per the recipe.</p> <p>4.5 The ingredients for preparing cakes using whisking method are weighed and measured as per the recipe.</p> <p>4.6 Hygiene procedures are observed as per HACCP.</p> <p>4.7 Prepare a <i>variety of cakes using melting method</i> as per the recipe.</p> <p>4.8 Recommended temperatures and baking period/time observed as per the recipe.</p> <p>4.9 Presentation equipment identified and used as per the specification.</p>

	4.10 Cakes are served as per the recipe.
5. Prepare cakes using all in one method	<p>5.1 Select type and size of equipment suitable to prepare cakes.</p> <p>5.2 Baking tins are prepared (greasing, dusting, lining with grease paper) as per the recipe.</p> <p>5.3 Oven is preheated to the recommended time and temperature as per the recipe.</p> <p>5.4 Ingredients are identified and selected as per the recipe.</p> <p>5.5 The ingredients for preparing cakes using all in one method are weighed and measured as per the recipe.</p> <p>5.6 Hygiene procedures are observed as per HACCP.</p> <p>5.7 Prepare a <i>variety of cakes using all in one method</i> as per the recipe.</p> <p>5.8 Recommended temperatures and baking period/time observed as per the recipe.</p> <p>5.9 Presentation equipment identified and used as per the specification</p> <p>5.10 Cakes are served as per the recipe.</p>
6. Prepare sweet sauces	<p>6.1 Select type and size of equipment suitable to prepare cakes.</p> <p>6.2 Ingredients are identified and selected as per the recipe.</p> <p>6.3 The ingredients for preparing sweet sauces are weighed and measured as per the recipe.</p> <p>6.4 <i>Types of sweet sauces</i> are as per the recipe.</p> <p>6.5 Sweet sauce is served with the appropriate cake.</p>

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. Equipment include but not limited to:	<ul style="list-style-type: none"> • Mixers • Blenders • Bowl cutters • Dough sheets • Accessories • Ovens and proovers • Scales and measures • Mixing and baking utensils

Variable	Range
2. Baking tins are prepared include but not limited to:	<ul style="list-style-type: none"> • Greasing • Dusting • Lining with grease paper
3. Variety of <i>cakes made using creaming method</i> include but not limited to:	<ul style="list-style-type: none"> • Marble • Rich fruit cake • Medeira • Victoria • Sandwich • Queescakes • Red velvet • Specilaity cake
4. Variety of <i>cakes made using rubbing in method</i> include but not limited to:	<ul style="list-style-type: none"> • Fruit • Rock • Coconut • Specilaity cakes
5. Variety of <i>cakes made using melting method</i> include but not limited to:	<ul style="list-style-type: none"> • Ginger bread • pecilaity cakes
6. Variety of <i>cakes made using whisking method</i> include but not limited to:	<ul style="list-style-type: none"> • Swiss roll • Black forest • White forests • Specilaity cakes
7. Variety of <i>cakes made using all in one method</i> include but not limited to:	<ul style="list-style-type: none"> • Fruit cake • Rock • Coconut • Specilaity • Marble • Rich fruit • Medeira • Victoria • Sandwich • Queescake • Red velvet

Variable	Range
	<ul style="list-style-type: none"> Specilaity cakes
8. Types of sweet sauces include but not limited to:	<ul style="list-style-type: none"> Custard Jam Lemon Orange Vanill Chocolate Raspeberry

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
- Time management
- Preservatives e.g. alcohol, spices, citric fruits, commercial preservatives
- Efficient workflow
- Culture and religion (kosher, halal, vegans)

- Special needs
- Food product knowledge
- Quality control
- Costing and cost control
- Storage of breads
- Portion control
- Purchase specification
- Fats and oils
- Confectionary foods
- Sugar and salt and their substitutes
- Allergens (gluten free & nut allergy, milk intolerance)
- Special needs
- Nutrition and dietetics
- Food and wine pairing
- Garbage management
- Food trends (organic products, molecular gastronomy)
- Hospitality law
- Allergens (gluten free & nut allergy, milk intolerance)
- Professional ethics
- French Language
- Different types of flour

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 evidences that the candidate:</p> <p>1.1 Identified tools and equipment for preparing cakes.</p> <p>1.2 Identified ingredients for preparing cakes.</p> <p>1.3 Sanitise the working area and surfaces as they worked.</p> <p>1.4 Checked the quality of the ingredients by using quality standards ie. colour, smell, texture and freshness.</p> <p>1.5 Decorated the cakes as per the recipe.</p> <p>1.6 Handled the dough in cold temperatures as per the recipe</p> <p>1.7 Preheated the ovens to the required temperatures as per the recipe .</p> <p>1.8 Started, operated, monitored and adjusted ovens to achieve required quality outcomes.</p> <p>1.9 Cooled the cakes on cooling racks.</p> <p>1.10 Demonstrated ability to observe hygiene in the kitchen/ food safety procedures.</p> <p>1.11 Prepared valid fillings and used them to fill the pastries.</p> <p>1.12 Demonstrated ability to apply safe work practices and identify OHS hazards and controls.</p>
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	<p>1.13 Demonstrated ability to safely shut down ovens.</p> <p>1.14 Stored the cakes as required.</p> <p>1.15 Presented the cakes as per the recipe.</p>
2. Resource Implications	<p>The following resources MUST be provided:</p> <p>2.1 Fully equipped kitchen.</p> <p>2.2 Kitchen tools and equipment.</p> <p>2.3 A working environment meeting the OSHA standards.</p> <p>2.4 A variety of ingredients.</p>
3. Method of Assessment	<p>Competency may be assessed through:</p> <p>3.1 Direct observation using a checklist</p> <p>3.2 Written or oral questions</p> <p>3.3 Review of portfolios of evidence and third party workplace reports of on-the-job performance by the candidate.</p>
4. Context for Assessment	<p>Assessment may be done in the workplace or in a simulated workplace setting (assessment centers)</p>
5. Guidance information for assessment	<p>Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended.</p>