

## EGGS

UNIT CODE: HOS/CU/FP/CR/02/4/A

### Relationship to Occupational Standards

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

**Duration of Unit:** 7 hours

### Unit Description

This unit specifies the competencies required to prepare eggs. It requires the ability to prepare boiled eggs, prepare poached eggs, prepare fried eggs, prepare omelettes, prepare scotch eggs and prepare scrambled eggs.

### Summary of Learning Outcomes

1. Prepare boiled eggs
2. Prepare poached eggs
3. Prepare fried eggs
4. Prepare omelettes
5. Prepare scotch eggs
6. Prepare scrambled eggs

### Learning Outcomes, Content and Methods of Assessment

Learning Outcome	Content	Methods of Assessment
1. Prepare boiled eggs	<ul style="list-style-type: none"><li>• Nutritional value of eggs</li><li>• Types of eggs (chicken, ducks, goose, quill, ostrich)</li><li>• Egg sizes</li><li>• Qualities to consider when buying</li><li>• Testing for freshness</li><li>• Storing eggs</li><li>• Degree of cooking boiled eggs (soft or hard)</li></ul>	<ul style="list-style-type: none"><li>• Assignments</li><li>• Oral questions</li><li>• Written tests</li><li>• Practical assessments</li><li>• Supervised exercises</li><li>• Projects</li></ul>
2. Prepare poached eggs	<ul style="list-style-type: none"><li>• Procedure of poaching eggs</li><li>• Variations of poached eggs</li><li>• Garnishing and presentation</li></ul>	<ul style="list-style-type: none"><li>• Assignments</li><li>• Oral questions</li><li>• Written tests</li><li>• Practical assessments</li><li>• Supervised exercises</li><li>• Projects</li></ul>

<b>Learning Outcome</b>	<b>Content</b>	<b>Methods of Assessment</b>
3. Prepare fried eggs	<ul style="list-style-type: none"> <li>• Procedure of frying eggs</li> <li>• Variations of frying eggs</li> <li>• Garnishing and presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Assignments</li> <li>• Oral questions</li> <li>• Written tests</li> <li>• Practical assessments</li> <li>• Supervised exercises</li> <li>• Projects</li> </ul>
4. Prepare omelettes	<ul style="list-style-type: none"> <li>• Procedure of making omelettes</li> <li>• Variations of omelettes eggs</li> <li>• Spanish</li> <li>• French</li> <li>• Plain</li> <li>• Cheese</li> <li>• Ham</li> <li>• Garnishing and presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Assignments</li> <li>• Oral questions</li> <li>• Written tests</li> <li>• Practical assessments</li> <li>• Supervised exercises</li> <li>• Projects</li> </ul>
5. Prepare scotch eggs	<ul style="list-style-type: none"> <li>• Procedure of making scotch eggs</li> <li>• Garnishing and presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Assignments</li> <li>• Oral questions</li> <li>• Written tests</li> <li>• Practical assessments</li> <li>• Supervised exercises</li> <li>• Projects</li> </ul>
6. Prepare scrambled eggs	<ul style="list-style-type: none"> <li>• Procedure of making scrambled eggs</li> <li>• Variations of scrambled eggs</li> <li>• Garnishing and presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Assignments</li> <li>• Oral questions</li> <li>• Written tests</li> <li>• Practical assessments</li> <li>• Supervised exercises</li> <li>• Projects</li> </ul>

### **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

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