



**REPUBLIC OF KENYA**

**COMPETENCY BASED CURRICULUM**

**FOR**

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

**KNQF LEVEL: 5**

**ISCED PROGRAMME CODE: 1013 454 B**



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

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

#### **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