



**REPUBLIC OF KENYA**

**NATIONAL OCCUPATIONAL STANDARDS**

**FOR**

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

**KNQF LEVEL: 5**

**ISCED OCCUPATIONAL STANDARD CODE: 1013 454 B**



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## PREPARE YEAST PRODUCTS

**UNIT CODE:** HOS/OS/FP/CR/08/5/B

### UNIT DESCRIPTION

This unit specifies the competencies required to plan, prepare and present breads. It involves preparing: white, whole meal, sweet yeast, deep fried, puff pastry, special and unleavened breads.

### 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. Prepare white breads.	1.1 Select type and size of equipment suitable to prepare the white breads. 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 Mix <b><i>dry ingredients</i></b> as per the recipe. 1.6 <b><i>Liquid ingredients</i></b> added as per the recipe. 1.7 Dough handled as per the recipe. 1.8 Dough proofed as per the recipe. 1.9 Oven preheated to the temperatures recommended in the recipe. 1.10 Baking trays prepared and dough placed on the trays as per the recipe. 1.11 Baking period/time observed as per the recipe. 1.12 Bread cooled on cooling racks as per SOPs. 1.13 Presentation and display equipment identified and used as per the specification. 1.14 Serve white bread as per the specifications and style of service.
2. Prepare whole meal breads.	2.1 Select type and size of equipment suitable to prepare the brown breads. 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 Mix dry ingredients as per the recipe.

	<p>2.6 Liquid ingredients added as per the recipe.</p> <p>2.7 Dough handled as per the recipe.</p> <p>2.8 Dough proofed as per the recipe.</p> <p>2.9 Oven preheated to the temperatures recommended in the recipe.</p> <p>2.10 Baking trays prepared and dough placed on the trays as per the recipe.</p> <p>2.11 Baking period/time observed as per the recipe.</p> <p>2.12 Bread cooled on cooling racks as per SOPs</p> <p>2.13 Presentation and display equipment identified and used as per the specification</p> <p>2.14 Serve brown bread as per the specifications and style of servicetrays as per the recipe.</p> <p>2.15 Oven preheated at the temperatures recommended in the recipe.</p> <p>2.16 Baking period/time observed as per the recipe.</p> <p>2.17 Presentation equipment identified and used as per the specification.</p> <p>2.18 Serve brown bread as per the specifications.</p>
3. Prepare deep fried yeast products e.g kaimati, mahamri, doughnut	<p>3.1 Select type and size of equipment suitable to prepare the deep-fried breads.</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 Mix dry ingredients as per the recipe.</p> <p>3.6 Liquid ingredients added as per the recipe.</p> <p>3.7 Dough handled as per the recipe.</p> <p>3.8 Spice bread as per the recipe (where necessary)</p> <p>3.9 Dough proofed as per the recipe.</p> <p>3.10 Oil heated to the recommended temperatures in the recipe.</p> <p>3.11 Deep fry the bread as per the recipe.</p> <p>3.12 Drain oil briefly as per SOP's.</p> <p>3.13 Presentation and display equipment identified and used as per the specification.</p> <p>3.14 Serve deep fried breads as per the specifications. and style of service trays as per the recipe.</p>
4. Prepare unleavened bread	<p>4.1 Select type and size of equipment suitable to prepare the unleavened breads.</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 Mix dry ingredients as per the recipe.</p> <p>4.6 Liquid ingredients added as per the recipe.</p> <p>4.7 Dough handled as per the recipe</p> <p>4.8 Dough proofed as per the recipe.</p> <p>4.9 Oven preheated to the temperatures recommended in the recipe.</p> <p>4.10 Baking trays prepared and dough placed on the trays as per the recipe.</p> <p>4.11 Baking period/time observed as per the recipe.</p> <p>4.12 Bread cooled on cooling racks as per SOPs</p> <p>4.13 Presentation and display equipment identified and used as per the specification.</p> <p>4.14 Serve unleavened bread as per the specifications and style of servicetrays as per the recipe.</p> <p>4.15 Oven preheated at the temperatures recommended in the recipe .</p> <p>4.16 Baking period/time observed as per the recipe.</p> <p>4.17 Presentation equipment identified and used as per the specification.</p> <p>4.18 Serve unleavened bread as per the specifications</p>
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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. Dry ingredients include but not limited to:	<ul style="list-style-type: none"> <li>• Flour</li> <li>• Sugar</li> <li>• Salt</li> <li>• Baking powder</li> <li>• Instant yeast</li> <li>• Spices and herbs</li> </ul>
2. Liquid ingredients include but not limited to:	<ul style="list-style-type: none"> <li>• Eggs</li> <li>• Oil</li> <li>• Water</li> <li>• Milk</li> <li>• Butter</li> </ul>

