

## MAIN MEAL PREPARATION

UNIT CODE: 1013 551 02A

TVET CDACC UNIT CODE: HOSCU/FBP/CR/02/3/MA

UNIT DURATION: 120 Hours

### Relationship to Occupational Standards

This unit addresses the Unit of Learning: **Prepare Main Meal**

### UNIT DESCRIPTION

This unit of learning covers the learning outcomes, content, assessment methods, methods of delivery and resources required to to prepare main meal It involves preparation of protein dishes, starches, vegetables and breakfast items.

### Summary of learning outcomes

By the end of this unit, the learner should be able to:

S/No	Learning Outcomes	Duration (Hours)
1.	Prepare protein dishes	30
2.	Prepare starch dishes	30
3.	Prepare vegetable dishes	30
4.	Prepare breakfast items	30
<b>Total</b>		<b>120</b>

### Learning outcomes, Content and Suggested Assessment Methods

Learning outcome	Content	Suggested Assessment Methods
1. Prepare protein dishes	1.1 Kitchen organization 1.1.1 Kitchen layout 1.1.2 Kitchen sections 1.1.3 Kitchen main service 1.1.1.3.1 Types of kitchen main services • Energy • Water • Drainage 1.1.1.3.2 Care and maintenance of service systems	<ul style="list-style-type: none"><li>• Practical</li><li>• Project</li><li>• Portfolio of evidence</li><li>• Third Party Reports</li><li>• Written assessments</li><li>• Oral questioning</li></ul>

Learning outcome	Content	Suggested Assessment Methods
	<p>1.1.1.3.3 Types and uses of PPEs</p> <ul style="list-style-type: none"> <li>• Safety boots</li> <li>• Side cloth</li> <li>• Apron</li> <li>• Chef 's jacket</li> <li>• Chef 's hat</li> <li>• Chef 's trousers/Skirts</li> <li>• Neck tie</li> <li>• Kitchen gloves</li> <li>• Mask</li> </ul> <p>1.2 Occupational safety and health</p> <ul style="list-style-type: none"> <li>• Kitchen hazards</li> <li>• Hazard communication</li> <li>• Role of employer and employee on personal protective equipment</li> <li>• Ergonomics</li> <li>• Chemical safety</li> <li>• Fire safety</li> <li>• Workplace stress management</li> <li>• Emergency preparedness</li> </ul> <p>1.3 Cleaning tools, equipment and materials</p> <p>1.3.1 Cleaning materials</p> <ul style="list-style-type: none"> <li>• Water</li> <li>• Sanitizer</li> <li>• Detergents</li> <li>• Salads wash</li> <li>• Paper towel</li> <li>• Sponges</li> </ul> <p>1.3.2 Kitchen tools and equipment</p> <p>1.3.2.1 Classification of kitchen tools and equipment</p> <ul style="list-style-type: none"> <li>• Large equipment</li> <li>• Mechanical equipment</li> <li>• Small tools</li> </ul>	

Learning outcome	Content	Suggested Assessment Methods
	<p>1.3.2.2 Types of preparation, production, presentation and storage tools and equipment</p> <ul style="list-style-type: none"> <li>• Chopping boards</li> <li>• Kitchen Knives</li> <li>• Glass bowls</li> <li>• Salad spinner</li> <li>• Mixing bowls</li> <li>• Wire whisk</li> <li>• Lemon squeezer</li> <li>• Refrigerator</li> <li>• Salamander</li> <li>• Cooking pots</li> <li>• Blenders</li> <li>• Wooden spoons</li> <li>• Ladle</li> <li>• Conical strainer</li> <li>• Waste bins</li> <li>• Squeegee</li> <li>• Peelers and graters</li> </ul> <p>1.4 Care and maintenance of main dishes equipment</p> <p>Herbs, spices and condiments</p> <ul style="list-style-type: none"> <li>• Definition</li> <li>• Uses</li> </ul> <p>1.5 Protein dishes recipes</p> <p>1.6 Freshness and quality control (HACCP)</p> <p>1.7 Preparation of protein dishes</p> <p>1.71. Preparation techniques of protein dishes</p> <ul style="list-style-type: none"> <li>• Cuts of meat</li> <li>• Trimming</li> <li>• Seasoning</li> <li>• Tenderizing</li> <li>• Deboning</li> <li>• Brining</li> <li>• Filleting</li> </ul>	

