

CORE UNITS OF LEARNING

STOCKS AND SOUPS

UNIT CODE: HOS/CU/FP/CR/01/4/A

Relationship to Occupational Standards

This unit addresses the unit of competency: **Prepare stocks and soups**

Duration of Unit: 7 Hours

Unit Description

This unit specifies the competencies required plan, prepare and present stocks and soups. It involves assembling the ingredients, working equipment, preparing stocks and soups.

Summary of Learning Outcomes

1. Prepare a variety of stocks
2. Prepare various types of soups

Learning Outcomes, Content and Methods of Assessment

Learning Outcome	Content	Methods of Assessment
1. Prepare brown stock	<ul style="list-style-type: none">• Define stocks• Types of stocks• use of various stocks• Choice of stocks• Ingredients for making stocks• Methods of preparing stocks• Qualities of a good stock• Procedure of preparing brown stock• Uses of brown stock	<ul style="list-style-type: none">• Assignments• Oral questions• Written tests• Practical assessments• Supervised exercises• Projects
2. Prepare white stock	<ul style="list-style-type: none">• Procedure of preparing white stock• Uses of white stock	<ul style="list-style-type: none">• Assignments• Oral questions• Written tests• Practical assessments• Supervised exercises• Projects
3. Prepare fish stocks	<ul style="list-style-type: none">• Procedure of preparing fish stock• Uses of fish stock• Precautions when preparing fish stock	<ul style="list-style-type: none">• Assignments• Oral questions• Written tests• Practical assessments• Supervised exercises

Learning Outcome	Content	Methods of Assessment
		<ul style="list-style-type: none"> • Projects
4. Prepare cream soups	<ul style="list-style-type: none"> • Define soups • Types of soups • use of soups • Ingredients for making soups • Variations of cream soups • Qualities of a good cream soups • Procedure of preparing cream soup • Accompaniments of cream soup • Garnishing 	<ul style="list-style-type: none"> • Assignments • Oral questions • Written tests • Practical assessments • Supervised exercises • Projects
5. Prepare clear soups	<ul style="list-style-type: none"> • Ingredients for making clear soups • Qualities of a good clear soups • Variations of clear soups • Procedure of preparing clear soup • Accompaniments of clear soups • Garnishing 	<ul style="list-style-type: none"> • Assignments • Oral questions • Written tests • Practical assessments • Supervised exercises • Projects
6. Prepare broth	<ul style="list-style-type: none"> • Ingredients for making broth • Qualities of a good broth • Variations of broth • Procedure of preparing broth • Garnishing 	<ul style="list-style-type: none"> • Assignments • Oral questions • Written tests • Practical assessments • Supervised exercises • Projects

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
- PPEs
- LCD projector
- White/black boards
- Teaching materials