

## STARTERS AND STARTER ACCOMPANIMENTS

UNIT CODE: 1013 551 01 A

TVET CDACC UNIT CODE: HOSCU/FBP/CR/01/3/MA

UNIT DURATION: 80 HOURS

### Relationship to Occupational Standards

This unit addresses the unit of learning: **prepare starters and starter accompaniments.**

### UNIT DESCRIPTION

This unit of learning covers the learning outcomes, content, assessment methods, methods of delivery and resources required to prepare starters and starter accompaniments. It involves Prepare cold starters, prepare hot starters and Prepare starter accompaniments.

### Summary of learning outcomes

S/No	Learning Outcomes	Duration (Hours)
1.	Prepare cold starters	30
2.	Prepare hot starters	30
3.	Prepare starter accompaniments	20
<b>Total</b>		<b>80</b>

### Learning outcomes, Content and Suggested Assessment Methods

Learning outcome	Content	Suggested Assessment Methods
1. Prepare cold starters	<p>1.1 Kitchen organization</p> <p>1.1.1 Kitchen layout</p> <p>1.1.2 Kitchen sections</p> <p>1.1.3 Kitchen main services</p> <p>1.1.3.1 Types of kitchen main services</p> <ul style="list-style-type: none"><li>• Energy</li><li>• Water</li><li>• Drainage</li></ul> <p>1.1.3.2 Care and maintenance of service systems</p> <p>1.1.3.3 Types and uses of PPEs</p> <ul style="list-style-type: none"><li>• Safety boots</li><li>• Side cloth</li></ul>	<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>• 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 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>1.4 Kitchen tools and equipment</p> <p>1.4.1 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> <p>1.4.2 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> </ul>	

Learning outcome	Content	Suggested Assessment Methods
	<ul style="list-style-type: none"> <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>1.4.3 Care and maintenance of food production tools and equipment</p> <p>1.5 Ingredients used</p> <p>- Lettuce</p> <ul style="list-style-type: none"> <li>• Tomatoes</li> <li>• Cucumber</li> <li>• Bell peppers</li> <li>• Radish</li> <li>• Onions</li> <li>• Carrots</li> <li>• Beans</li> <li>• Pumpkin</li> <li>• Celery</li> <li>• Avocados</li> <li>• Eggs</li> <li>• Gherkins</li> <li>• Rice</li> <li>• Walnuts</li> <li>• Sun dried tomatoes</li> <li>• Oil</li> <li>• Vinegar</li> <li>• Capers</li> <li>• Olives</li> <li>• Chicken cuts</li> <li>• Beef</li> <li>• Stocks</li> </ul>	

Learning outcome	Content	Suggested Assessment Methods
	<p>1.5.1 Herbs, spices and condiments</p> <p>1.5.1.1 Definition</p> <p>1.5.1.2 Uses</p> <p>1.6 Freshness and quality points for ingredients used</p> <ul style="list-style-type: none"> <li>- HACCP</li> </ul> <p>1.7 Preparation of cold starters</p> <p>1.7.1 Preparation techniques of cold starters</p> <ul style="list-style-type: none"> <li>• Chopping</li> <li>• Dicing</li> <li>• Slicing</li> <li>• Blanching</li> <li>• Whisking</li> <li>• Pickling</li> <li>• Marinating</li> </ul> <p>1.7.2 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> <p>1.8.1 Personal hygiene</p> <p>1.8.2 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>1.8.3 Kitchen hygiene</p> <p>1.9 Production of cold starters</p> <p>1.9.1 Types of cold starters</p> <p>1.9.1.1 Salads and salad dressings</p> <ul style="list-style-type: none"> <li>• Avocado salad</li> <li>• Coleslaw</li> <li>• Caesar</li> <li>• Greek</li> <li>• Mango</li> <li>• Chef special</li> <li>• Waldorf salad</li> </ul> <p>1.9.1.2 Salad dressings</p>	