Learning outcome	Content	Suggested Assessment Methods
	<ul style="list-style-type: none"> <li>• Shucking</li> <li>• Searing</li> <li>• Soaking</li> <li>• Whisking</li> <li>• Sorting</li> <li>• Descaling</li> <li>• Pressing</li> <li>• Trussing</li> <li>• Singeing</li> <li>• Stuffing</li> <li>• Sous vide</li> <li>• Marinating</li> <li>• Curing</li> </ul> <p>1.72. Recipes</p> <ul style="list-style-type: none"> <li>• Types of recipes</li> <li>• Recipe interpretation</li> <li>• Recipe conversion</li> </ul> <p>1.8 Hygiene practices</p> <ul style="list-style-type: none"> <li>• Personal hygiene</li> <li>• Food hygiene</li> <li>• Cross contamination prevention</li> <li>• Proper food handling</li> <li>• Temperature control</li> <li>• Food storage</li> <li>• Pest control</li> </ul> <p>1.9 Protein dishes</p> <p>1.9.1 Types of protein dishes</p> <ul style="list-style-type: none"> <li>• Chicken dishes</li> <li>• Beef dishes</li> <li>• Mutton /lamb dishes</li> <li>• Pork dishes</li> <li>• Pulses dishes</li> <li>• Game dishes</li> <li>• Fish dishes</li> <li>• Eggs dishes</li> </ul> <p>1.9.2 Production of protein dishes</p> <ul style="list-style-type: none"> <li>• Boiling</li> <li>• Stewing</li> </ul>	

Learning outcome	Content	Suggested Assessment Methods
	<ul style="list-style-type: none"> <li>• Steaming</li> <li>• Grilling/ griddling</li> <li>• Poaching</li> <li>• Sautéing</li> <li>• Roasting</li> <li>• Braising</li> <li>• Baking</li> <li>• Frying</li> <li>• Sous vide</li> <li>• Broiling</li> </ul> <p>1.9.3 Quality assessment of a finished protein dish</p> <ul style="list-style-type: none"> <li>• Colour</li> <li>• Texture</li> <li>• Temperature</li> <li>• Flavour</li> <li>• Appearance</li> <li>• Taste</li> <li>• Aroma</li> <li>• Freshness</li> </ul> <p>1.10 Sauces</p> <ul style="list-style-type: none"> <li>• Definition</li> <li>• Consistency of sauces</li> <li>• General considerations in sauce making</li> <li>• The role of a sauce in cookery</li> <li>• Classification of sauces</li> <li>• Preparation of sauces</li> <li>• Production of sauces</li> <li>• Thickening of sauces</li> <li>• Finishing of sauces</li> <li>• Storage of sauces</li> </ul> <p>1.11 Presentation of protein dishes</p> <ul style="list-style-type: none"> <li>• Plating techniques</li> <li>• Creative ideas</li> <li>• Texture contrast</li> <li>• Presentation plates</li> </ul>	

Learning outcome	Content	Suggested Assessment Methods
	<ul style="list-style-type: none"> <li>• Garnishing</li> </ul> <p>1.12 Cleaning of tools, equipment's and materials</p> <p>1.13 Cleaning of work surfaces and floors.</p> <p>1.14 Waste disposal</p> <ul style="list-style-type: none"> <li>• Types of waste</li> <li>• Methods of waste disposal</li> </ul>	
<p>2. Prepare starch dishes</p>	<p>2.1 Ingredients for starch dishes</p> <ul style="list-style-type: none"> <li>• Potatoes</li> <li>• Wheat flours</li> <li>• Maize flours</li> <li>• Rice</li> <li>• Pasta</li> <li>• Plantains</li> </ul> <p>2.2 Freshness and quality control (HACCP)</p> <p>2.3 Preparation of starch dishes</p> <ul style="list-style-type: none"> <li>• Peeling</li> <li>• Cutting</li> <li>• Sorting</li> <li>• Grating</li> <li>• Slicing</li> <li>• Turning</li> <li>• Kneading</li> <li>• Blanching</li> <li>• Rolling</li> </ul> <p>2.4 Hygiene practices</p> <p>2.4.1 Personal hygiene</p> <p>2.4.2 Food hygiene</p> <ul style="list-style-type: none"> <li>• Cross contamination prevention</li> <li>• Proper food handling</li> <li>• Temperature control</li> <li>• Food storage</li> <li>• Pest control</li> </ul> <p>2.5 Starch dishes</p> <p>2.5.1 Classification of starches</p>	<ul style="list-style-type: none"> <li>• Practical</li> <li>• Project</li> <li>• Portfolio of evidence</li> <li>• Third Party Reports</li> <li>• Written assessments</li> <li>• Oral questioning</li> </ul>

