



**REPUBLIC OF KENYA**

**NATIONAL OCCUPATIONAL STANDARDS**

**FOR**

**FOOD AND BEVERAGE PRODUCER (CULINARY ARTS)**

**KNQF LEVEL: 4**

**ISCED OCCUPATIONAL STANDARD CODE: 1013 354 B**



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## PREPARE CEREALS, VEGETABLES, FRUITS AND NUTS

**UNIT CODE:** HOS/OS/FP/CR/04/4/B

### UNIT DESCRIPTION

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

This standard applies in hospitality industry.

### ELEMENTS AND PERFORMANCE CRITERIA

<b>ELEMENT</b> These describe the key outcomes which make up workplace function.	<b>PERFORMANCE CRITERIA</b> These are assessable statements which specify the required level of performance for each of the elements. <i><b>Bold and italicized terms are elaborated in the Range</b></i>
1. Plan for preparation of cereals, vegetables, fruits and nuts	1.1 <i><b>Cereals, vegetables, fruits and nuts ingredients</b></i> are identified and selected as per the recipe specifications. 1.2 <i><b>Cereals, vegetables, fruits and nuts preparation tools and equipment</b></i> are identified and selected as per the recipe. 1.3 Safety and hygiene standards and procedures are put in place as per HCCP and legal requirements.
2. Control cost of cereals, vegetables, fruits and nuts	2.1 <i><b>Tools and equipment for portioning</b></i> foods are identified and used based on manufacturer's instructions. 2.2 Ingredients quantities are identified and measured based on recipe and workplace instructions. 2.3 Production cost is determined based on operational costs. 2.4 Selling price is determined based on production costs and workplace policy. 2.1 Records are maintained as per workplace policy.

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3. Prepare cereals, vegetables, fruits and nuts ingredients	3.1 Mis-en-scene is conducted as workplace procedure. 3.2 Ingredients are selected and assembled as per the recipe specifications. 3.3 Ingredients freshness and quality is checked as per standard procedure. 3.4 <i><b>Cereals, vegetables, fruits and nuts ingredients are prepared</b></i> as per standard procedure. 3.5 Stocks are prepared as per standard procedure. 3.6 <i><b>Cereals, vegetables, fruits and nuts garnishes</b></i> are identified, selected and prepared based on food type.
4. Prepare the cereals, vegetables, fruits and nuts	4.1 Recipes are reviewed and interpreted as per standard procedure. 4.2 <i><b>Methods of cooking</b></i> are selected based on the recipe. 4.3 <i><b>Fruits</b></i> are prepared as per recipe. 4.4 <i><b>Vegetables</b></i> are prepared as per recipe. 4.5 <i><b>Cereals</b></i> are prepared as per recipe. 4.6 <i><b>Nuts</b></i> are prepared as per recipe. 4.7 <i><b>Methods of cooking</b></i> are applied as per standard procedure. 4.8 Safety and hygiene standards and procedures are observed as per HACCP and workplace policy.
5. Present the cereals, vegetables, fruits and nuts	5.1 Equipment for presentation of food Commodities are selected based on type of food. 5.2 <i><b>Vegetables</b></i> are dispensed/served based on the type. 5.3 <i><b>Fruits</b></i> are dispensed/served based on the type. 5.4 <i><b>Cereals are</b></i> dispensed/served based on the type. 5.5 Cereals, vegetables, fruits and nuts are garnished based on type. 5.6 Cereals, vegetables, fruits and nuts are presented based on type and style of service.

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	5.7 Food presentation safety, aesthetics and hygiene standards are observed as per workplace policy.
6. Carry out housekeeping activities	6.1 Tools and <i><b>equipment</b></i> are cleaned and stored as per workplace policy. 6.2 Waste is disposed as per environmental regulations. 6.3 Records are maintained as per workplace policy. 6.4 Kitchen is cleaned as per standard procedure.

## **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.

<b>Variable</b>	<b>Range</b>
1. Garnishes include but not limited to:	<ul style="list-style-type: none"> <li>• Parsley</li> <li>• Tomatoes</li> <li>• Carrots</li> <li>• Eggs</li> <li>• Cherries</li> <li>• Coriander</li> <li>• Lemons</li> <li>• Rosemary</li> <li>• Onions</li> <li>• Cheese</li> </ul>
2. Methods of preparing food ingredients may include but not limited to:	<ul style="list-style-type: none"> <li>• Peeling</li> <li>• Cutting</li> <li>• Trimming</li> <li>• De-stalking</li> <li>• Chopping</li> <li>• Shredding</li> <li>• Slicing</li> </ul>

