

PREPARE MAIN MEAL

UNIT CODE: 1013 551 02A

TVET CDACC UNIT CODE: HOS/OS/FBP/CR/02/3/MA

UNIT DESCRIPTION

This unit describes competencies required to prepare main meal. It involves preparation of protein dishes, starch dishes, vegetable dishes and breakfast items.

The unit is applicable in the hospitality industry.

ELEMENTS AND PERFORMANCE CRITERIA

ELEMENT These describe the key outcomes which make up workplace function.	PERFORMANCE CRITERIA These are assessable statements which specify the required level of performance for each of the elements. <i>Bold and italicized terms are elaborated in the Range</i>
1. Prepare protein dishes	1.1 PPEs are donned as per work procedure 1.2 OSH is practiced as per work procedure 1.3 Cleaning materials are identified and assembled as per work procedure. 1.4 Food production tools and equipment are assembled and cleaned as per work procedure. 1.5 Ingredients are collected and weighed as per standard recipe. 1.6 Freshness and quality of ingredients is checked as per HACCP 1.7 Ingredients are prepared as per standard recipe specifications. 1.8 Hygiene practices are observed as per work procedure. 1.9 Protein dishes are produced as per standard recipe 1.10 Sauces are produced as per protein dish 1.11 Protein dishes are presented as per standard recipe 1.12 Tools, equipment and materials are cleaned and stored as per work procedure 1.13 Work surfaces and floors are cleaned as per work procedure. 1.14 Waste is disposed as per work procedure.
2. Prepare starch dishes	2.1 PPEs are donned as per work procedure 2.2 OSH is practiced as per work procedure 2.3 Cleaning materials are identified and assembled as per work procedure. 2.4 Food production tools and equipment are assembled and cleaned as per work procedure.

	<p>2. 5 <i>Ingredients</i> are collected and weighed as per standard recipe</p> <p>2. 6 Freshness and quality of ingredients is checked as per HACCP</p> <p>2. 7 Ingredients are prepared as per standard recipe specifications.</p> <p>2. 8 Hygiene practices are observed as per work procedure.</p> <p>2. 9 <i>Starch dishes</i> are produced as per standard recipe.</p> <p>2. 10 Starch dishes are presented as per standard recipe.</p> <p>2. 11 <i>Tools, equipment and materials</i> are cleaned and stored as per work procedure.</p> <p>2. 12 Work surfaces and floors are cleaned as per work procedure</p> <p>2. 13 Waste is disposed as per work procedure.</p>
3. Prepare vegetable dishes	<p>3.1 <i>PPEs</i> are donned as per work procedure.</p> <p>3.2 OSH is practiced as per work procedure</p> <p>3.3 <i>Cleaning materials</i> are identified and assembled as per work procedure</p> <p>3.4 Food production tools and equipment are assembled and cleaned as per work procedure.</p> <p>3.5 <i>Ingredients</i> are collected and weighed as per standard recipe</p> <p>3.6 Freshness and quality of ingredients is checked as per HACCP</p> <p>3.7 Ingredients are prepared as per standard recipe specifications</p> <p>3.8 Hygiene practices are observed as per work procedure.</p> <p>3.9 <i>Vegetable dish</i> is produced as per standard recipe.</p> <p>3.10 Vegetable dishes are presented as per standard recipe</p> <p>3.11 <i>Tools, equipment and materials</i> are cleaned and stored as per work procedure.</p> <p>3.12 Work surfaces and floors are cleaned as per work procedure.</p> <p>3.13 Waste is disposed as per work procedure.</p>
4. Prepare breakfast items	<p>4.1. <i>PPEs</i> are donned as per work procedure.</p> <p>4.2. OSH is practised as per work procedure</p>

