

SALADS AND DRESSINGS

UNIT CODE: HOS/CU/FP/CR/06/4/A

Relationship to Occupational Standards

This unit addresses the unit of competency: **Prepare salads and dressings.**

Duration of Unit: 7 Hours

Unit Description

This unit specifies the competencies required to plan, prepare and present salads. It requires the ability to do mis-en-place, wash and sanitize, pat, strain, spin (remove excess water), arrange and prepare salad and dressings.

Summary of Learning Outcomes

1. Mis-en-place
2. Wash and sanitize the vegetables
3. Remove excess water
4. Prepare simple salads
5. Prepare cooked salads
6. Prepare salad dressing

Learning Outcomes, Content and Methods of Assessment

Learning Outcome	Content	Methods of Assessment
2. Wash and sanitize the vegetables	<ul style="list-style-type: none">• Procedure of cleaning fruits and vegetables• Sanitizing fruits and vegetables• Dry the fruits and vegetables	<ul style="list-style-type: none">• Written tests• Oral questioning• Assignments• Supervised exercises
3. Remove excess water	<ul style="list-style-type: none">• Spinning• Patting• Straining	<ul style="list-style-type: none">• Written Test• Practical Test• Observation• Oral Questioning
4. Prepare simple salads	<ul style="list-style-type: none">• Define a simple salad• Uses of simple salads• Identifying ingredients for preparing simple salads• Equipment and tools for preparing simple salads• Procedure of making simple	<ul style="list-style-type: none">• Observation• Written tests• Oral questioning• Assignments• Supervised exercises

Learning Outcome	Content	Methods of Assessment
	salads <ul style="list-style-type: none"> • Storing and holding procedures • Recognizing health eating options 	
5. Prepare cooked salads	<ul style="list-style-type: none"> • Define cooked salads • Uses of cooked salads • Identifying ingredients for preparing cooked salads • Equipment and tools for preparing cooked salads • Procedure of cooking salads • Storing and holding procedures • Recognizing health eating options 	<ul style="list-style-type: none"> • Observation • Written tests • Oral questioning • Assignments • Supervised exercises
6. Prepare salad dressing	<ul style="list-style-type: none"> • Define salad dressings • Types of salad dressings • Uses of various salad dressings • Factors to consider when choosing a salad dressing • Ingredients for salad dressings • Uses of various salad dressings • Procedure for preparing various salad dressings • Identifying commercial salad dressings 	<ul style="list-style-type: none"> • Practical assessments • Written tests • Oral questioning • Assignments • Supervised exercises

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