



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 SALADS

UNIT CODE: HOS/OS/FP/CR/06/6/B

UNIT DESCRIPTION

This unit specifies the competencies required to plan, prepare and present salads. It requires the ability to select, prepare and cook (where necessary) ingredients, and use relevant equipment.

ELEMENTS AND PERFORMANCE CRITERIA

ELEMENT These describe the key outcomes which make up workplace function.	PERFORMANCE CRITERIA These are assessable statements which specify the required level of performance for each of the elements. <i>Bold and italicized terms are elaborated in the Range</i>
1. Prepare simple salads	1.1 Select type and size of equipment suitable to prepare the simple salads. 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 <i>Special vegetable cuts</i> used to prepare salads according to recipe 1.6 Prepare dressings, sauces and store at recommended temperature until required. 1.7 Portion and prepare salad ingredients as per recipe 1.8 Follow standard recipes and make <i>adjustments</i> as per recipe.
2. Prepare compound salads	2.1 Select type and size of equipment suitable to prepare the compound salads. 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 <i>Special vegetable cuts</i> used to prepare salads according to recipe 2.6 Portion and prepare salad ingredients as per recipe

	<p>2.7 Cook (optional) and combine salad ingredients according to recipe.</p> <p>2.8 Prepare marinades, flavourings and sauce mixtures and store at recommended temperature until required.</p> <p>2.9 Follow standard recipes and make <i>adjustments</i> as per recipe.</p>
3. Prepare own creation salads	<p>3.1 Select type and size of equipment suitable to prepare own creation salads.</p> <p>3.2 Ingredients identified and selected as per the recipe.</p> <p>3.3 Weigh and measure ingredients according to recipe.</p> <p>3.4 Hygiene and procedures are observed as per HACCP</p> <p>3.5 <i>Special vegetable cuts</i> used to prepare salads according to recipe</p> <p>3.6 Portion and prepare salad ingredients as per recipe</p> <p>3.7 Cook (optional) and combine salad ingredients according to recipe.</p> <p>3.8 Prepare dressings, sauces and store at recommended temperature until required.</p> <p>3.9 Follow standard recipes and make <i>adjustments</i> as per recipe.</p>
4. Prepare speciality salads	<p>4.1 Select type and size of equipment suitable to prepare the speciality salads.</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 <i>Special vegetable cuts</i> used to prepare salads according to recipe</p> <p>4.6 Portion and prepare salad ingredients as per recipe</p> <p>4.7 Cook (optional) and combine salad ingredients according to recipe.</p> <p>4.8 Prepare dressings, sauces and store at recommended temperature until required.</p>

	4.9 Follow standard recipes and make <i>adjustments</i> as per recipe.
5. Prepare salad dressings	5.1 Select type and size of equipment suitable to prepare the salad dressings. 5.2 Ingredients identified and selected as per the <i>salad dressing</i> to be prepared 5.3 Weigh and measure ingredients according to recipe. 5.4 Hygiene and procedures are observed as per HACCP 5.5 Prepare dressings as per the recipe 5.6 Garnish and dispense sea food as per the recipe and style of service

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>Salads</i> may include but not limited to:	<ul style="list-style-type: none"> • Garden salads (simple/compound) • Fruit salads • Classical salads, e.g. caesar and waldorf
2. <i>Adjustments</i> may include but not limited to:	<ul style="list-style-type: none"> • Taste • Colour • Texture • Presentation
3. <i>Salad dressing</i> may include but not limited to:	<ul style="list-style-type: none"> • Blue cheese dressing • French dressing • Ginger dressing • Honey mustard • Italian dressing • Thousand Island dressing • Vinaigrette • Cocktail dressing

Variable	Range
4. <i>Special vegetable cuts</i>	<ul style="list-style-type: none"> • Julienne • Brunoise • Batonnette • The Chiffonade • Macedoine

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
- Knife skills
- Vegetable cuts (battones, paysane, chiffonade)
- Cooking methods (blanching, steaming, grilling, seasoning, baking)
- Cleaning methods (scrubbing, wiping, dusting)
- Use of other working tools and equipment (chopping board)
- Creativity/Innovation
- Garnishing
- Seasoning
- Presentation
- Communication
- Interpersonal relations
- Personal grooming

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
- Meat curving
- Cooking with wines and spirits
- Fats and oils
- Sugar and salt
- Condiments
- 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"> 1.1 Demonstrated ability to prepare salads 1.2 Prepared salad dressing and dress the salads as per the recipe 1.3 Demonstrated ability to use special vegetable cuts to prepare salad ingredients 1.4 Demonstrated ability to present appetisers and salads attractively and creatively 1.5 Demonstrated ability to prepare salads within typical workplace time constraints 1.6 Hygienically handled and stored salads
2. Resource Implications	<p>The following resources MUST be provided:</p> <ul style="list-style-type: none"> 2.1 Fully equipped operational commercial/institutional kitchen including industry-current tools, utensils and equipment. 2.2 Ingredients for preparing various types of salads
3. Method of Assessment	<p>Competency may be assessed through:</p> <ul style="list-style-type: none"> 3.1 Direct observation using a checklist of the learners preparing salads 3.2 Written or oral questions to test knowledge. 3.3 Review of portfolios of evidence and third party workplace. Reports of on-the-job performance by the candidate.
5. Context of Assessment	<p>Competency may be assessed:</p> <ul style="list-style-type: none"> 4.1 On-the-job 4.2 Off-the –job 4.3 During Industrial attachment
5. Guidance information for assessment	<p>Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended.</p>