

## SALADS

**UNIT CODE:** HOS/CU/FP/CR/06/6/A

### Relationship to Occupational Standards

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

**Duration of Unit:** 80 hours

### Unit Description

This unit specifies the competencies required to plan, prepare and present salads. It requires the ability to select, prepare and cook (where necessary) ingredients, and use relevant equipment.

### Summary of Learning Outcomes

1. Preparing simple salads
2. Preparing compound salads
3. Preparing own creation salads
4. Preparing speciality salads
5. Preparing salad dressings

### Learning Outcomes, Content and Methods of Assessment

Learning Outcome	Content	Methods of Assessment
1. Preparing simple salads	<ul style="list-style-type: none"><li>• Define salads</li><li>• Uses of salads</li><li>• Ingredients for simple salads</li><li>• Selecting equipment for salads preparation</li><li>• Vegetable cuts</li><li>• Portioning salads</li><li>• Presenting salads</li></ul>	<ul style="list-style-type: none"><li>• Observation</li><li>• Written</li><li>• Oral</li><li>• Assignments</li><li>• Supervised exercises</li></ul>
2. Preparing compound salads	<ul style="list-style-type: none"><li>• Ingredients for compound salads</li><li>• Preparing various types of compound salads</li></ul>	<ul style="list-style-type: none"><li>• Observation</li><li>• Written</li><li>• Oral</li><li>• Assignments</li></ul>

Learning Outcome	Content	Methods of Assessment
		<ul style="list-style-type: none"> <li>• Supervised exercises</li> </ul>
3. Preparing own creation salads	<ul style="list-style-type: none"> <li>• Importance of own creation salads</li> <li>• Ingredients for own creation salads</li> <li>• Preparing various types of own creation salads</li> </ul>	<ul style="list-style-type: none"> <li>• Observation</li> <li>• Written</li> <li>• Oral</li> <li>• Assignments</li> <li>• Supervised exercises</li> </ul>
4. Preparing speciality salads	<ul style="list-style-type: none"> <li>• Define speciality salads</li> <li>• Preparing various types of speciality salads</li> <li>• Cooked salads</li> </ul>	<ul style="list-style-type: none"> <li>• Observation</li> <li>• Oral</li> <li>• Assignments</li> <li>• Supervised exercises</li> </ul>
5. Preparing salad dressings	<ul style="list-style-type: none"> <li>• Define salad dressing</li> <li>• Types of salad dressings</li> <li>• Use of salad dressing</li> <li>• Ingredients for salad dressing</li> <li>• Prepare various salad dressings e.g. French dressing</li> <li>• Presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Observation</li> <li>• Oral</li> <li>• Assignments</li> <li>• Supervised exercises</li> </ul>

### Suggested Methods of Instruction

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

### Recommended Resources

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