



**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 DESSERTS

**UNIT CODE:** HOS/OS/FP/CR/07/4/B

### UNIT DESCRIPTION

This unit covers the competencies required to prepare desserts. It involves planning for preparation of desserts, controlling cost of desserts, preparing desserts ingredients, preparation of desserts 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 desserts	1.1 <i><b>Dessert ingredients</b></i> are identified and selected as per the recipe specifications. 1.2 <i><b>Dessert preparation tools and equipment</b></i> are identified and selected as per the recipe. 1.3 Safety and hygiene standards and procedures are observed as per HACCP and legal requirements.
2. Control cost of desserts	2.1 <i><b>Tools and equipment for portioning</b></i> desserts are identified and used based on manufacturer's instructions. 2.2 Ingredients quantities are determined and weighed/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. 2.5 Records are maintained as per workplace policy.
3. Prepare dessert ingredients	3.1 Mis-en-place is conducted as workplace procedure. 3.2 Ingredients are assembled as per the recipe specifications.

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	<p>3.3 Ingredients freshness and quality is checked as per the standard procedure.</p> <p>3.4 Dessert ingredients are prepared as per standard procedure.</p> <p>3.5 <b><i>Dessert garnishes</i></b> are identified, selected and prepared based on beverage type.</p>
4. Prepare desserts	<p>4.1 Recipe is reviewed and interpreted as per standard procedure.</p> <p>4.2 <b><i>Methods of dessert preparation</i></b> are selected based on type and specifications.</p> <p>4.3 <b><i>Cold desserts</i></b> are prepared based on type.</p> <p>4.4 <b><i>Hot desserts</i></b> are prepared based on type.</p> <p>4.5 <b><i>Dessert quality</i></b> is checked as per standard procedure.</p>
5. Present desserts	<p>5.1 <b><i>Equipment for presentation of desserts</i></b> are selected based on type of dessert.</p> <p>5.2 Desserts are served based on the type of desserts.</p> <p>5.3 Desserts are garnished based on type.</p> <p>5.4 Desserts are presented based on type and style of service.</p>
6. Carry out housekeeping activities	<p>6.1 Tools and equipment are clean and stored as per workplace policy.</p> <p>6.2 Waste is disposed as per environmental regulations.</p> <p>6.3 Records are maintained as per workplace policy.</p> <p>6.4 Kitchen is cleaned as per standard procedure.</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. Dessert ingredients may include but not limited to:	<ul style="list-style-type: none"><li>• Ice cubes</li><li>• Milk</li><li>• Yoghurt</li><li>• Ice cream</li><li>• Sugar/honey/sweeteners</li><li>• Flavours</li><li>• Chocolate</li></ul>
2. Hot desserts may include but not limited to:	<ul style="list-style-type: none"><li>• Chocolate</li><li>• Pies</li><li>• Hot fudge</li><li>• Cakes</li><li>• Coconut flour brownies</li><li>• Flans</li><li>• Tarts</li><li>• Biscuits</li></ul>
3. Cold desserts may include but not limited to:	<ul style="list-style-type: none"><li>• Yoghurt</li><li>• Milkshakes</li><li>• Frozen yoghurt</li><li>• Ice cream</li><li>• Sorbets</li><li>• Fruit salads</li></ul>
4. Methods of preparing dessert may include but not limited to:	<ul style="list-style-type: none"><li>• Boiling</li><li>• Baking</li><li>• Mixing</li></ul>
5. Tools and equipment for dessert preparation may include but not limited to:	<ul style="list-style-type: none"><li>• Blenders</li><li>• Fridges</li><li>• Juicers</li><li>• Milkshake machines</li><li>• Glassware</li><li>• Sauce pans/Sufurias</li><li>• Rolling pins</li><li>• Chopping boards</li></ul>

Variable	Range
	<ul style="list-style-type: none"> <li>• Assorted knives</li> </ul>
6. Dessert garnishes may include but not limited to:	<ul style="list-style-type: none"> <li>• Chocolate</li> <li>• Whipped cream</li> <li>• Cherries</li> <li>• Berries</li> <li>• Citrus fruits</li> <li>• Caster sugar</li> <li>• Sugar beads</li> <li>• Selected fruits</li> <li>• Selected vegetables</li> </ul>
7. Equipment for presentation of dessert may include but not limited to:	<ul style="list-style-type: none"> <li>• Glassware</li> <li>• Dispensers</li> </ul>
8. Dessert quality parameters may include but not limited to:	<ul style="list-style-type: none"> <li>• Taste,</li> <li>• Aroma,</li> <li>• Colour strength,</li> <li>• Consistency</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
- 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
- Desserts ingredients
- Waste management
- Kitchen tools and equipment
- Storage
- Garnishing of Desserts
- Desserts quality control
- Preparation of different types of desserts
- Professional ethics
- Emerging trends in dessert preparation

### EVIDENCE GUIDE

1. Critical aspects of Competency	<p>Assessment requires evidences that the candidate:</p> <ul style="list-style-type: none"> <li>1.1 Identified and assembled equipment for preparing specific desserts correctly.</li> <li>1.2 Identified and assembled ingredients for specific beverage correctly.</li> <li>1.3 Weighed/ measured ingredients accurately.</li> <li>1.4 Observed safety and hygiene procedures appropriately.</li> <li>1.5 Demonstrated ability to prepare various desserts appropriately.</li> <li>1.6 Demonstrated ability to garnished desserts appropriately.</li> <li>1.7 Presented various desserts appropriately.</li> <li>1.8 Maintained appropriate records.</li> <li>1.9 Managed and disposed waste appropriately.</li> </ul>
2. Resource Implications	<p>The following resources MUST be provided:</p> <ul 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 A variety of desserts ingredients.</li> </ul>
3. Method of Assessment	<p>Competency may be assessed through:</p> <ul 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> </ul>

	3.5 Portfolio of evidence 3.6 Third party reports.
4. Context for Assessment	Assessment may be done; <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	Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended.