

BEVERAGES

UNIT CODE: HOS/CU/FP/CR/011/4/A

Relationship to Occupational Standards

This unit addresses the unit of competency: **Prepare beverages**

Duration of Unit: 7 hours

Unit Description

This unit specifies the competencies required to plan, prepare and present hot, cold beverages energy and health drinks. It involves preparing ingredients for beverages, assembling cutlery and crockery.

Summary of Learning Outcomes

1. Prepare ingredients and equipment for hot beverages
2. Prepare hot beverages e.g. coffee, tea, cocoa milk drinks
3. Prepare cold beverages
4. Prepare energy drinks
5. Prepare health drinks

Learning Outcomes, Content and Methods of Assessment

Learning Outcome	Content	Methods of Assessment
1. Prepare ingredients and equipment for hot beverages	<ul style="list-style-type: none">• Various beverage ingredients and their nutritional value• Kitchen planning and organization• Types and choices of beverages<ul style="list-style-type: none">○ Requisition of beverage ingredients	<ul style="list-style-type: none">• Observation• Written tests• Assignments• Supervised exercises• Oral questioning• Practical assessments
2. Prepare hot beverages e.g. coffee, tea, cocoa	<ul style="list-style-type: none">• Define beverages• Types of beverages• Methods of preparing various hot beverages e.g.<ul style="list-style-type: none">○ Coffee○ Tea○ Cocoa• Methods of presentation• Qualities of good beverages• Storage of beverages• Methods of preparing hot beverages	<ul style="list-style-type: none">• Observation• Written tests• Assignments• Supervised exercises• Oral questioning• Practical assessments

Learning Outcome	Content	Methods of Assessment
3. Prepare cold beverages	<ul style="list-style-type: none"> • Methods of preparing various cold beverages e.g. <ul style="list-style-type: none"> ○ Fruit juices • Methods of presentation • Storage of beverages 	<ul style="list-style-type: none"> • Observation • Written tests • Assignments • Supervised exercises • Oral questioning • Practical assessments
4. Prepare energy drinks	<ul style="list-style-type: none"> • Methods of preparing various energy beverages e.g. <ul style="list-style-type: none"> ○ Milk shakes ○ Smoothies • Methods of presentation • Storage of energy drinks 	<ul style="list-style-type: none"> • Observation • Written tests • Assignments • Supervised exercises • Oral questioning • Practical assessments
5. Prepare health drinks	<ul style="list-style-type: none"> • Methods of preparing various health drinks e.g. <ul style="list-style-type: none"> ○ Detox ○ Dawa ○ Enriched porridge ○ Methods of presentation ○ Storage of health drinks ○ Presenting health drinks 	<ul style="list-style-type: none"> • Observation • Written tests • Assignments • Supervised exercises <ul style="list-style-type: none"> • Oral questioning • Practical assessments

Suggested Methods of Instruction

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

Recommended Resources

- Fully equipped operational commercial/institutional kitchen including industry-current tools and equipment
- A variety of ingredients
- Table linen
- PPEs
- LCD projector
- White/black boards
- Teaching materials