



**REPUBLIC OF KENYA**

**NATIONAL OCCUPATIONAL STANDARDS**

**FOR**

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

**LEVEL 6**

**PROGRAMME CODE: 0721 0654 B**



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## PREPARE DESSERTS

UNIT CODE: HO/OS/CA /CR/09/6/B

### UNIT DESCRIPTION

This unit specifies the competencies required to plan, prepare and present desserts.

### 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 fruit desserts	1.1 Select type and size of equipment suitable to prepare fruit desserts 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 Follow special dietary recipes to produce desserts for those with <i><b>special dietary requirements</b></i> 1.6 Prepare desserts in shapes and sizes and with preferred fillings, according to recipe 1.7 Decorate and present desserts on service-ware as per the recipe and style of service
2. Prepare mousses	2.1 Select type and size of equipment suitable to prepare mousses 2.2 Ingredients identified and selected as per the recipe. 2.3 Weigh and measure ingredients according to recipe. 2.4 Hygiene and procedures are observed as per HACCP 2.5 Prepare mousses according to recipe 2.6 Decorate and present desserts on service-ware as per the recipe and style of service
3. Prepare cream custards	3.1 Select type and size of equipment suitable to prepare cream custards 3.2 Ingredients identified and selected as per the recipe. 3.3 Weigh and measure ingredients according to recipe. 3.4 Hygiene and procedures are observed as per HACCP 3.5 Follow special dietary recipes to produce desserts for those with <i><b>special dietary requirements.</b></i>

	<p>3.6 Prepare cream custards according to recipe</p> <p>3.7 Decorate and present desserts on service-ware as per the recipe and style of service</p>
4. Prepare sweet sauces	<p>4.1 Select type and size of equipment suitable to prepare sweet sauces</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 Produce a range of hot and cold <b><i>sauces</i></b> to a desired consistency and flavour.</p> <p>4.6 Use <b><i>thickening agents</i></b> suitable for sweet sauces where appropriate.</p> <p>4.7 Decorate and present desserts on service-ware as per the recipe and style of service</p> <p>4.8 Store sauces to retain desired quality and characteristics.</p>
5. Prepare frozen desserts	<p>5.1 Select type and size of equipment suitable to prepare frozen desserts</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 Produce a range of frozen desserts to a desired consistency and flavour.</p> <p>5.6 Freeze desserts to the recommended temperatures as per the recipe</p> <p>5.7 Decorate and present desserts on service-ware as per the recipe and style of service</p> <p>5.8 Store sauces to retain desired quality and characteristics.</p>
6. Prepare hot desserts	<p>6.1 Select type and size of equipment suitable to prepare hot desserts</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 Produce a range of hot desserts to a desired consistency and flavour.</p> <p>6.6 Decorate and present desserts on service-ware as per the recipe and style of service</p>

	6.7 Store sauces to retain desired quality and characteristics.
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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. <i>Special dietary requirements</i> may include but not limited to:	<ul style="list-style-type: none"> <li>• Diabetic</li> <li>• Gluten free</li> <li>• High or low energy</li> <li>• High or low protein</li> <li>• High fibre</li> <li>• Low cholesterol</li> <li>• Low fat</li> <li>• Modified sodium or potassium</li> <li>• Modified texture</li> <li>• Nutritional requirements</li> <li>• Portion size</li> <li>• Vegan</li> <li>• Yeast free</li> </ul>
1. <i>Sauces</i> may include but not limited to:	<ul style="list-style-type: none"> <li>• Chocolate based sauces</li> <li>• Custards and crèmes</li> <li>• Flavoured butters and creams</li> <li>• Fruit syrups</li> <li>• Sabayon and zabaglione</li> <li>• Sugar syrups</li> </ul>
2. <i>Thickening agents</i> may include but not limited to:	<ul style="list-style-type: none"> <li>• Roux</li> <li>• Flour</li> <li>• Corn flour, arrowroot and potato starch</li> <li>• Modified starch</li> <li>• Breadcrumbs</li> <li>• Eggs and egg yolks</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 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:

### **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
- Storage of breads
- Portion control
- Purchase specification
- Confectionary foods
- Fats and oils
- 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
- Political, Economic, Social, Technological Environmental and Legal (PESTEL)
- Allergens (gluten free & nut allergy, milk intolerance)
- Professional ethics
- French Language
- Different types of flour
- 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 evidences that the candidate:</p> <ul style="list-style-type: none"> <li>1.1. Demonstrated ability to select ingredients, and equipment for preparing desserts</li> <li>1.2. Demonstrated ability to prepare a variety of different types of desserts</li> <li>1.3. Demonstrated ability to present desserts attractively and decoratively</li> <li>1.4. Hygienically handled and stored desserts</li> </ul>
2. Resource Implications	<p>The following resources must be provided:</p> <ul style="list-style-type: none"> <li>2.1 Fully equipped operational commercial/institutional kitchen including industry-current tools, utensils and equipment</li> <li>2.2 Ingredients for preparing various types of dessert</li> </ul>
3. Method of Assessment	<p>Competency may be assessed through:</p> <ul style="list-style-type: none"> <li>3.1 Direct observation using a checklist of the learners preparing various desserts</li> <li>3.1 Written or oral questions to test knowledge.</li> <li>3.2 Review of portfolios of evidence and third party workplace. reports of on-the-job performance by the candidate.</li> </ul>
1. Context of Assessment	<p>Competency may be assessed:</p> <ul style="list-style-type: none"> <li>4.1 On-the-job</li> <li>4.2 Off-the –job</li> <li>4.3 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>