

DESSERTS

UNIT CODE: HOS/CU/FP/CR/09/4/A

Relationship to Occupational Standards

This unit addresses the unit of competency: **Preparing desserts**

Duration of Unit: 14 hours

Unit Description

This unit specifies the competencies required to plan, prepare and present desserts. It involves preparing hot, cold desserts, sweet sauces and fruits.

Summary of Learning Outcomes

1. Prepare hot desserts
2. Prepare cold desserts
3. Prepare sweet sauces
4. Preparing fruit based desserts

Learning Outcomes, Content and Methods of Assessment

Learning Outcome	Content	Methods of Assessment
1. Prepare hot desserts	<ul style="list-style-type: none">• Define desserts• Classification• Role of different ingredients in desserts• Choice of ingredients for dessert• Preparation techniques/methods• Equipment for desserts preparation• Qualities of a good desserts• Preparing a variety of hot dessertse.g.<ul style="list-style-type: none">○ Bread and butter Pudding○ Fritters eg banana and pineapple• Presentation of desserts	<ul style="list-style-type: none">• Observation• Oral questioning• Assignments• Supervised exercises• Practical assessments• Written tests
2. Prepare cold desserts	<ul style="list-style-type: none">• Preparing a variety of cold desserts e.g.<ul style="list-style-type: none">○ Fruit mixtures○ Jellies	<ul style="list-style-type: none">• Observation• Oral questioning• Assignments• Supervised exercises• Practical assessments

Learning Outcome	Content	Methods of Assessment
	<ul style="list-style-type: none"> ○ Presentation of desserts 	<ul style="list-style-type: none"> ● Written tests
3. Prepare sweet sauces	<ul style="list-style-type: none"> ● Define sweet sauces ● Choice of sauces ● Uses of sweet sauces ● Characteristics of sweet sauces ● Sweet sauce ingredients ● Variations of sweet sauces ● Cleaning and cutting ingredients ● Equipment used in sauce preparation ● Thickening ingredients ● Storage ● Presentation 	<ul style="list-style-type: none"> ● Observation ● Oral questioning ● Assignments ● Supervised exercises ● Practical assessments ● Written tests
4. Preparing fruits	<ul style="list-style-type: none"> ● Define fruits ● Classification of fruits ● Equipment used in preparing and presenting fruits ● Uses of fruits ● Factors to consider when selecting fruits ● Methods of preparing <ul style="list-style-type: none"> ○ Peeling ○ Cutting ○ Dicing ○ Coring ○ Slicing ● Method of cooking fruits ● Qualities of fruit dishes ● Presentation of fruits 	<ul style="list-style-type: none"> ● Observation ● Oral questioning ● Assignments ● Supervised exercises ● Practical assessments ● Written tests

Suggested Methods of Instruction

- Instructor led facilitation of theory
- Demonstration by trainer
- Practice by trainee
- Group discussions

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

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