



**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 EGGS

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

### UNIT DESCRIPTION

This unit specifies the competencies required to plan, prepare and present eggs and egg dishes. It requires the ability to prepare boiled, poached, fried, scotch, omelette, scrambled and moulded eggs

### 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 boiled eggs	1.1 Nutritional value of eggs is identified and as per the required kilocalories. 1.2 <b>Types of eggs</b> are selected as per the recipe are 1.3 Egg sizes are determined by weighing as per the recipe 1.4 Freshness is tested as per SOPs 1.5 Eggs are boiled at the desired degree of cooking as per the recipe
2. Prepare poached eggs	2.1 Types of eggs are selected as per the recipe are 2.2 Freshness is tested as per SOPs 2.3 Eggs are poached as per the recipe
3. Prepare fried eggs	3.1 Types of eggs are selected as per the recipe are 3.2 Freshness is tested as per SOPs 3.3 Eggs are fried at the desired degree of doneness as per the recipe
4. Prepare omelettes	4.1 Types of eggs are selected as per the recipe are 4.2 Freshness is tested as per SOPs 4.3 Omelettes are prepared as per the recipe
5. Prepare scotch eggs	5.1 Types of eggs are selected as per the recipe are 5.2 Freshness is tested as per SOPs 5.3 Scotch eggs are prepared as per the recipe
6. Prepare moulded eggs	6.1 Types of eggs are selected as per the recipe are 6.2 Freshness is tested as per SOPs 6.3 Eggs are prepared as per the recipe
7. Prepare scrambled eggs	7.1 Types of eggs are selected as per the recipe are 7.2 Freshness is tested as per SOPs

	7.3 Eggs are prepared as per the recipe
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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. Types of eggs includes but not limited to:	<ul style="list-style-type: none"><li>• Chicken</li><li>• Ducks</li><li>• Goose</li><li>• Quill</li><li>• Ostrich</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
- Cracking and separating eggs
- Vegetable cuts
- Use of tools and equipment)
- Creativity/Innovation
- Garnishing
- Communication
- 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
- Food safety and hygiene e.g. contamination
- 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
- Garnishes

## EVIDENCE GUIDE

1. Critical aspects of Competency	<p>Assessment requires evidences that the candidate:</p> <p>1.1 Identified the tools and equipment for preparing various types of eggs</p> <p>1.2 Identified the ingredients for preparing various types of eggs</p> <p>1.3 Observed hygienic standards and procedures as per HACCP when preparing eggs and egg dishes.</p> <p>1.4 Demonstrated creativity and innovations in cutting vegetables for preparing omelettes</p> <p>1.5 Produced various types of eggs and egg dishes</p> <p>1.6 Garnished the eggs and the egg dishes creatively</p> <p>1.7 Served the eggs and egg dishes appropriately</p> <p>1.8 Managed waste effectively</p> <p>1.9 Communicated effectively.</p> <p>1.10 Demonstrated positive attitude.</p> <p>1.11 Managed time effectively</p>
2. Resource Implications	<p>The following resources MUST be provided:</p> <p>2.1 Fully equipped kitchen</p> <p>2.2 Kitchen tools and equipment</p> <p>2.3 A working environment meeting the OSHA standards</p> <p>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</p> <p>3.2 Written or oral questions</p> <p>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	<p>Assessment may be done in the workplace or in a simulated workplace setting (assessment centers)</p>
5. Guidance information for assessment	<p>Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended.</p>

