



**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  
P.O. BOX 15745-00100  
NAIROBI**

## PREPARE COLD STARTERS, FRUIT VEGETABLE SALADS AND CANAPES

UNIT CODE: HOS/OS/FP/CR/02/5/B

### UNIT DESCRIPTION

This unit specifies the competencies required to plan, prepare and present prepare cold starters, fruit vegetable salads and canapes. It involves ability to Prepare savoury cold starters, sweet cold starters, canapes and fruit vegetable salads

### 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. Prepare savoury cold starters	1.1 Ingredients are prepared as per the recipe 1.2 Hygienic standards and procedures are observed while cleaning as per HACCP 1.3 Freshness and quality is checked as per the SOPs. 1.4 <b><i>Vegetables are prepared</i></b> as per the recipes. 1.5 Cooking method applied as per the recipe 1.6 Cold starter is chilled c as per the recipe. 1.7 Cold starter is garnished and dressed as per the recipe 1.8 Cold starter is served as per the recipe
2. Prepare sweet cold starters	2.1 Ingredients are prepared as per the recipe 2.2 Hygienic standards and procedures are observed while cleaning as per HACCP 2.3 Freshness and quality is checked as per the SOPs. 2.4 Fruits are prepared as per the recipes. 2.5 Cooking (where necessary) method applied as per the recipe 2.6 Sweet cold starters is chilled c as per the recipe. 2.7 Sweet cold starters is garnished and dressed as per the recipe 2.8 sweet cold starters is served as per the recipe
3. Prepare canapes	3.1 Ingredients are prepared as per the recipe 3.2 Hygienic standards and procedures are observed while cleaning as per HACCP 3.3 Freshness and quality is checked as per the SOPs. 3.4 Appropriate base is prepared as per the recipe 3.5 Fillings are prepared as per the recipe

	3.6 Canapes are garnishes and served hot or cold as [per the recipe
4. Prepare fruit vegetable salads	4.1 ingredients for salad are identified and selected as per the recipe 4.2 Ingredients are washed and sanitized as per HACCP 4.3 Exces water removed e.g by spinning, patting dry or placing in a strainer. 4.4 Ingredients are arranged as desired 4.5 Salad is dressed with an appropriate dressing as per the recipe

## 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
<b>1. Vegetables prepared</b> May include but not limited to:	<ul style="list-style-type: none"> <li>• Peeling</li> <li>• Cutting</li> <li>• Trimming</li> <li>• Chopping</li> <li>• Turning</li> <li>• Shredding</li> <li>• Slicing</li> <li>• Blanching</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:

- Consistency
- Knife skills
- Vegetable cuts
- Cooking methods (e.g. blanching, steaming)
- Vegetable cleaning methods
- Use of tools and equipment
- Creativity/Innovation
- Garnishing

- Communication
- Seasoning
- Interpersonal relations

### **Required Knowledge**

The individual needs to demonstrate knowledge and understanding of:

- HACCP- Hazard Analysis of Critical Control Points
- SOPs - Standard Operating Procedures
- OHS-Occupational Health and Safety
- Product knowledge
- Stocks, soups and sauces ingredients
- Food safety and hygiene
- Quality control
- Waste management
- Food storage
- Purchase specification
- Processed foods
- Seasonings (Herbs, spices, sugar and salt)
- Condiments
- Fats and oils
- Allergens (gluten free & nut allergy, milk intolerance)
- Special needs
- Garnishes
- Professional ethics
- Healthy eating
- Value addition
- Emerging food trends

## 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	Assessment requires evidence that the candidate: 1.1 Identified tools and equipment to prepare cold starters, vegetable salads and canapes. 1.2 Identified the ingredients to prepare cold starters, vegetable salads and canapes. 1.3 Selected fresh vegetables 1.4 Observed hygienic standards and procedures as per HACCP when preparing cold starters, vegetable salads and canapes. 1.5 Maintained correct holding temperatures 1.6 Cut the vegetables for salads creatively 1.7 Garnished and decorated the cold starters, vegetable salads and canapes creatively and innovatively 1.8 Managed waste effectively 1.9 Communicated effectively. 1.10 Demonstrated positive attitude. 1.11 Managed time effectively
2. Resource Implications	The following resources MUST be provided: 2.1 Fully equipped kitchen 2.2 Kitchen tools and equipment 2.3 A working environment meeting the OSHA standards 2.4 A variety of ingredients
3. Method of Assessment	Competency may be assessed through: 3.1 Direct observation using a checklist 3.2 Written or oral questions 3.3 Review of portfolios of evidence and third-party workplace reports of on-the-job performance by the candidate.
4. Context for Assessment	Assessment may be done in the workplace or in a simulated workplace setting (assessment centers)
5. Guidance information for assessment	Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended.