



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

YEAST PRODUCTS AND UNLEAVENED BREADS

UNIT CODE: HOS/CU/FP /CR/08/5/B

Relationship to Occupational Standards

This unit addresses the unit of competency: Preparing yeast products and unleavened breads

Duration of Unit: 40 hours

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

Summary of Learning Outcomes

1. Preparing white breads
2. Preparing whole meal breads
3. Prepare deep fried yeast products
4. Preparing unleavened breads

Learning Outcomes, Content and Suggested Assessment Methods

Learning Outcome	Content	Suggested Assessment Methods
1. Prepare white breads	<ul style="list-style-type: none">• Define baking• Baking equipment (eg baking tins, trays, ovens, weighing scales, cooling racks)• Different types of yeast products• Ingredients for making white breads• Procedure of preparing white breads (e.g bread rolls, sweet bread, sesame bread)• Procedure for preparing speciality breads• Handling dough and proving• Recipes for baking white breads• Presenting breads• Storage of cooked dough products• Convenience dough products	<ul style="list-style-type: none">• Practical assessments• Written tests• Oral questioning• Assignments• Supervised exercises
2. Prepare whole meal breads	<ul style="list-style-type: none">• Ingredients for making whole meal breads	<ul style="list-style-type: none">• Practical assessments• Written tests

Learning Outcome	Content	Suggested Assessment Methods
	<ul style="list-style-type: none"> • Procedure of preparing whole meal breads • Procedure for preparing speciality breads (e.g. sesame bread, bagels, rye bread, French bread, healthy choice bread) • Emerging trends • Handling dough and proving • Recipes for baking whole meal breads • Presenting breads 	<ul style="list-style-type: none"> • Oral questioning • Assignments • Supervised exercises
3. Prepare deep fried yeast products e.g kaimati, mahamri, doughnut	<ul style="list-style-type: none"> • Ingredients for deep fried yeast products • Procedure of preparing deep fried yeast products • Emerging trends • Handling dough and proving • Recipes for baking deep fried yeast products • Presenting deep fried yeast products 	<ul style="list-style-type: none"> • Practical assessments • Written tests • Oral questioning • Assignments • Supervised exercises
5. Prepare unleavened breads e.g. chapati, roti, papadums,	<ul style="list-style-type: none"> • Ingredients for deep unleavened breads • Procedure of preparing unleavened breads (e.g. chapati, roti, papadum, pizza, trotillas, pan cakes, matzo) • Emerging trends • Recipes for baking unleavened breads • Presenting deep fried yeast products 	<ul style="list-style-type: none"> • Observation • Oral questioning • Assignments • Supervised exercises • Practical assessments • Written tests

Suggested Delivery Methods

- Instructor led facilitation of theory
- Demonstration by trainer
- Practice by trainee
- Group discussions

Recommended Resources

- Fully equipped operational commercial/institutional kitchen including industry-current tools and equipment
- A variety of ingredients
- Table linen