



REPUBLIC OF KENYA

NATIONAL OCCUPATIONAL STANDARDS

FOR

FOOD AND BEVERAGE PRODUCER (CULINARY ARTS)

KNQF LEVEL: 4

ISCED OCCUPATIONAL STANDARD CODE: 1013 354 B



TVET CDACC
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NAIROBI

PREPARE SALADS AND SALAD DRESSINGS

UNIT CODE: HOS/OS/FP/CR/05/4/B

UNIT DESCRIPTION

This unit covers the competencies required to prepare salads and salad dressings. It involves planning for preparation of soups and sauces, controlling cost of salads and salad dressings, preparing the ingredients, preparation of salads and salad dressings and their presentation. It also entails carrying out housekeeping activities.

This standard applies in hospitality industry.

ELEMENTS AND PERFORMANCE CRITERIA

| ELEMENT | PERFORMANCE CRITERIA |
|---|--|
| These describe the key outcomes which make up workplace function. | 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. Plan for preparation of salads and salad dressings | 1.1 <i>Salads and salad dressings ingredients</i> are identified and selected as per the recipe specifications. 1.2 <i>Salad and salad dressings preparation tools and equipment</i> are identified as per the recipe. 1.3 Safety and hygiene standards and procedures are observed as per HCCP and legal requirements. |
| 2. Control cost of salads and salad dressings | 2.1 <i>Tools and equipment for portioning</i> salads and salad dressings are identified and used based on manufacturer's instructions. 2.2 Ingredients quantities are determined and measured/weighed 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. 2.1 Records are maintained as per workplace policy. |

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| 3. Prepare salads and salad dressings ingredients | 2.1 Mis-en-place is conducted as workplace procedure. 2.2 Ingredients are assembled as per the recipe specifications. 2.3 Ingredients freshness and quality is checked as per the standard procedure. 2.4 Salad and salad dressings <i>ingredients are prepared</i> as per standard procedure. 2.5 <i>Salad garnishes</i> are identified, selected and prepared based on salad type. |
| 4. Prepare salads and salad dressings | 4.1 Recipe is reviewed and interpreted as per standard procedure. 4.2 Salad ingredients are mixed based on the recipe as per standard procedure. 4.3 Salad dressing is selected and prepared based on recipe as per standard procedure. 4.4 Salads are dressed as per standard procedure. 4.5 Salads are held at the required temperatures as per recipe. |
| 5. Present salads and salad dressings | 5.1 <i>Equipment for presentation of salads and salad dressings</i> are selected based on type of salad. 5.2 Salad is dispensed/served based on the type. 5.3 Salad dressings are dispensed/served based on the type. 5.4 Salads and salad dressings are garnished based on type. 5.5 Salads and salad dressings are presented as per recipe and style of service. |
| 6. Carry out housekeeping activities | 6.1 <i>Tools and equipment</i> are clean and stored as per workplace policy. 6.2 Waste is disposed as per environmental regulations. 6.3 Records are maintained as per workplace policy. |

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| | 6.4 Kitchen is cleaned as per standard procedure. |

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 |
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| 1. Salad ingredients may include but not limited to: | <ul style="list-style-type: none"> • Assorted vegetables: <ul style="list-style-type: none"> ○ Cabbage ○ Lettuce ○ Cucumber ○ Onions ○ Tomatoes ○ Carrots ○ Assorted sweet peppers ○ Parsley ○ Cappers ○ Gherkin ○ Green chilli • Assorted fruit: <ul style="list-style-type: none"> ○ Pineapples ○ Oranges ○ Lemons ○ Bananas ○ Melons ○ • Others: <ul style="list-style-type: none"> ○ Eggs white ○ Bacon ○ Meat ○ Rice |

| Variable | Range |
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| 2. Salad dressings ingredients may include but not limited to: | <ul style="list-style-type: none"> • Oils <ul style="list-style-type: none"> ◦ Sunflower, ◦ Olive, ◦ Coconut oil, ◦ Sesame • Black pepper • Vinegar • Mayonnaise • Vinaigrette • Lemons • Honey • Sugar syrup • Salt |
| 3. Salad garnishes may include but not limited to: | <ul style="list-style-type: none"> • Parsley • Tomatoes • Carrots • Eggs • Cherries • Coriander • Lemons • Rosemary • Onions • Cheese |
| 4. Types of salads may include but not limited to: | <ul style="list-style-type: none"> • Cooked salads • Cold salads • Fruit salads |
| 5. Tools and equipment for preparation of salads and salad dressings may include but not limited to: | <ul style="list-style-type: none"> • Knives • Graters • Saucepans • Chopping boards • Tongs • Forks • Table spoons • Mixing bowls |

| Variable | Range |
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| | <ul style="list-style-type: none"> • Refrigerator |
| 6. Equipment for presentation of salads and salad dressings may include but not limited to: | <ul style="list-style-type: none"> • Assorted bowls • Trays • Platters |

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
- 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
- Salads and salad dressings ingredients
- Nutritional value of salads and salad dressings
- Waste management
- Kitchen tools and equipment
- Storage of ingredients
- Product knowledge
- Salads and salad dressings quality control

- Methods of preparation of salads and salad dressings
- Methods of preparing ingredients:
 - Peeling
 - Cutting
 - Trimming
 - De-stalking
 - Chopping
 - Shredding
 - Slicing
- Professional ethics
- Emerging trends in salads and salad dressings preparation

EVIDENCE GUIDE

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| 1. Critical aspects of Competency | <p>Assessment requires evidences that the candidate:</p> <p>1.1 Identified tools and equipment for preparing salads and salad dressings.</p> <p>1.2 Identified and assembled ingredients for preparation of specific salads and salad dressings.</p> <p>1.3 Weighed/measured salad and salad dressing ingredients accurately.</p> <p>1.4 Observed safety and hygiene in preparation of salads and salad dressings.</p> <p>1.5 Demonstrated ability to prepare salads and salad dressings using various methods.</p> <p>1.6 Presented salads and salad dressings appropriately.</p> <p>1.7 Garnished salads and salad dressings appropriately.</p> <p>1.8 Managed and disposed waste appropriately.</p> <p>1.9 Maintained appropriate records.</p> |
| 2. Resource Implications | <p>The following resources MUST be provided:</p> <p>2.1 A functional kitchen</p> <p>2.2 A working environment meeting the OSHA standards.</p> <p>2.3 A variety of ingredients.</p> |
| 3. Method of Assessment | <p>Competency may be assessed through:</p> <p>3.1 Observation</p> <p>3.2 Written test</p> <p>3.3 Oral questioning</p> <p>3.4 Interview</p> |

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| | 3.5 Portfolio of evidence 3.6 Third party reports. |
| 4. Context for Assessment | Assessment may be done; <ul style="list-style-type: none"> • On-the-job • Off-the-job • During industrial attachment |
| 5. Guidance information for assessment | Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended. |