	<p>4.3. <i>Cleaning materials</i> are identified and assembled as per work procedure</p> <p>4.4. Food production tools and equipment are assembled and cleaned as per work procedure.</p> <p>4.5. Ingredients are collected and weighed as per <i>type of breakfast</i></p> <p>4.6. Freshness and quality of ingredients is checked as per HACCP</p> <p>4.7. Ingredients are prepared as per standard recipe specifications</p> <p>4.8. Hygiene practices are observed as per work procedure.</p> <p>4.9. <i>Breakfast items</i> are produced as per standard recipe.</p> <p>4.10. Breakfast items are presented as per type of breakfast</p> <p>4.11. <i>Tools, equipment and materials</i> are cleaned and stored as per work procedure.</p> <p>4.12. Work surfaces and floors are cleaned as per work procedure.</p> <p>4.13. Waste is disposed as per work procedure.</p>
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RANGE

This section provides work environment and conditions to which the performance criteria apply. It allows for different work environment and situations that will affect performance.

Variable	Range
<ul style="list-style-type: none"> • <i>PPEs</i> may include but is not limited to: 	<ul style="list-style-type: none"> • Safety boots • Side cloth • Apron • Chef 's jacket • Chef 's trouser/skirt • Chef 's hat • Neck tie • Kitchen gloves • Mask - Oven gloves
<ul style="list-style-type: none"> • <i>Cleaning material</i> may include but is not limited to: 	<ul style="list-style-type: none"> • Water • Sanitizer • Detergents • Paper towel

	<ul style="list-style-type: none"> • Fruit and salad wash
<ul style="list-style-type: none"> • <i>Tools, equipment and materials</i> may include but is not limited to: 	<ul style="list-style-type: none"> • Sponges • Chopping boards • Kitchen Knives • Mixing bowls • Wire whisk • Lemon Squeezer • Refrigerator • Bain marie • Salamander • Cooking pots • Blenders • Wooden spoons • Ladle • Conical strainer • Waste bins • Squeegee • Pans • Spatulas • Oven • Brush • Waffle making machine • Juice dispenser • Juicer • Assorted tongs • Griddle • Rational oven

	<ul style="list-style-type: none"> • Grill • Tea Urns • Chest Freezers • Potatoes Peelers • graters • Cling film • Aluminum foil • Food labels • Weighing scale • Measuring jars • Measuring spoons <ul style="list-style-type: none"> • Measuring cups
<ul style="list-style-type: none"> • Ingredients may include but not limited to: 	<ul style="list-style-type: none"> • Vegetables • Meats • Pastas • Starches • Seasonings • Eggs • Processed meats • Fruits • Cereals and legumes • Cooking oil <ul style="list-style-type: none"> • Dairy and non-dairy products
<ul style="list-style-type: none"> • Protein dishes may include but not limited to: 	<ul style="list-style-type: none"> • Roast chicken • Chicken palak • Supreme chicken • Beef stew • Beef goulash • Beef stroganoff

	<ul style="list-style-type: none"> • Beef carbonade • Grilled salmon • Bread crumbed fish • Fish in batter • Shallow fried fish • Lamb satay • Lamb stew • Lamb steak • Mutton curry • Grilled lamb chops • Pork chops • Sweet and sour pork • Roast pork belly • Bean goulash • Lentil stew • Bean curry • Scrambled eggs • Soft/hard boiled eggs • Stir fried tofu Grilled tempeh
<ul style="list-style-type: none"> • Sauces may include but not limited to: 	<ul style="list-style-type: none"> • Basic sauces <ul style="list-style-type: none"> - Bechamel - Velouté - Espagnole/ brown sauce - Tomato sauce - Hollandaise • Others <ul style="list-style-type: none"> - Mayonnaise - Beurre blanc

	<ul style="list-style-type: none"> - Garlic butter - Sweet and sour - Mint sauce - Bread sauce
<ul style="list-style-type: none"> • Starch dishes may include but not limited to: 	<ul style="list-style-type: none"> • Pilaf • Steamed rice • Braised rice • Vegetable rice • Pilau • Turmeric • Risotto • Ugali • Roast potatoes • French fries • Lyonnaise • Gnocchi • Spaghetti Bolognese • Macaroni and cheese • Spaghetti in tomato sauce • Chapati • Mashed potatoes • Mashed green bananas
<ul style="list-style-type: none"> • Vegetable dishes may include but is not limited to: 	<ul style="list-style-type: none"> • Mixed vegetables • Braised red cabbage • Sauté spinach • Stir fried cabbage • Stuffed bell peppers • Deep fried courgettes

