



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 tiede
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