Learning outcome	Content	Suggested Assessment Methods
	<ul style="list-style-type: none"> <li>• Cereals</li> <li>• Farinaceous</li> <li>• Tubers</li> <li>• Roots</li> </ul> <p>2.5.2 Starch dishes</p> <ul style="list-style-type: none"> <li>• Rice dishes</li> <li>• Corn dishes</li> <li>• Pasta dishes</li> <li>• Plantains</li> <li>• Wheat dishes</li> <li>• Potatoes dishes</li> <li>• Cassava dishes</li> <li>• Millet dishes</li> <li>• Oat dishes</li> <li>• Yams dishes</li> </ul> <p>2.6 Production of starch dishes</p> <p>2.6.1 Production methods and procedures of starch dishes</p> <ul style="list-style-type: none"> <li>• Boiling</li> <li>• Steaming</li> <li>• Roasting</li> <li>• Frying</li> <li>• Sautéing</li> <li>• Simmering</li> <li>• Stewing</li> <li>• Baking</li> </ul> <p>2.6.2 Quality assessment of a finished starch dish</p> <ul style="list-style-type: none"> <li>• Colour</li> <li>• Texture</li> <li>• Temperature</li> <li>• Flavour</li> <li>• Appearance</li> <li>• Taste</li> <li>• Aroma</li> <li>• Freshness</li> </ul> <p>2.7 Presentation of starch dishes</p> <ul style="list-style-type: none"> <li>• Plating techniques</li> </ul>	

Learning outcome	Content	Suggested Assessment Methods
	<ul style="list-style-type: none"> <li>• Presentation equipment selection</li> <li>• Garnishing</li> </ul> <p>2.8 Cleaning of tools, equipment and materials</p> <p>2.9 Cleaning of work surfaces and floors.</p> <p>2.10 Waste disposal</p> <ul style="list-style-type: none"> <li>• Types of waste</li> <li>• Methods of waste disposal</li> </ul>	
3. Prepare vegetables	<p>3.1 Ingredients for vegetable dishes</p> <p>3.1.1 Classification of vegetables</p> <ul style="list-style-type: none"> <li>• Bulb vegetables</li> <li>• Tuber vegetables</li> <li>• Cruciferous/ brassicas</li> <li>• Stem and shoots</li> <li>• Green leafy vegetables</li> <li>• Root vegetables</li> <li>• Fruit vegetable</li> <li>• Pods and seeds</li> <li>• Mushrooms and fungi</li> </ul> <p>3.2 Freshness and quality control (HACCP)</p> <p>3.3 Preparation of vegetable dishes</p> <ul style="list-style-type: none"> <li>• Topping and tailing</li> <li>• Shelling</li> <li>• Skinning</li> <li>• Deseeding</li> <li>• Dicing</li> <li>• Slicing</li> <li>• Shredding</li> <li>• Grating</li> <li>• Peeling</li> <li>• Cutting</li> <li>• Chopping</li> <li>• Blanching</li> <li>• Par - boiling</li> </ul> <p>3.4 Hygiene practices</p>	<ul style="list-style-type: none"> <li>• Practical</li> <li>• Project</li> <li>• Portfolio of evidence</li> <li>• Third Party Reports</li> <li>• Written assessments</li> <li>• Oral questioning</li> </ul>

Learning outcome	Content	Suggested Assessment Methods
	<p>3.4.1 Personal hygiene</p> <p>3.4.2 Food hygiene</p> <ul style="list-style-type: none"> <li>• Cross contamination prevention</li> <li>• Proper food handling</li> <li>• Temperature control</li> <li>• Food storage</li> </ul> <p>3.5 Vegetables dishes</p> <p>3.5.1 Types of vegetable dishes</p> <ul style="list-style-type: none"> <li>• Mixed vegetables</li> <li>• Braised red cabbage</li> <li>• Sauté spinach</li> <li>• Stir fried cabbage</li> <li>• Stuffed bell peppers</li> <li>• Deep fried courgettes</li> <li>• Ratatouille</li> <li>• Buttered carrots</li> <li>• Okra curry</li> <li>• Coleslaw</li> <li>• kachumbari</li> <li>• Fried kale</li> <li>• Stir fried cauliflower</li> </ul> <p>3.6 Production of vegetable dishes</p> <p>3.6.1 Production methods of vegetable dishes</p> <ul style="list-style-type: none"> <li>• Steaming</li> <li>• Stir-frying</li> <li>• Sautéing</li> <li>• Frying</li> <li>• Stewing</li> <li>• Grilling</li> <li>• Roasted</li> <li>• Boiling</li> </ul> <p>3.6.2 Quality assessment of a finished vegetable dish</p> <ul style="list-style-type: none"> <li>• Colour</li> <li>• Texture</li> <li>• Temperature</li> <li>• Flavour</li> </ul>	

