



REPUBLIC OF KENYA

COMPETENCY BASED CURRICULUM

FOR

FOOD AND BEVERAGE PRODUCTION (CULINARY ARTS)

KNQF LEVEL: 5

ISCED PROGRAMME CODE: 1013 454 B



**TVET CDACC
P.O. BOX 15745-00100
NAIROBI**

SALADS AND DRESSINGS

UNIT CODE: HOS/CU/FP /CR/07/5/B

Relationship to Occupational Standards

This unit addresses the unit of competency: **Prepare salads and dressings.**

Duration of Unit: 20 Hours

Unit Description

This unit specifies the competencies required to plan, prepare and present salads. It requires the ability to do mis-en-place, wash and sanitize, pat, strain, spin (remove excess water), arrange and prepare salad and dressings.

Summary of Learning Outcomes

1. Mis-en-place
2. Wash and sanitize the vegetables
3. Remove excess water
4. Prepare simple salads
5. Prepare compound salads
6. Prepare salad tie-de
7. Prepare cooked salads
8. Prepare salad dressing

Learning Outcomes, Content and Suggested Assessment Methods

Learning Outcome	Content	Suggested Assessment Methods
1. Wash and sanitize the vegetables	<ul style="list-style-type: none">• Procedure of cleaning fruits and vegetables• Sanitizing fruits and vegetables• Dry the fruits and vegetables	<ul style="list-style-type: none">• Written tests• Oral questioning• Assignments• Supervised exercises
2. Remove excess water	<ul style="list-style-type: none">• Spinning• Patting• Straining	<ul style="list-style-type: none">• Written Test• Practical Test• Observation• Oral Questioning
3. Prepare simple salads	<ul style="list-style-type: none">• Define a simple salad• Uses of simple salads• Identifying ingredients for preparing simple salads• Equipment and tools for preparing simple salads	<ul style="list-style-type: none">• Observation• Written tests• Oral questioning• Assignments• Supervised exercises

Learning Outcome	Content	Suggested Assessment Methods
	<ul style="list-style-type: none"> • Procedure of making simple salads • Storing and holding procedures • Recognizing health eating options 	
4. Prepare compound salads	<ul style="list-style-type: none"> • Define a compound salad • Uses of compound salads • Identifying ingredients for preparing compound salads • Equipment and tools for preparing simple salads • Procedure of making compound salads • Storing and holding procedures • Recognizing health eating options 	<ul style="list-style-type: none"> • Observation • Written tests • Oral questioning • Assignments • Supervised exercises
5. Prepare salad tiede	<ul style="list-style-type: none"> • Define a salad tiede • Uses of compound salads • Identifying ingredients for preparing salad tiede • Equipment and tools for preparing salad tiede • Procedure of making salad tiede • Distinguishing salad tiede from other types of salads • Storing and holding procedures • Recognizing health eating options 	<ul style="list-style-type: none"> • Observation • Written tests • Oral questioning • Assignments • Supervised exercises
6. Prepare cooked salads	<ul style="list-style-type: none"> • Define cooked salads • Uses of cooked salads • Identifying ingredients for preparing cooked salads • Equipment and tools for preparing cooked salads • Procedure of cooking salads • Storing and holding procedures • Recognizing health eating options 	<ul style="list-style-type: none"> • Observation • Written tests • Oral questioning • Assignments • Supervised exercises

Learning Outcome	Content	Suggested Assessment Methods
7. Prepare salad dressing	<ul style="list-style-type: none"> • Define salad dressings • Types of salad dressings • Uses of various salad dressings • Factors to consider when choosing a salad dressing • Ingredients for salad dressings • Uses of various salad dressings • Procedure for preparing various salad dressings • Identifying commercial salad dressings 	<ul style="list-style-type: none"> • Practical assessments • Written tests • Oral questioning • Assignments • Supervised exercises

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