

Food Preparation and Service

Overview

Food Preparation and service encompasses a wide range of activities, knowledge, skills and disposition involved in the pre-preparation, preparation, cooking and serving foods. Students will learn how to apply basic culinary skills, personal hygiene techniques and safety measures to prepare, cook and serve food. This subject will allow them to develop vocabularies by using the ingredients, equipment and the methods of cooking used while preparing and serving food in a clean setting. Students will also be acquainted with knowledge and skills in areas such as personal qualities, food safety, hygiene, grooming, communication, teamwork and time management.

The subject will also provide a supportive environment for learners to express their ideas, culinary abilities, share experiences, and develop interpersonal skills among peers while working in groups.

Level: The elective is offered at either Grades 7, 8 or 9 level

Culinary skills in Food preparation and service in the Foundation Programme are essential components for students to acquire basic skills and knowledge for their overall development. Teaching them about basics of food preparation and service can expose learners to a range of vocational opportunities and guide them towards new avenues, career options also empower them to develop lifelong experiences.

Aim and objectives of the Elective- Food Preparation and Service

The aim of the elective 'Food Preparation and Service' is to enable learners to acquire basic skills in the subject to become confident in the field of food preparation and service. The knowledge and skills gained through hands-on activities will empower them to prepare, cook and serve safe foods and take actions that can support them throughout their lives.

Competencies

Competency 1: Demonstrate basic culinary skills in food preparation

- **Learning outcomes:**
 - 1.1 - Use protective clothing in food lab
 - 1.2 - Apply personal hygiene, and safety protocols during food preparation and service
 - 1.3 - Familiarise with the names of the list of ingredients and equipment used in food preparation
 - 1.4 - Prepare cook and serve various dishes (*raw vegetable salad, Drinks-infusion, orangeade, tea, coffee, ice-tea, juice, 'Alouda', Cheese omelette, scrambled egg and toasts*
Cheese sandwiches, stuffed eggs and tomatoes, fruit salad, maize pudding/ ounde/cassava pudding vermicelli pudding)
 - 1.5 - Weigh and measure ingredients accurately
 - 1.6 - Apply basic culinary skills in food preparation
 - 1.7 - Prepare and cook a simple breakfast

Competency 2 - Develop appropriate manipulative skills during cake making and pastry making

- **Learning outcomes**
 - 2.1 Identify the different ingredients and equipment used in pastry making
 - 2.2 Use appropriate food preparation techniques (rubbing-in, all-in one, creaming, whisking) and cooking methods (boiling, frying baking, grilling)
 - Use electric appliances safely
 - 2.3 Prepare cook and serve different cakes using different methods of cake making (rock cakes, scones, muffins, fairy cakes and cookies)
 - 2.4 Prepare local cakes/ healthy snacks (maize pudding, cassava pudding)

All-in-one method- muffins, small cakes

Rubbing in- rock cakes, scones

Creaming- queen cakes- small cakes, Victoria sandwich, coconut biscuit

Local cakes: maize pudding, cassava pudding/Ounde/vermicelli pudding

Competency 3 - Demonstrate the right techniques of food service

- **Learning outcomes**

- 3.1- Adopt proper grooming techniques to welcome and greet guests
- 3.2 - Identify the cutlery, crockery and glassware used when serving food
- 3.3 - Prepare small flower arrangements for table setting
- 3.4 - Apply different techniques used when folding napkins for table setting
- 3.5 - Apply appropriate techniques to lay a table for two people for breakfast / lunch
- 3.6 -Show the appropriate techniques for serving dishes and clearing table

Key Focus Areas

Example

- Equipped Home Economics room, food lab
- Culinary skills
- Hygiene practices- personal, food and kitchen
- Safety practices
- Cooking methods and techniques

Duration

The current timetable makes provision for 4 periods per elective per week. On average, there are 12 weeks per term, and each period lasts 35 minutes, which amounts to $12 \times 4 \times 35 = 1680$ mins = 28 hours. Taking into consideration unforeseen circumstances, we will attribute 25 hours per term for the running of the elective.

Thus, the elective should be developed based on 25 hours per school term, i.e., a total duration of $25 \times 3 = 75$ hours

Implementation guidelines

Pre-requisites:

- Home Economics food lab/ materials/ equipment/ water supply and electricity facility.
- Three consecutive periods to be allocated for the practical class
- Lab attendant to be provided (very important)
- Practical sessions to be carried out in groups of 4-5 students
- Ingredients and materials such as apron, hair net and gloves to be provided by the Ministry

Training requirements for teachers

Training workshop for teachers is compulsory for this elective. Training in a kitchen/food lab

Events accompanying the implementation of the elective

E.g. Visits: field trips -visits to supermarket, MITD centre- Ecole hoteliere, Restaurant

Organisations that may be involved (Ministry and NGOs, MITD); sponsored projects –

Not applicable at this level

Safety measures

General safety protocols to be considered and implemented before, during and after practical classes in the Food laboratory/ Home Economics room.

Evaluation

- **Term 1:** Continuous assessment/Preparation of a simple breakfast
- **Term 2:** Continuous assessment on cake making/organising a small event-display of small cakes
- **Term 3:** Continuous assessment on table setting and food service
- Elements of oral and practical assessment

Student Progress Card for the elective

| Competencies for Term 1- Food Preparation and Service- Culinary Skills | | | |
|--|--------------|--------------------|----------|
| | Not Attained | Partially Attained | Attained |
| Competency 1 Ability to apply personal hygiene practices (wearing of clean apron and scarf, short nails without varnish, clean hands) | | | |
| Competency 2 Ability to demonstrate 3 basic culinary skills involved (chopping/ slicing /grating/ squeezing/ infusing) in food preparation (cheese sandwiches/vegetable salad or fruit salad) | | | |
| Competency 3 Ability to prepare a drink- (Tea, Ice lemon Tea, orangeade) | | | |
| Competencies for Term 2: Food Preparation and Service- Pastry making | | | |
| | Not Attained | Partially Attained | Attained |
| Competency 1 Ability to weigh and measure wet and dry ingredients using kitchen scale/ electronic, measuring jug, teaspoon, using set of cups and spoons | | | |
| Competency 2 Ability to prepare a pastry/ cake (using one or the methods | | | |

| | | | |
|---|--------------|--------------------|----------|
| (rubbing-in method, all- in- one, creaming) | | | |
| Competency 3 Ability to prepare a local/ traditional dish ('Ounde, maize/ vermicelli/cassava pudding) | | | |
| Competencies for Term 3: Food Preparation and Service- Food service | | | |
| | Not Attained | Partially Attained | Attained |
| Competency 1 Ability to do plate presentation for cakes | | | |
| Competency 2 Ability to lay a table for either breakfast or lunch (pair work) | | | |
| Competency 3 Ability to serve bun/ small cakes and tea or coffee | | | |