<b>Learning outcome</b>	<b>Content</b>	<b>Suggested Assessment Methods</b>
	<ul style="list-style-type: none"> <li>• Appearance</li> <li>• Taste</li> <li>• Aroma</li> <li>• Freshness</li> </ul> <p>3.7 Presentation of starch dishes</p> <ul style="list-style-type: none"> <li>• Plating techniques</li> <li>• Preparation equipment selection</li> <li>• Garnishing</li> </ul> <p>3.8 Cleaning of tools, equipment 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"> <li>• Types of waste</li> <li>• Methods of waste disposal</li> </ul>	
4. Prepare breakfast items.	<p>4.1 Types of breakfast</p> <ul style="list-style-type: none"> <li>• American</li> <li>• English</li> <li>• Continental</li> <li>• Vegan</li> <li>• Asian</li> <li>• Brunch</li> </ul> <p>4.2 Freshness and quality control (HACCP)</p> <p>4.3 Preparation of breakfast items</p> <ul style="list-style-type: none"> <li>• Slicing</li> <li>• Washing</li> <li>• Cutting</li> <li>• Blending</li> <li>• Chopping</li> <li>• Juicing</li> <li>• Peeling</li> <li>• Mincing</li> <li>• Deseeding</li> <li>• Whisking</li> <li>• Mixing</li> <li>• Trimming</li> </ul>	<p>Practical</p> <p>Project</p> <p>Portfolio of evidence</p> <p>Third Party Reports</p> <p>Written assessments</p> <p>Oral questioning</p>

Learning outcome	Content	Suggested Assessment Methods
	<p>4.4 Hygiene practices</p> <p>4.4.1 Personal hygiene</p> <p>4.4.2 Food hygiene</p> <ul style="list-style-type: none"> <li>• Cross contamination prevention</li> <li>• Proper food handling</li> <li>• Temperature control</li> <li>• Food storage</li> </ul> <p>4.5 Production of breakfast items</p> <p>4.5.1 Breakfast items</p> <p>4.5.1.1 Classification of breakfast items</p> <ul style="list-style-type: none"> <li>• Grains and Cereals <ul style="list-style-type: none"> <li>• Hot cereals (oat meal, porridge)</li> <li>• Cold cereals (flakes, muesli, granola)</li> </ul> </li> <li>• Bread and baked goods (toast, bagels, muffins, croissants, pancakes)</li> <li>• Protein dishes <ul style="list-style-type: none"> <li>• Eggs, (scrambled, fried, omelettes)</li> <li>• Meats (bacon, sausage, ham, smoked salmons)</li> <li>• Dairy (milk, yoghurt cheese)</li> <li>• Plant based proteins</li> </ul> </li> <li>• Fruits based <ul style="list-style-type: none"> <li>• Fresh (berries, bananas, apple oranges)</li> <li>• Dried fruits (raisins, cranberries, apricots)</li> </ul> </li> <li>• Beverages <ul style="list-style-type: none"> <li>• Hot (coffee, tea, hot chocolate, porridge, speciality drinks)</li> <li>• Cold (juice, smoothies, milk)</li> </ul> </li> <li>• Others</li> </ul>	

Learning outcome	Content	Suggested Assessment Methods
	<ul style="list-style-type: none"> <li>• Savoury (breakfast sandwiches, burritos)</li> <li>• Sweet (pancake with syrup, waffles with fruit)</li> <li>• Healthy (smoothies, yoghurt parfaits, oatmeal)</li> </ul> <p>4.5.1.2 Production methods for breakfast items</p> <ul style="list-style-type: none"> <li>• Steaming</li> <li>• Frying</li> <li>• sautéing</li> <li>• Frying</li> <li>• Stewing</li> <li>• Grilling</li> <li>• Roasted</li> <li>• Boiling</li> <li>• Poaching</li> </ul> <p>4.6 Quality assessment of finished breakfast items</p> <ul style="list-style-type: none"> <li>• Colour</li> <li>• Texture</li> <li>• Temperature</li> <li>• Flavour</li> <li>• Appearance</li> <li>• Taste</li> <li>• Aroma</li> <li>• Freshness</li> </ul> <p>4.7 Presentation of breakfast items</p> <ul style="list-style-type: none"> <li>• Plating techniques</li> <li>• Presentation equipment selection</li> <li>• Garnishing</li> </ul> <p>4.8 Cleaning of tools, equipment's and materials</p> <p>4.9 Cleaning of work surfaces and floors.</p> <p>4.10 Waste disposal</p> <ul style="list-style-type: none"> <li>• Types of waste</li> <li>• Methods of waste disposal</li> </ul>	

## Suggested Methods of Instruction

Practical

Demonstration

Group discussion

Trainer led instructions.