Learning outcome	Content	Suggested Assessment Methods
	<ul style="list-style-type: none"> <li>• Balsamic vinegar</li> <li>• Caesar dressing</li> <li>• Mayonnaise</li> <li>• Vinaigrette</li> </ul> <p>1.9.1.3 Cold soups</p> <p>1.9.1.4 Cold canapés</p> <p>1.9.2 Production of cold starters</p> <ul style="list-style-type: none"> <li>• Emulsification</li> <li>• Chilling</li> <li>• Mixing</li> </ul> <p>1.10 Presentation of cold starters</p> <p>1.10.1 Portioning</p> <p>1.10.2 Plating techniques</p> <p>1.10.3 Presentation equipment selection</p> <p>1.10.4 Garnishing</p> <p>1.11 Cleaning Procedures for tools, equipment and materials</p> <p>1.12 Cleaning procedures for work surfaces and floors</p> <p>1.13 Waste disposal</p> <ul style="list-style-type: none"> <li>• Types of waste</li> <li>• Methods of waste disposal</li> </ul>	
2 Prepare hot starters	<p>2.1 Types of hot starters</p> <p>2.1.1 Hors d'oeuvres</p> <p>2.1.2 Canapés</p> <p>2.1.3 Soups</p> <ul style="list-style-type: none"> <li>• Tomato soup</li> <li>• Minestrone</li> <li>• Leek potato soup</li> <li>• Chicken noodle soup</li> <li>• Clear beef broth</li> <li>• Sweet potato and pumpkin soup</li> <li>• Pumpkin soup</li> <li>• Butter nut soup</li> <li>• Carrot and ginger soup</li> <li>• Cream of mushroom</li> <li>• Roasted aubergine and garlic soup</li> </ul>	<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>• Farmers soup</li> <li>• Crab bisque</li> <li>• Mulligatawny soup</li> </ul> <p>2.2 Preparation techniques of hot starters</p> <ul style="list-style-type: none"> <li>• Dicing</li> <li>• Chopping</li> <li>• Mincing</li> <li>• Slicing</li> <li>• Straining</li> </ul> <p>2.3 Production of hot starters</p> <ul style="list-style-type: none"> <li>• Frying</li> <li>• Boiling</li> <li>• Steaming</li> <li>• Sautéing</li> <li>• Roasting</li> <li>• Grilling</li> <li>• Baking</li> <li>• Simmering</li> <li>• Skimming</li> </ul> <p>2.4 Presentation of hot starters</p> <ul style="list-style-type: none"> <li>• Portioning</li> <li>• Plating techniques</li> <li>• Presentation equipment</li> <li>• Garnishing</li> </ul> <p>2.5 Cleaning Procedures for tools, equipment and materials</p> <p>2.6 Cleaning procedures for work surfaces and floors</p> <p>2.7 Waste disposal</p> <ul style="list-style-type: none"> <li>• Types of waste</li> <li>• Methods of waste disposal</li> </ul>	
3 Prepare starters and starter accompaniments	<p>3.1 Types of starter accompaniments</p> <p>3.1.1 Cold starter accompaniments</p> <p>3.1.2 Hot starter accompaniments</p> <p>3.2 Preparation techniques of starter accompaniments</p> <ul style="list-style-type: none"> <li>• Pickling</li> <li>• Marinating</li> </ul>	<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> </ul>

Learning outcome	Content	Suggested Assessment Methods
	3.3 Production of starter accompaniments <ul style="list-style-type: none"> <li>• Roasting</li> <li>• Grilling</li> <li>• Baking</li> <li>• Chilling</li> <li>• Whisking</li> <li>• Mixing</li> </ul> 3.4 Presentation of starter accompaniments <ul style="list-style-type: none"> <li>• Portioning</li> <li>• Plating techniques</li> <li>• Presentation equipment selection</li> <li>• Garnishing</li> </ul> 3.5 Waste disposal <ul style="list-style-type: none"> <li>• Types of waste</li> <li>• Methods of waste disposal</li> </ul>	<ul style="list-style-type: none"> <li>• Oral questioning</li> </ul>

#### Suggested Methods of Delivery

- Practical
- Project
- Demonstration
- Group discussion
- Direct instruction

#### 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 7 <sup>TH</sup> Edition by Kinton Ceserani and Fosket	5 5	1:5 1:5
	Projector	Functional projector for displaying content during presentations	1	1:25

S/No.	Category/Item	Description/Specifications	Quantity	Recommended Ratio (Item: Trainee)
	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>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 including Industrial - Current Tools and Equipment	1	1:25
	Lap tops	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
	Sink	Double sink stainless steel	5	1:5
	Gas range	Burner	13	1:2
	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	1	1:25
	Weighing scale	Assorted sizes	5	1:5
<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
	Egg slicer	Stainless steel	1	1:25
	Pastry brushes	Assorted sizes	5	1:5
	Graters	Multi – use	5	1:5
	Cooking sticks	Assorted sizes	25	1:1

S/No.	Category/Item	Description/Specifications	Quantity	Recommended Ratio (Item: Trainee)
	Cooking spoons	Assorted sizes	25	1:1
	Whisks	Balloon	13	1:2
	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	5	1:5
	Colanders	Stainless steel assorted sizes	5	1:5
	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
	Soup tureens	Stainless steel 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	1:2.5
<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
	Muslin cloth	Cotton 12 by 12inches	3	1:8
<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	1:2.5
	Steel wool	Assorted sizes	10	1:2.5
	Window cleaners	1-liter bottles	5	1:5

S/No.	Category/Item	Description/Specifications	Quantity	Recommended Ratio (Item: Trainee)
	Yellow dusters	Non fluffy	25	1:1
<b>E</b>	<b>CLEANING EQUIPMENT</b>			
	Cob web removers	With handles	2	1:12.5
	Soft brushes	Soft	2	1:12.5
	Dustpans and brush	Paired	2	1:12.5
	Mops	Both dry and wet	5	1:5
	Mop buckets	Assorted materials / sizes	5	1:5
	Hard brushes	Hard	5	1:5
	Squeegee	With handles	2	1:12.5
<b>F</b>	<b>SAFETY EQUIPMENT</b>			
	Fire extinguishers	Assorted types	5	1:5
	Fire blankets	Standard size	2	1:12.5
	First aid kit	Complete set	1	1:25
<b>G</b>	<b>WASTE DISPOSAL EQUIPMENT.</b>			
	Dust bins	Large with lids	5	1.5
	Dust bin liners	50 pcs per packet.	1	1.25

**Assorted Ingredients**

**PPEs**