

## DESSERTS PREPARATION

**UNIT CODE:** HOS/CU/FP/CR/09/6/A

### Relationship to Occupational Standards

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

**Duration of Unit:** 150 hours

### Unit Description

This unit specifies the competencies required to plan, prepare and present desserts.

### Summary of Learning Outcomes

1. Preparing desserts
2. Preparing mousses
3. Preparing cream custards
4. Preparing sweet sauces
5. Preparing hot/frozen desserts

### Learning Outcomes, Content and Methods of Assessment

Learning Outcome	Content	Methods of Assessment
1. Preparing desserts	<ul style="list-style-type: none"><li>• Define desserts</li><li>• Importance of desserts in meal planning</li><li>• Ingredients for desserts</li><li>• Identification and selection of equipment used for desserts</li><li>• Special dietary requirements in desserts preparation</li><li>• Preparation of mousses</li><li>• Desserts presentations</li></ul>	<ul style="list-style-type: none"><li>• Observation</li><li>• Oral</li><li>• Written</li><li>• Assignments</li><li>• Supervised exercises</li></ul>
2. Preparing mousses	<ul style="list-style-type: none"><li>• Define mousses</li><li>• Ingredients for mousses</li><li>• Identification and selection of equipment used for mousses</li></ul>	<ul style="list-style-type: none"><li>• Observation</li><li>• Oral</li><li>• Written</li><li>• Assignments</li></ul>

<b>Learning Outcome</b>	<b>Content</b>	<b>Methods of Assessment</b>
	<ul style="list-style-type: none"> <li>• Special dietary requirements in mousses preparation</li> <li>• Preparation of mousses</li> <li>• Mousses presentations</li> </ul>	<ul style="list-style-type: none"> <li>• Supervised exercises</li> </ul>
3. Preparing cream custards	<ul style="list-style-type: none"> <li>• Define cream custards</li> <li>• Ingredients for cream custards</li> <li>• Identification and selection of equipment used for cream custards</li> <li>• Special dietary requirements in cream custards preparation</li> <li>• Preparation of cream custards</li> <li>• Cream custards presentations</li> </ul>	<ul style="list-style-type: none"> <li>• Observation</li> <li>• Oral</li> <li>• Written</li> <li>• Assignments</li> <li>• Supervised exercises</li> </ul>
4. Preparing sweet sauces	<ul style="list-style-type: none"> <li>• Define sweet sauces</li> <li>• Ingredients for sweet sauces</li> <li>• Identification and selection of equipment used for sweet sauces</li> <li>• Special dietary requirements in sweet sauces preparation</li> <li>• Preparation of sweet sauces</li> <li>• Sweet sauces presentations</li> </ul>	<ul style="list-style-type: none"> <li>• Observation</li> <li>• Oral</li> <li>• Written</li> <li>• Assignments</li> <li>• Supervised exercises</li> </ul>
5. Preparing hot/frozen desserts	<ul style="list-style-type: none"> <li>• Define hot/frozen desserts</li> <li>• Ingredients for hot/frozen desserts</li> <li>• Identification and selection of equipment used for hot/frozen desserts</li> <li>• Special dietary requirements in hot/frozen desserts preparation</li> <li>• Preparation of hot/frozen desserts</li> <li>• Hot/frozen desserts</li> </ul>	<ul style="list-style-type: none"> <li>• Observation</li> <li>• Oral</li> <li>• Written</li> <li>• Assignments</li> <li>• Supervised exercises</li> </ul>

Learning Outcome	Content	Methods of Assessment
	presentations	

### **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 and laptop
- Whiteboard

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