

CORE UNITS OF LEARNING

FOOD ACCOMPANIMENTS

UNIT CODE: HOS/CU/FP/CR/01/6/A

Relationship to Occupational Standards

This unit addresses the unit of competency: **Prepare food accompaniments**

Duration of Unit: 200 hours

Unit Description

This unit specifies the competencies required to plan, prepare and present food accompaniments. It involves organising entremetier section; identifying, cleaning, preparing, cooking, presenting, and dispensing food accompaniments.

Summary of Learning Outcomes

1. Organising entremétier section
2. Identifying ingredients for food accompaniments
3. Preparing and cleaning ingredients for food accompaniments
4. Cooking food accompaniments
5. Presenting food accompaniments
6. Dispensing food accompaniments

Learning Outcomes, Content and Methods of Assessment

Learning Outcome	Content	Methods of Assessment
1. Organising entremetier section	<ul style="list-style-type: none"> • Kitchen preparation • Kitchen organisation • Kitchen tools and equipment • Kitchen safety 	<ul style="list-style-type: none"> • Written • Assignments • Supervised exercises
2. Identifying ingredients for recipe	<ul style="list-style-type: none"> • Food nutrients • Ingredients for various dishes • Consumer market trends in relation to food • Combining food textures and colours • Factors to consider when selecting foods • Maintenance of ingredients ratios • Calculation of food quantities and costs 	<ul style="list-style-type: none"> • Written • Assignments • Supervised exercises
3. Preparing and cleaning of ingredients for food accompaniments	<ul style="list-style-type: none"> • Checking quality of ingredients • Sorting ingredients • Cleaning procedures • Preparation methods 	<ul style="list-style-type: none"> • Written • Oral • Assignments • Supervised exercises
4. Cooking food accompaniments	<ul style="list-style-type: none"> • Menu planning and preparation • Time planning and management • Cooking methods • Use of technology in food preparation • Special requests and diets • Food trends 	<ul style="list-style-type: none"> • Written • Oral • Assignments • Supervised exercises

Learning Outcome	Content	Methods of Assessment
5. Presenting food accompaniments	<ul style="list-style-type: none"> • Food presentation methods • Food product display • Increasing palatability of the food • Developing a market name for the product/new recipe/menu 	<ul style="list-style-type: none"> • Assignments • Supervised exercises • Written

Suggested Methods of Instruction

- Group discussions
- Demonstration by trainer
- Practical work by trainee
- Exercises

Recommended Resources

- Classroom/individual stove kitchen/production kitchen
- A variety of ingredients
- Projector
- White board
- Laptop