Variable	Range
	<ul style="list-style-type: none"> <li>• Cream</li> </ul>
3. Fillings include but not limited to:	<ul style="list-style-type: none"> <li>• Fresh or crystallised fruit and fruit purées</li> <li>• whole or crushed nuts</li> <li>• cream</li> <li>• custard</li> <li>• Meringue</li> </ul>
4. Sweetening include but not limited to:	<ul style="list-style-type: none"> <li>• <b>Granulated sugar</b></li> <li>• <b>Brown sugar</b></li> <li>• Honey</li> <li>• Sweeteners</li> </ul>
2. Proving dough include but not limited to:	<ul style="list-style-type: none"> <li>• Covering the <i>dough</i> during with a plastic bag</li> <li>• Placing dough in the oven proving compartment</li> <li>• Covering the dough in a warm place</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:

- Kitchen equipment selection and use
- Food presentation techniques
- Baking and frying
- Techniques of preparing dough e.g. Kneading, resting, proving, knocking back shaping, whisking, rolling, piping
- Method of finishing yeast products
- Cleaning methods (scrubbing, cleaning with cold/warm water, use of vegetable wash)
- Use of other working tools and equipment (chopping board)
- Creativity/Innovation
- Personal grooming
- Presentation
- Communication
- Interpersonal relations

## **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
- Raising agents
- Time management
- Efficient workflow
- Culture and religion (kosher, halal, vegans)
- Special needs
- Food product knowledge
- Quality control
- Costing and cost control
- Cooling breads
- Storage of breads
- Portion control
- Purchase specification
- Fats and oils
- Sugar and salt and their substitutes
- Allergens (gluten free & nut allergy, milk intolerance)
- Special needs
- Nutrition and dietetics
- Garbage management
- Food trends (organic products, molecular gastronomy)
- Hospitality law
- Professional ethics
- French Language
- Different types of flours

## 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	Assessment requires evidences that the candidate: 1.1 Identified tools and equipment for preparing yeast products 1.2 Identified ingredients for preparing yeast products. 1.3 Sanitise the working area and surfaces as they worked 1.4 Checked the quality of the ingredients by using quality standards ie. colour, smell, texture and freshness 1.5 Decorated yeast products creatively. 1.6 Handled the dough as per the recipe. 1.7 Prooved the dough for making yeat products as per the recipe. 1.8 Preheated the ovens to the required temperatures as per the recipe . 1.9 Stored the yeat products as per the recipe . 1.10 Presented the yeat products as oer the recipe.
2. Resource Implications	The following resources MUST be provided: 2.1 Fully equipped kitchen. 2.2 Kitchen tools and equipment. 2.3 A working environment meeting the OSHA standards. 2.4 A variety of ingredients.
3. Method of Assessment	Competency may be assessed through: 3.1 Direct observation using a checklist 3.2 Written or oral questions. 3.3 Review of portfolios of evidence and third-party workplace reports of on-the-job performance by the candidate.
4. Context for Assessment	Assessment may be done in the workplace or in a simulated workplace setting (assessment centers).
5. Guidance information for assessment	Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended.