

DESSERTS PREPARATION

UNIT CODE: 1013 551 03A

TVET CDACC UNIT CODE: HOSCU/FBP/CR/03/3/MA

UNIT DURATION: 100 Hours

Relationship to Occupational Standards

This unit addresses the Unit of Learning: **prepare desserts**

UNIT DESCRIPTION

This unit of learning covers the learning outcomes, content, assessment methods, methods of delivery and resources required to prepare desserts. It involves Prepare cold desserts, prepare hot desserts, Prepare accompanying sauces.

Summary of learning outcomes

S/No	Learning Outcomes	Duration (Hours)
1.	Prepare cold desserts	40
2.	Prepare hot desserts	40
3.	Prepare accompanying sauces	20
	Total	100

Learning outcomes, Content and Suggested Assessment Methods

Learning outcomes	Content.	Suggested Assessment Methods
1. Prepare cold desserts	1.1 Kitchen organization 1.1.1 Kitchen layout 1.1.2 Kitchen sections 1.1.3 Kitchen main services 1.1.3.1 Types of kitchen main service <ul style="list-style-type: none">• Energy• Water• Drainage 1.1.3.2 Care and maintenance of service systems 1.1.3.3 Types and uses of PPEs	<ul style="list-style-type: none">• Practical• Project• Portfolio of evidence• Third Party Reports• Written assessments• Oral questioning

Learning outcomes	Content.	Suggested Assessment Methods
	<ul style="list-style-type: none"> • Safety boots • Side cloth • Apron • Chef 's jacket • Chef 's hat • Chef 's trousers/Skirts • Neck tie • Kitchen gloves • Mask <p>1.2 Occupational safety and health</p> <ul style="list-style-type: none"> • Kitchen hazards • Hazard communication • Role of employer and employee on personal protective equipment • Ergonomics • Chemical safety • Fire safety • Workplace stress management • Emergency preparedness <p>1.3 Cleaning tools and equipment and materials</p> <p>1.3.1 Cleaning tools and equipment</p> <ul style="list-style-type: none"> • Mops • Mop bucket • Hard brush • Soft brush • Dust pan and dust pan brush • Cobweb remover • Squeegee • Waste bins <p>1.3.2 Cleaning materials</p> <ul style="list-style-type: none"> • Yellow duster • Scouring pads • Kitchen clothes • Sanitizer • Detergents • Salads wash • Paper towel • Sponges 	

Learning outcomes	Content.	Suggested Assessment Methods
	<p>1.4 Kitchen tools and equipment</p> <p>1.4.1 Classification of kitchen tools and equipment</p> <ul style="list-style-type: none"> • Large equipment • Mechanical equipment • Small tools <p>1.4.2 Types of preparation, production, presentation and storage tools and equipment</p> <ul style="list-style-type: none"> • Chopping boards • Kitchen Knives • Glass bowls • Salad spinner • Mixing bowls • Wire whisk • Lemon squeezer • Refrigerator • Salamander • Cooking pots • Blenders • Wooden spoons • Ladle • Conical strainer • Waste bins • Mop and mop bucket • Scrubbing brush • Dust pan and dust pan brush • Kitchen cloths • Squeegee • Peelers and graters <p>1.5 Ingredients</p> <p>1.5.1 Ingredients for cold desserts</p> <ul style="list-style-type: none"> • Fruits • Nuts • Whipping cream • Cooking chocolate • Milk • Eggs • Sugar • Gelatine • Custard powder 	

Learning outcomes	Content.	Suggested Assessment Methods
	<ul style="list-style-type: none"> • Jelly crystals • Flavourings • Spices • Cocoa powder <p>1.5.2 Recipes</p> <ul style="list-style-type: none"> • Types of recipes • Recipe interpretation • Recipe conversion <p>1.6 Freshness and quality points for ingredients used (HACCP)</p> <p>1.7 Preparation methods of cold desserts</p> <ul style="list-style-type: none"> • Softening • Whipping • Dicing • Grating • Dissolving • Peeling • Slicing • Pureeing • Melting • Whisking • Grinding <p>1.8 Hygiene practices</p> <p>1.8.1 Personal hygiene</p> <p>1.8.2 Food hygiene</p> <ul style="list-style-type: none"> • Cross contamination prevention • Proper food handling • Temperature control • Food storage • Pest control <p>1.9 Production of cold desserts</p> <p>1.9.1 Types of cold desserts</p> <p>1.9.1.1 Frozen</p> <ul style="list-style-type: none"> • Ice creams • Sorbets • Sherbet • Ice pops <p>1.9.1.2 Chilled deserts</p> <ul style="list-style-type: none"> • Pudding and custards 	

Learning outcomes	Content.	Suggested Assessment Methods
	<ul style="list-style-type: none"> • Cheese cakes • Fruit salads • Fruit compote • Fools • Bavarois • Tarts • Mousse • Tiramisu • Cheese cake • Fruit salads • Jellied desserts • Folding <p>1.9.2 Production methods and procedures of cold desserts</p> <ul style="list-style-type: none"> • Chilling • Freezing • Setting • Layering • Mixing • Molding <p>1.9.3 Quality assessment of finished cold desserts</p> <ul style="list-style-type: none"> • Appearance • Texture • Flavor • Temperature • Moisture and freshness • Aroma • Consistency and stability <p>1.10 Presentation of cold desserts</p> <ul style="list-style-type: none"> • Portioning • Plating techniques • Presentation equipment selection • Topping • Decorating <p>1.11 Cleaning of tools, equipment's and materials</p> <p>1.12 Cleaning of work surfaces and floors.</p>	

Learning outcomes	Content.	Suggested Assessment Methods
	1.13 Waste disposal <ul style="list-style-type: none"> • Types of waste • Methods of waste disposal 	
2. Prepare hot desserts	2.1 Types and uses of PPEs <ul style="list-style-type: none"> • Safety boots • Side cloth • Apron • Chef 's jacket • Chef 's hat • Chef 's trousers/Skirts • Neck tie • Kitchen gloves • Mask 2.2 Occupational safety and health <ul style="list-style-type: none"> • Kitchen hazards • Hazard communication • Role of employer and employee on personal protective equipment • Ergonomics • Chemical safety • Fire safety • Workplace stress management • Emergency preparedness 2.3 Cleaning tools, equipment and materials 2.3.1 Cleaning tools and equipment <ul style="list-style-type: none"> • Mops • Mop bucket • Hard brush • Soft brush • Dust pan and dust pan brush • Cobweb remover • Squeegee • Waste bins 2.3.2 Cleaning materials <ul style="list-style-type: none"> • Yellow duster • Scouring pads • Kitchen clothes • Sanitizer 	<ul style="list-style-type: none"> • Practical • Project • Portfolio of evidence • Third Party Reports • Written assessments • Oral questioning

Learning outcomes	Content.	Suggested Assessment Methods
	<ul style="list-style-type: none"> • Detergents • Salads wash • Paper towel • Sponges <p>2.4 Kitchen tools and equipment</p> <p>2.5 Ingredients for hot desserts</p> <ul style="list-style-type: none"> • Milk • Cream • Butter • Eggs • Sugar • Wheat flour • Margarine • Fruits • Flavorings • Spices • Chocolate • Cocoa • Nuts • Seeds • Leavening agents <p>2.6 Freshness and quality points for ingredients used (HACCP)</p> <p>2.7 Preparing hot desserts</p> <ul style="list-style-type: none"> • Chopping • Dicing • Whisking • Creaming • Sifting • Caramelizing • Melting • Zesting • Juicing • Pureeing • Rubbing in • Folding • Grinding • Infusion kneading • Rolling and shaping • Crumbling • Coating 	

Learning outcomes	Content.	Suggested Assessment Methods
	<p>2.8 Hygiene practices</p> <p>2.8.1 Personal hygiene</p> <p>2.8.2 Food hygiene</p> <ul style="list-style-type: none"> • Cross contamination prevention • Proper food handling • Temperature control • Food storage • Pest control <p>2.9 Production of hot desserts</p> <p>2.9.1 Types of hot desserts</p> <ul style="list-style-type: none"> • Fruit based desserts • Custard and cream based • Pastry based • Compotes and poached fruits • Flambe desserts • Fried desserts • Souffles • Meringue based • Puddings <p>2.9.2 Production methods for hot desserts</p> <ul style="list-style-type: none"> • Frying • Baking • Steaming • Boiling • Flambéing • Poaching <p>2.9.3 Quality assessment of a finished hot desserts</p> <ul style="list-style-type: none"> • Appearance • Texture • Flavour • Temperature • Moisture and freshness • Aroma • Consistency and stability. • Creativity and originality <p>2.10 Presenting hot desserts</p> <ul style="list-style-type: none"> • Portioning 	

Learning outcomes	Content.	Suggested Assessment Methods
	<ul style="list-style-type: none"> • Plating techniques • Presentation equipment selection • Topping • Decorating <p>2.11 Cleaning of tools, equipment's and materials</p> <p>2.12 Cleaning of work surfaces and floors.</p> <p>2.13 Waste disposal</p> <ul style="list-style-type: none"> • Types of waste • Methods of waste disposal 	
3. Prepare accompanying sauces	<p>3.1 Types and uses of PPEs</p> <ul style="list-style-type: none"> • Safety boots • Kitchen cloth • Apron • Chef 's jacket • Chef 's hat • Chef 's trousers/Skirts • Neck tie • Kitchen gloves • Mask <p>3.2 Occupational safety and health</p> <ul style="list-style-type: none"> • Kitchen hazards • Hazard communication • Role of employer and employee on personal protective equipment • Ergonomics • Chemical safety • Fire safety • Workplace stress management • Emergency preparedness <p>3.3 Cleaning tools, equipment and materials</p> <p>3.3.1 Cleaning tools and equipment</p> <ul style="list-style-type: none"> • Mops • Mop bucket • Hard brush • Soft brush 	<ul style="list-style-type: none"> • Practical • Project • Portfolio of evidence • Third Party Reports • Written assessments • Oral questioning

Learning outcomes	Content.	Suggested Assessment Methods
	<ul style="list-style-type: none"> • Dust pan and dust pan brush • Cobweb remover • Squeegee • Waste bins • Cleaning materials • Yellow duster • Scouring pads • Kitchen clothes • Sanitizer • Detergents • Salads wash • Paper towel • Sponges <p>3.4 Preparing sweet sauces</p> <ul style="list-style-type: none"> • Chopping • Dicing • Whisking • Sifting • Caramelizing • Melting • Zesting • Juicing • Pureeing • Folding • Grinding • Infusion • Blending <p>3.5 Hygiene practices</p> <p>3.5.1 Personal hygiene</p> <p>3.5.2 Food hygiene</p> <ul style="list-style-type: none"> • Cross contamination prevention • Proper food handling • Temperature control • Food storage <p>3.6 Production of sweet sauces</p> <p>3.6.1 Types of sweet sauces</p> <ul style="list-style-type: none"> • Caramel sauce • Chocolate sauce • Butter scotch sauce • Crème anglaise 	

Learning outcomes	Content.	Suggested Assessment Methods
	<ul style="list-style-type: none"> • Fruit sauces • Fruit coulis • Fruit compote • Fruit curd • Hot fudge • Chocolate sauce <p>3.6.2 Production methods for sweet sauces</p> <ul style="list-style-type: none"> • Thickening • Reduction • Straining • Enriching • Binding • Emulsifying • Deglazing • Caramelizing <p>3.6.3 Quality assessment of sweet sauces.</p> <ul style="list-style-type: none"> • Appearance • Texture • Flavor • Temperature • Moisture and freshness • Aroma • Consistency and stability <p>3.7 Presenting sweet sauces</p> <ul style="list-style-type: none"> • Portioning • Plating techniques • Presentation equipment selection <p>3.8 Cleaning of tools, equipment's and materials</p> <p>3.9 Cleaning of work surfaces and floors.</p> <p>3.10 Waste disposal</p> <ul style="list-style-type: none"> • Types of waste • Methods of waste disposal 	

Suggested Methods of Instruction

- Practical

- Demonstration
- Group discussion
- Direct instruction

RECOMMENDED RESOURCES FOR 25 TRAINEES

S/No.	Category/Item	Description/Specifications	Quantity	Recommended Ratio (Item: Trainee)
A	Learning materials			
	Textbooks	1) Practical cookery for level 3 Advanced technical diploma in professional cookery. 2) Theory of catering 7TH Edition by Kinton Ceserani and Fosket	5	1:5
			5	1:5
	Projector	Functional projector for displaying content during presentations	1	1:25
	Lap top	Functional laptop with online instructional content	1	1:25
	Flash cards	Assorted	5	1:5
	Flip charts	Plain white	2	1:13
	White board markers	Assorted colors	5	1:5
	White board	Quality whiteboard of approximately 6 ft by 3 ft for writing during theory instruction	1	1:25
B	LEARNING FACILITIES & INFRASTRUCTURE			
	Lecture/Theory Room	Spacious room with seats for 25 trainees, approximately 60 sqm	1	1:25
	Workshop	A Fully Equipped Operational Kitchen.	1	1:25
	laptop	laptop Functional with online instructional content.		
	internet	Stable and reliable with bandwidth of 20mbps		
C	LARGE KITCHEN EQUIPMENT			
	Working table	Stainless steel size 2 by 6 feet	13	1:2
	Sink	Double sink stainless steel	5	1:5
	Gas range	Burner	13	1:2

S/No.	Category/Item	Description/Specifications	Quantity	Recommended Ratio (Item: Trainee)
	Refrigerators	200 to 400 liters capacity with in - built refreeze	2	1:13
	Ovens	Large	2	1:13
	Blender	5-liter capacity Commercial with grinding attachments	2	1:13
	Freezer	Deep freezer 100-liter capacity double door	1	1:25
	Weighing scale	Assorted sizes	5	1:5
D	SMALL KITCHEN EQUIPMENT			
	Sauce pans	Assorted sizes with lids	25	1:1
	Peeler	Assorted sizes	25	1:1
	Squeezers	Fruit squeezers	5	1:5
	Cutters	Egg assorted sizes	25	1:1
	Pastry brushes	Assorted sizes	25	1:1
	Graters	Multi – use	25	1:1
	Cooking sticks	Assorted sizes	25	1:1
	Cooking spoons	Assorted sizes	25	1:1
	Whisks	Balloon	25	1:1
	Bowls	Utility stainless steel bowls assorted sizes	100	4:1
	Plates	Stainless steel utility	100	4:1
	Tea spoons	Stainless steel	25	1:1
	Table spoons	Stainless steel	25	1:1
	Measuring jugs	Assorted	25	1:1
	Measuring spoons	Assorted	25	1:1
	Glass bowls	Assorted sizes	25	1:1
	Conical strainers	Stainless steel assorted sizes	10	1:3
	Chopping boards	Assorted according to color codes	10	1:3
	Chefs knives	Stainless steel assorted types	25	1:1
	Spatulas	Rubber assorted sizes	25	1:1
	Baking trays	Non- stick assorted sizes	25	1:1
	Hot dishes	Assorted sizes	25	1:1
	Serving spoons	Assorted sizes	25	1:1
	Ladle	Soup, sauce assorted sizes	25	1:1
	Tongs	Assorted sizes	25	1:1
	Sieves	Metallic assorted sizes	10	1:3
	Muffin tins	Assorted sizes	5	1:5
	Coupes	Assorted types	25	1:1

S/No.	Category/Item	Description/Specifications	Quantity	Recommended Ratio (Item: Trainee)
	Moulds	Assorted types	25	1:1
	Scoops	Assorted sizes	10	1:3
	Rolling pins	Assorted sizes, shapes	10	1:3
	Pipping bags and nozzles	Reusable or disposal	5	1:5
	Serrated knives	Stainless steel	10	1:3
	Pastry cutters	Stainless steel	10	1:3
	Pallet knives	Stainless steel	10	1:3
	Turn table	Plastic/metallic	2	1:13
	Cooling racks	Stainless steel	5	1:5
E.	NON-FOOD CONSUMABLES			
	Cling film	50cm X480M	1	1:25
	Grease proof / baking paper	20m X30cm	1	1:25
	Disposable gloves	100pcs per packet	1	1:25
	Aluminum foil paper	Heavy duty 500m	1	1:25
F.	CLEANING MATERIALS			
	Detergent	Multi – purpose set free	3liters	1:8
	Bar soap	Scent free 1kg bar	1	1:25
	Scoring pads	Assorted sizes	10	1:3
	Steel wool	Assorted sizes	10	1:3
	Window cleaners	1-liter bottles	5	1:5
	Yellow dusters	Non fluffy	25	1:1
E	CLEANING EQUIPMENT			
	Cob web removers	With handles	2	1:13
	Soft brushes	Soft	2	1:13
	Dustpans and brush	Paired	2	1:13
	Mops	Both dry and wet	5	1:5
	Mop buckets	Assorted materials / sizes	5	1:5
	Hard brushes	Hard	5	1:5
	Squeezers	With handles	2	1:13
F	SAFETY EQUIPMENT.			

S/No.	Category/Item	Description/Specifications	Quantity	Recommended Ratio (Item: Trainee)
	Fire extinguishers	Assorted types(co2,water,foam)	5	1:5
	Fire blankets	Standard size	2	1:13
	First aid kit	Complete set	1	1:25
F	WASTE DISPOSAL EQUIPMENT.			
	Dustbins	Large with lids	6	1.6
	Dustbin liner	50pcs per packet	1	1:25

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PASTRIES PREPARATION

UNIT CODE: 1013 551 04A

TVET CDACC UNIT CODE: HOSCU/FBP/CR/01/4/MA

UNIT DURATION: 120 Hours

Relationship to Occupational Standards

This unit addresses the unit of competency: **prepare pastries**

UNIT DESCRIPTION

This unit of learning covers the learning outcomes, content, assessment methods, methods of delivery and resources required to prepare pastries. It involves preparation of short pastry, sugar pastry, puff pastry, choux pastry.

Summary of Learning Outcomes

S/No	Learning Outcomes	Duration (Hours)
1.	Prepare short pastry	30
2.	Prepare sugar pastry	30
3.	Prepare puff pastry	40
4.	Prepare choux pastry	20
Total		120

Learning Outcomes, Content and Suggested Assessment Methods

Learning Outcome	Content	Suggested Assessment Methods
1. Prepare short pastry	<p>1.1 Definition of terms</p> <ul style="list-style-type: none">• Pastry• Short pastry <p>1.2 PPEs and their uses</p> <ul style="list-style-type: none">• Kitchen boots• Kitchen cloth• Apron• Chef 's jacket• Chef 's hat• Chef 's trousers/Skirts• Neck tie	<ul style="list-style-type: none">• Practical• Interview• Third Party Reports• Written Tests• Project