Variable	Range
	<ul style="list-style-type: none"> <li>• Dicing</li> <li>• Sorting</li> <li>• Soaking</li> <li>• Washing</li> </ul>
3. Vegetables include but not limited to:	<ul style="list-style-type: none"> <li>• Leaf vegetable</li> <li>• Tuber</li> <li>• Root vegetables</li> <li>• Bulbs</li> <li>• Flowers</li> <li>• Fruit vegetables</li> <li>• Mushroom</li> <li>• Stems</li> <li>• Seeds (garden peas)</li> </ul>
4. Fruits	<ul style="list-style-type: none"> <li>• Stone fruits</li> <li>• Hard fruits</li> <li>• Citrus</li> <li>• Tropical fruits</li> <li>• Other fruits</li> </ul>
5. <i>Legumes/ Pulses</i> may include but not limited to:	<ul style="list-style-type: none"> <li>• Assorted lentils dishes <ul style="list-style-type: none"> <li>○ Green grams</li> <li>○ Kamande</li> <li>○ Split daal</li> </ul> </li> <li>• Assorted beans dishes <ul style="list-style-type: none"> <li>○ Soya beans</li> <li>○ Chick pea</li> <li>○ Mwezi moja</li> </ul> </li> </ul>
6. Cereals may include but not limited to:	<ul style="list-style-type: none"> <li>• Rice</li> <li>• Potatoes</li> <li>• Pasta</li> <li>• Wheat</li> <li>• Corn</li> <li>• Sorghum</li> <li>• Root tubers</li> <li>• Millet</li> </ul>

Variable	Range
7. Methods of cooking food may include but not limited to:	<ul style="list-style-type: none"> <li>• Boiling</li> <li>• Grilling</li> <li>• Roasting</li> <li>• Braising</li> <li>• Deep frying</li> <li>• Pan frying</li> <li>• Poaching</li> <li>• Baking</li> <li>• Shallow frying (Sauté, Stir Fry, Sweating)</li> </ul>
8. Tools and equipment may include but not limited to:	<ul style="list-style-type: none"> <li>• Mixing bowls</li> <li>• Chopping boards</li> <li>• Sieves/colander</li> <li>• Knives</li> <li>• Graters</li> <li>• Sauce pans</li> <li>• Frying pans</li> <li>• Food warmers</li> <li>• Rolling pins</li> <li>• Cooking sticks</li> <li>• Blenders</li> <li>• Cookers</li> <li>• Refrigerators</li> <li>• Deep freezers</li> <li>• Deep fat fryers</li> <li>• Ovens</li> </ul>
9. Equipment for presentation of food Commodities may include but not limited to:	<ul style="list-style-type: none"> <li>• Assorted chafing dishes</li> <li>• Assorted Bain marries</li> <li>• Assorted platters</li> <li>• Assorted bowls</li> </ul>

## **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:

- Knife skills
- Equipment handling
- Garnishing
- Food presentation
- Communication
- Interpersonal
- First aid
- Time Management
- Team work
- Problem solving
- Critical thinking
- Negotiation

### **Required Knowledge**

The individual needs to demonstrate knowledge and understanding of:

- Safety and hygiene in the kitchen
- Food Commodities and ingredients
- Nutritional value of food ingredients
- Kitchen tools and equipment
- Waste management
- Storage of ingredients
- Garnishing of food Commodities
- Food quality control
- Methods of preparation of food Commodities
- Professional ethics
- Emerging trends in food preparation

## EVIDENCE GUIDE

1. Critical aspects of Competency	<p>Assessment requires evidences that the candidate:</p> <ol style="list-style-type: none"> <li>1.1 Identified and assembled tools and equipment for preparing specific food Commodities.</li> <li>1.2 Identified and assembled the ingredients for preparing of specific food Commodities.</li> <li>1.3 Demonstrated ability to apply various cooking methods in preparing food Commodities.</li> <li>1.4 Portioned food and maintained ratios appropriately.</li> <li>1.5 Demonstrated knowledge of nutritional value of various food ingredients.</li> <li>1.6 Demonstrated ability to present food Commodities appropriately.</li> <li>1.7 Demonstrated ability to garnished food Commodities appropriately.</li> <li>1.8 Managed and disposed kitchen waste effectively.</li> <li>1.9 Maintained records appropriately.</li> </ol>
2. Resource Implications	<p>The following resources MUST be provided:</p> <ol style="list-style-type: none"> <li>2.1 A functional kitchen</li> <li>2.2 A working environment meeting the OSHA standards.</li> <li>2.3 Ingredients suitable for the task.</li> </ol>
3. Method of Assessment	<p>Competency may be assessed through:</p> <ol style="list-style-type: none"> <li>3.1 Observation</li> <li>3.2 Written test</li> <li>3.3 Oral questioning</li> <li>3.4 Interview</li> <li>3.5 Portfolio of evidence</li> <li>3.6 Third party reports.</li> </ol>
4. Context for Assessment	<p>Assessment may be done;</p> <ul style="list-style-type: none"> <li>• On-the-job</li> <li>• Off-the-job</li> <li>• During industrial attachment</li> </ul>
5. Guidance information for assessment	<p>Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended.</p>