

## VEGETABLES, STARCHES, STOCKS AND SOUPS PREPARATION

**UNIT CODE: HOS/CU/FP/CR/01/3/A**

### **Relationship to Occupational Standards**

This unit addresses the unit of competency: **Prepare vegetables, starches, stocks and soups.**

**Duration of Unit:** 10 Hours

### **Unit Description**

This unit specifies the competencies required to prepare vegetables, starches, stocks and soups. It involves assembling the ingredients, working equipment, preparing vegetables, stocks, starches and soups.

### **Summary of Learning Outcomes**

1. Assemble ingrédients
2. Assemble working equipment
3. Prepare vegetables
4. Prepare starches
5. Prepare stocks
6. Prepare soups

### **Learning Outcomes, Content and Suggested Assessment Methods**

<b>Learning Outcome</b>	<b>Content</b>	<b>Suggested Assessment Methods</b>
1. Assemble ingrédients	<ul style="list-style-type: none"><li>• History of culinary arts</li><li>• Trends in culinary arts.</li><li>• Food safety and hygiene</li><li>• Various food ingredients and their nutritional value</li><li>• Kitchen planning and organization</li><li>• Requisition of food ingredients</li></ul>	<ul style="list-style-type: none"><li>• Observation</li><li>• Written tests</li><li>• Assignments</li><li>• Supervised exercises</li></ul>
2. Assemble working equipment	<ul style="list-style-type: none"><li>• Kitchen tools and equipment (Identification, use, accessibility care and safety)</li><li>• Occupational health and safety</li></ul>	<ul style="list-style-type: none"><li>• Observation</li><li>• Written tests</li><li>• Assignments</li><li>• Supervised</li></ul>

<b>Learning Outcome</b>	<b>Content</b>	<b>Suggested Assessment Methods</b>
	<ul style="list-style-type: none"> <li>• Correct use of Operating equipment and service</li> <li>• Factors to consider when selecting Kitchen tools and equipment</li> <li>• Kitchen safety</li> </ul>	<ul style="list-style-type: none"> <li>• exercises</li> </ul>
3. Prepare vegetables	<ul style="list-style-type: none"> <li>• Define vegetables</li> <li>• Types of vegetables</li> <li>• Choice of various vegetables</li> <li>• Cleaning vegetables</li> <li>• Vegetable cuts</li> <li>• Storage</li> <li>• Pre-cooking vegetables(Blanching)</li> <li>• Cooking</li> <li>• Serving vegetables (presentation)</li> </ul>	<ul style="list-style-type: none"> <li>• Observation</li> <li>• Written tests</li> <li>• Oral questioning</li> <li>• Assignments</li> <li>• Supervised exercises</li> </ul>
4. Prepare starches	<ul style="list-style-type: none"> <li>• Define starches</li> <li>• Types of starches</li> <li>• Choice of various starches</li> <li>• Cleaning starches</li> <li>• Starch cuttings</li> <li>• Storage</li> <li>• Pre-cooking starches</li> <li>• Cooking</li> <li>• Serving starches (presentation)</li> </ul>	<ul style="list-style-type: none"> <li>• Written tests</li> <li>• Oral questioning</li> <li>• Observation</li> <li>• Assignments</li> <li>• Supervised exercises</li> </ul>
5. Prepare stocks	<ul style="list-style-type: none"> <li>• Define stocks</li> <li>• Types of stocks</li> <li>• Choice and use of various stocks</li> </ul>	<ul style="list-style-type: none"> <li>• Assignments</li> <li>• Supervised exercises</li> <li>• Written tests</li> </ul>
6. Prepare soups	<ul style="list-style-type: none"> <li>• Define soups</li> <li>• Types of soups</li> <li>• Choice and use of various soups</li> <li>• Thickening agents</li> <li>• Soup texture and consistency</li> <li>• Serving soups (Presentation)</li> </ul>	<ul style="list-style-type: none"> <li>• Assignments</li> <li>• Supervised exercises</li> <li>• Written tests</li> </ul>

### **Suggested Methods of Instruction**

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

**Recommended Resources**

- Class room/individual cooker kitchen/production kitchen fully equipped
- A variety of ingredients

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