## RECOMMENDED RESOURCES FOR 25 TRAINEES

S/No.	Category/Item	Description/Specifications	Quantity	Recommended Ratio (Item: Trainee)
<b>A</b>	<b>Learning materials</b>			
	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 for writing during theory instruction	1	1:25
<b>B</b>	<b>Learning facilities &amp; Infrastructure</b>			
	Lecture/Theory Room	Spacious room with seats for 25 trainees.	1	1:25
	Workshop	A fully equipped operational kitchen.	1	1:25
	laptop	Functional with online instructional content.		
	internet	Stable and reliable with bandwidth of 20mbps		
<b>C</b>	<b>LARGE KITCHEN EQUIPMENT</b>			
	Working table	Stainless steel size 2 by 6 feet	13	1:2

S/No.	Category/Item	Description/Specifications	Quantity	Recommended Ratio (Item: Trainee)
	Sink	Double sink stainless steel	5	1:5
	Cooking range	Cooking range	13	1:2
	Refrigerators	200 to 400 liters capacity with in - built re-freeze.	2	1:13
	Ovens	Double decker industrial	2	1:13
	Bain Marie	Industrial	1	1:25
	Blender	30-liter capacity Commercial with grinding attachments	2	1:13
	Weighing scale	Assorted sizes	5	1:5
	Potato chipper	Commercial	1	1:25
	Potato peeler	Electrical 15kg per hour	1	1:25
<b>D</b>	<b>SMALL KITCHEN EQUIPMENT</b>			
	Sauce pans	Assorted sizes With lids	50	2:1
	Peeler	Assorted sizes	25	1:1
	Squeezers	Fruit squeezers	5	1:5
	Pastry brushes	Assorted sizes	5	1:5
	Graters	Multi – use	13	1:2
	Cooking sticks	Assorted sizes	25	1:1
	Cooking spoons	Assorted sizes	25	1:1
	Whisks	Balloon	5	1:5
	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	5	1:5
	Glass bowls	Assorted sizes	25	1:1
	Conical strainers	Stainless steel assorted sizes	10	1:3
	Colanders	Stainless steel assorted sizes	10	1:3
	Chopping boards	Assorted according to color codes	25	1:1
	Chefs knives	Stainless steel assorted types	25	1:1
	Baking trays	Non- stick assorted sizes	13	1:2
	Hot dishes	Assorted sizes	25	1:1

S/No.	Category/Item	Description/Specifications	Quantity	Recommended Ratio (Item: Trainee)
	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
	Chaffing dishes	Triple insert	5	1:5
	Frying pans	Shallow assorted sizes	10	1:3
	Fish slicers	Stainless steel non stick	10	1:3
	Woks	Assorted sizes	10	1:3
	Roasting trays	Assorted sizes	15	1:2
	Kitchen forks	Stainless steel	15	1:2
	Dredgers	Stainless steel	5	1:5
	Pestle and motor	Assorted materials / sizes	5	1:5
	Skewers	Metallic	5	1:5
	Bottle openers	Assorted materials	5	1:5
	Toaster	Stainless steel assorted sizes	2	1:13
	Waffle maker	Stainless steel	1	1:25
	Muffin tins	Non stick	5	1:5
	Casserole dishes	Glass/ceramic	5	1:5
	Perforated spoons	Stainless steel	5	1:5
<b>E. NON-FOOD CONSUMABLES</b>				
	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
<b>F. CLEANING MATERIALS</b>				
	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
<b>E CLEANING EQUIPMENT</b>				
	Cob web removers	With handles	2	1:13
	Soft brushes	Soft	2	1:13

S/No.	Category/Item	Description/Specifications	Quantity	Recommended Ratio (Item: Trainee)
	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	WASTE DISPOSAL EQUIPMENT.			
	Dustbins	Large with lids	6	1:6
	Dustbin liner	50pcs per packet	1	1:25
G	SAFETY EQUIPMENT			
	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

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