



**REPUBLIC OF KENYA**

**COMPETENCY BASED CURRICULUM**

**FOR**

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

**KNQF LEVEL: 5**

**ISCED PROGRAMME CODE: 1013 454 B**



**TVET CDACC  
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NAIROBI**

## PREPARE EGGS

UNIT CODE: HOS/CU/FP/CR/03/5/B

### Relationship to Occupational Standards

This unit addresses the unit of competency: **Prepare eggs**

**Duration of Unit: 10 hours**

### Unit Description

This unit specifies the competencies required to prepare eggs. It requires the ability to prepare boiled eggs, prepare poached eggs, prepare fried eggs, prepare omelettes, prepare moulded eggs and prepare scrambled eggs.

### Summary of Learning Outcomes

1. Prepare boiled eggs
2. Prepare poached eggs
3. Prepare fried eggs
4. Prepare omelettes
5. Prepare moulded eggs
6. Prepare scrambled eggs

### Learning Outcomes, Content and Suggested Assessment Methods

Learning Outcome	Content	Suggested Assessment Methods
1. Prepare boiled eggs	<ul style="list-style-type: none"><li>• Nutritional value of eggs</li><li>• Types of eggs (chicken, ducks, goose, quill, ostrich)</li><li>• Egg sizes</li><li>• Qualities to consider when buying</li><li>• Testing for freshness</li><li>• Storing eggs</li><li>• Degree of cooking boiled eggs (soft or hard)</li></ul>	<ul style="list-style-type: none"><li>• Assignments</li><li>• Oral questions</li><li>• Written tests</li><li>• Practical assessments</li><li>• Supervised exercises</li><li>• Projects</li></ul>
2. Prepare poached eggs	<ul style="list-style-type: none"><li>• Procedure of poaching eggs</li><li>• Variations of poached eggs</li><li>• Garnishing and presentation</li></ul>	<ul style="list-style-type: none"><li>• Assignments</li><li>• Oral questions</li><li>• Written tests</li><li>• Practical assessments</li><li>• Supervised exercises</li><li>• Projects</li></ul>
3. Prepare fried eggs	<ul style="list-style-type: none"><li>• Procedure of frying eggs</li><li>• Variations of frying eggs</li><li>• Garnishing and presentation</li></ul>	<ul style="list-style-type: none"><li>• Assignments</li><li>• Oral questions</li><li>• Written tests</li><li>• Practical assessments</li></ul>

Learning Outcome	Content	Suggested Assessment Methods
		<ul style="list-style-type: none"> <li>• Supervised exercises</li> <li>• Projects</li> </ul>
4. Prepare omelettes	<ul style="list-style-type: none"> <li>• Procedure of making omelettes</li> <li>• Variations of omelettes eggs</li> <li>• Spanish</li> <li>• French</li> <li>• Plain</li> <li>• Cheese</li> <li>• Jam</li> <li>• Shrimp</li> <li>• Ham etc)</li> <li>• Garnishing and presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Assignments</li> <li>• Oral questions</li> <li>• Written tests</li> <li>• Practical assessments</li> <li>• Supervised exercises</li> <li>• Projects</li> </ul>
5. Prepare scotch eggs	<ul style="list-style-type: none"> <li>• Procedure of making scotch eggs</li> <li>• Variations of scotch eggs eg</li> <li>• Vegan</li> <li>• Liver</li> <li>• Tandoori</li> <li>• Spinach</li> <li>• Chickpeas</li> <li>• Others</li> <li>• Garnishing and presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Assignments</li> <li>• Oral questions</li> <li>• Written tests</li> <li>• Practical assessments</li> <li>• Supervised exercises</li> <li>• Projects</li> </ul>
6. Prepare moulded eggs	<ul style="list-style-type: none"> <li>• Procedure of making mould eggs</li> <li>• Variations of moulded eggs</li> <li>• Garnishing and presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Assignments</li> <li>• Oral questions</li> <li>• Written tests</li> <li>• Practical assessments</li> <li>• Supervised exercises</li> <li>• Projects</li> </ul>
7. Prepare scrambled eggs	<ul style="list-style-type: none"> <li>• Procedure of making scrambled eggs</li> <li>• Variations of scrambled eggs</li> <li>• Garnishing and presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Assignments</li> <li>• Oral questions</li> <li>• Written tests</li> <li>• Practical assessments</li> <li>• Supervised exercises</li> <li>• Projects</li> </ul>

**Suggested Delivery Methods**

- Group discussions
- Demonstration by instructor
- Practical work by trainee
- Exercises

**Recommended Resources**

- Fully equipped operational commercial/institutional kitchen including industry-current tools and equipment
- A variety of ingredients
- Table linen