	<ul style="list-style-type: none"> • Ratatouille • Buttered carrots • Okra curry • Coleslaw • kachumbari • Fried kale <ul style="list-style-type: none"> • Stir fried cauliflower
<ul style="list-style-type: none"> • <i>Breakfast items</i> may include but is not limited to: 	<ul style="list-style-type: none"> • Coffee • Tea • Cereals • Eggs • Milk • Porridge • Waffles • Bagels • Toasts • Meats • Fruits • Juices • Pastries • Yoghurts • Potatoes • Smoothies • Syrups • Breakfast sandwiches • Preserves • Cheese • Baked beans

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	<ul style="list-style-type: none"> • Vegetables • Corn on cob • Nuts • Dried fruits
<ul style="list-style-type: none"> • <i>Types of breakfast</i> may include but is not limited to: 	<ul style="list-style-type: none"> • American • English • Continental • Vegan • Asian • Brunch

REQUIRED KNOWLEDGE AND SKILLS

This section describes the knowledge and skills required for this unit of competency.

Required knowledge

The individual needs to demonstrate knowledge of:

- Selection, use and care of equipment
- Food production
- Basic culinary techniques
- Hygiene, safety and sanitation
- Thickening agents
- Combination of ingredients
- Food commodities
- Food pairing and presentation
- Portion control
- Nutrients
- Recipe interpretation

Required skills

The individual needs to demonstrate the following skills:

- Time management
- Culinary
- Analytical
- Attention to detail
- Critical thinking
- Decision making

- Creativity
- Interpersonal

EVIDENCE GUIDE

This provides advice on assessment and must be read in conjunction with the performance criteria, required knowledge and skills range.

<p>1.Critical aspects of competency</p>	<p><i>Assessment requires evidence that the candidate:</i></p> <p>1.1 Donned PPEs as per work procedure</p> <p>1.2 Practiced OSH as per work procedure</p> <p>1.3 Assembled and cleaned food production tools and equipment as per work procedure</p> <p>1.4 Collected and weighed ingredients as per standard recipe</p> <p>1.5 Checked freshness and quality of ingredients as per HACCP</p> <p>1.6 Prepared Ingredients as per standard recipe specifications</p> <p>1.7 Produced protein dishes as per standard recipe</p> <p>1.8 Sauces are produced as per protein dishes</p> <p>1.9 Produced starch dishes as per standard recipe</p> <p>1.10 Produced vegetable dishes as per standard recipe</p> <p>1.11 Prepared breakfast items as per standard recipe</p> <p>1.12 Presented protein dishes as per standard recipe</p> <p>1.13 Presented starch dishes as per standard recipe</p> <p>1.14 Presented vegetable dishes as per standard recipe</p> <p>1.15 Presented breakfast items as per standard recipe</p> <p>1.16 Cleaned and stored tools, equipment and materials as per work procedure.</p> <p>1.17 Cleaned work surfaces and floors as per work procedure.</p> <p>1.18 Disposed waste as per work procedure</p>
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2. Resource implications	<p>The following resources should be provided:</p> <p>2.1 Appropriately simulated environment where assessment can take place</p> <p>2.2 Access to relevant work environment</p> <p>2.3 Resources relevant to the proposed activities or tasks</p>
3. Methods of assessment	<p>Competency in this unit may be assessed through:</p> <p>3.1 Practical</p> <p>3.2 Project</p> <p>3.3 Portfolio of evidence</p> <p>3.4 Third Party Reports</p> <p>3.5 Written assessments</p> <p>3.6 Oral questioning</p>
4. Context of assessment	4.2. This competency may be assessed in a workplace or a simulated workplace
5. Guidance information for assessment	5.2. Holistic assessment with other units relevant to the industry sector and workplace job role is recommended.

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