



**REPUBLIC OF KENYA**

**NATIONAL OCCUPATIONAL STANDARDS**

**FOR**

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

**KNQF LEVEL: 5**

**ISCED OCCUPATIONAL STANDARD CODE: 1013 454 B**



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## PREPARE DESSERTS

UNIT CODE: HOS/OS/FP/CR/11/5/B

### UNIT DESCRIPTION

This unit specifies the competencies required to plan, prepare and present a range of desserts. It involves preparing hot, cold/frozen desserts and preparing sweet sauces and fruits.

### ELEMENTS AND PERFORMANCE CRITERIA

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.</b> <i><b>Bold and italicized terms are elaborated in the Range</b></i>
1. Prepare hot desserts	1.1 Select type and size of equipment suitable to prepare hot desserts. 1.2 Ingredients are identified and selected as per the recipe. 1.3 The ingredients for preparing hot desserts are weighed and measured as per the recipe. 1.4 <b><i>Types of hot desserts</i></b> are prepared as per the recipe 1.5 Hot desserts are decorated with <b><i>recommended decorations</i></b> 1.6 Hot desserts are served on appropriate equipment.
2. Prepare cold and frozen desserts	2.1 Select type and size of equipment suitable to prepare cold and frozen desserts. 2.2 Ingredients are identified and selected as per the recipe. 2.3 The ingredients for preparing cold and frozen desserts are weighed and measured as per the recipe. 2.4 <b><i>Types of cold and frozen desserts</i></b> are prepared as per the recipe. 2.5 Cold and frozen desserts are decorated with <b><i>recommended decorations</i></b> . 2.6 Cold and frozen desserts are served with the appropriate cakes. 2.7 Sweet sauce is served on appropriate equipment.
3. Prepare sweet sauces	3.1 Select type and size of equipment suitable to prepare cakes. 3.2 Ingredients are identified and selected as per the recipe.

	<p>3.3 The ingredients for preparing sweet sauces are weighed and measured as per the recipe.</p> <p>3.4 <i>Types of sweet sauces</i> are as per the recipe.</p> <p>3.5 Sweet sauce is served with the appropriate cakes.</p>
4. Prepare fruits	<p>4.1 Tools and equipment for preparing fruits are selected.</p> <p>4.2 Fruits are identified and selected as per the recipe. Uses of fruits are identified as per the recipe.</p> <p>4.3 Variety of fruits are prepared as per the recipe.</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. Types of hot desserts include but not limited to:	<ul style="list-style-type: none"> <li>• Couffles</li> <li>• Flans pies</li> <li>• Fritters</li> <li>• Puddings</li> <li>• Sponges</li> </ul>
2. Desserts include but not limited to:	<ul style="list-style-type: none"> <li>• Ice Cream</li> <li>• Jellies</li> <li>• Yoghurt</li> <li>• Fruit mixtures</li> <li>• Mouse</li> <li>• Specialty cold and frozen desserts</li> </ul>
3. Recommended decorations include but not limited to:	<ul style="list-style-type: none"> <li>• Cream</li> <li>• Icing Sugar</li> <li>• Cherries</li> <li>• Chocolate chips</li> <li>• Chocolate flakes</li> <li>• Chocolate sprinkles</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:

- Kitchen tools and equipment selection and their use
- Ingredients for making desserts
- Desserts presentation techniques
- Technical skills e.g. mixing, Chilling, blending, freezing, whisking, piping
- Decorating
- Cleaning methods (scrubbing, cleaning with cold/warm water, use of vegetable wash)
- Use of other working tools and equipment e.g. chopping board
- Creativity/Innovation
- Hygiene (personal grooming, kitchen and food hygiene)
- 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
- Preservatives e.g. alcohol, spices, citric fruits, commercial preservatives
- Time management
- Efficient workflow
- Culture and religion (kosher, halal, vegans)
- Special needs
- Food product knowledge
- Quality control
- Costing and cost control
- 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
- Use of wine in food preparation
- Garbage management
- Food trends (organic products, molecular gastronomy)

- Hospitality law
- Professional ethics
- French Language
- Ingredients for desserts

## **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 desserts.      1.2 Identified ingredients for preparing desserts.      1.3 Sanitise the working area and surfaces as they worked.      1.4 Checked the quality of the ingredients by using quality standards ie. colour, smell, texture and freshness.      1.5 Decorated the cakes as per the recipe.      1.6 Handled the dough in cold temperatures as per the recipe.      1.7 Preheated the ovens to the required temperatures as per the recipe.      1.8 Started, operated, monitored and adjusted ovens to achieve required quality outcomes.      1.9 Cooled the cakes on cooling racks      1.10 Demonstrated ability to observe hygiene in the kitchen/ food safety procedures.      1.11 Prepared valid fillings and used them to fill the pastries.      1.12 Demonstrated ability to apply safe work practices and identify OHS hazards and controls.      1.13 Demonstrated ability to safely shut down ovens.      1.14 Stored the cakes as required.      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.      2.2 Kitchen tools and equipment.      2.3 A working environment meeting the OSHA standards.      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.      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.</p>

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.