

CURRICULUM of COMPETENCYUNIT (CoCU)

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|---|---|--|--------------|--|--------------------------|---|--|----|
| Sub Sector | | KITCHEN | | | | | | |
| Job Area | | FOOD PREPARATION AND PRODUCTION | | | | | | |
| Competency Unit Title | | MAIN COURSE PRODUCTION | | | | | | |
| Learning Outcome | | <p>The person who is competent in this CU shall be able to produce Main Course Production to ensure foods produced meet the requirement in accordance with food standards set by the establishment and to provide food for guest satisfaction. Upon completion of this competency unit, trainee will be able to:-</p> <ul style="list-style-type: none"> • Obtain main course production menu requirement • Select main course production standard recipes • Select suitable cooking utensils and equipment • Select main course production ingredients • Carry out main course dishes production | | | | | | |
| Competency Unit ID | | HT-012-2:2012-C04 | Level | 2 | Training Duration | 102 | Credit Values | 10 |
| Work Activities | Related Knowledge | Related Skills | | Attitude /Safety/ Environmental | Training Hours | Delivery Mode | Assessment Criteria | |
| 1. Obtain main course production menu requirement | i. Main course production menu requirement <ul style="list-style-type: none"> • Meat <ul style="list-style-type: none"> - Introduction - Muscle composition - Inspection and grading of meats - Aging meats - Purchasing and storing meats - Handling and storage of uncooked meat and cooked meat - Meat classification | | | | 6 | Lecture, Video Presentation & Observation | i. Type of meat menu requirement interpreted ii. Type of poultry menu requirement interpreted iii. Type of seafood menu requirement interpreted iv. Type of fish menu requirement interpreted | |

| Work Activities | Related Knowledge | Related Skills | Attitude /Safety/ Environmental | Training Hours | Delivery Mode | Assessment Criteria |
|-----------------|---|----------------|------------------------------------|-------------------|------------------|--|
| | <ul style="list-style-type: none"> • Poultry <ul style="list-style-type: none"> - Introduction - Identifying poultry - Quality points of poultry - Inspection and grading of poultry - Purchasing and storing poultry - Market form of poultry - Classes and weight of poultry • Fish and seafood <ul style="list-style-type: none"> - Introduction to seafood - Composition and structure of fish and shellfish - Food value - Quality points for buying fish - Buying of convenience fish - Buying of fillet wet fish - Buying of frozen fish - Buying of whole wet fish - Quality points for buying shellfish - Buying of shellfish - Buying of live shellfish - Buying of cooked shellfish | | | | | v. Type of vegetarian menu requirement interpreted |

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|-----------------|--|--|---|-------------------|--|------------------------|
| | <ul style="list-style-type: none"> • Vegetarian - Introduction of vegetarian - Terminology and varieties of vegetarians - Dietary practices with vegetarians - Health benefit of vegetarian - Why people become vegetarians | | | | | |
| | | i. Identify types of main course production menu requirement <ul style="list-style-type: none"> • Meat • Poultry • Fish and seafood • Vegetarian | <u>Attitude:</u> i. Presentable appearance with apparent personal hygiene and professional attire <u>Safety:</u> i. Adhere to hygiene and safety requirement | 12 | Demonstration, Observation & Hand-on Practices | |

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|---|--|--|--|----------------|--|--|
| 2. Select main course production standard recipes | i. Main course production recipes <ul style="list-style-type: none"> • Local • International ii. Main course recipes preparation <ul style="list-style-type: none"> • Meat • Poultry • Fish and seafood • Vegetarian | | | 6 | Lecture, Video Presentation & Observation | i. Types of main course production recipes determined ii. Main course production method interpreted |
| | | i. Identify types of main course production recipes ii. Determine main course production method | <u>Attitude:</u> i. Meticulous in identifying stock, soup and hot sauce production recipes <u>Safety:</u> i. Adhere to hygiene and safety requirement | 12 | Demonstration, Observation & Hand-on Practices | |

| Work Activities | Related Knowledge | Related Skills | Attitude /Safety/ Environmental | Training Hours | Delivery Mode | Assessment Criteria |
|---|---|----------------|------------------------------------|-------------------|---|---|
| 3. Select suitable cooking utensils and equipment | i. Introduction to main course production utensils and equipment classification <ul style="list-style-type: none"> • Knives, hand tools and small equipment • Pots, pans, containers and its usage • Measuring devices <ul style="list-style-type: none"> - Measurement scale - Measuring spoon - Food thermometer • Cooking equipment <ul style="list-style-type: none"> - range tops, ovens, broiler, salamander, griddles, rotisseries, fryers, skillets • Processing equipment <ul style="list-style-type: none"> - mixers, food cutter, slicers, blender • Food holding and storage equipment <ul style="list-style-type: none"> - Hot - Cold | | | 6 | Lecture, Video Presentation & Observation | i. Usage of main course production utensils and equipment demonstrated ii. Operating procedures and safety aspects adhered. iii. Basic handling practises applied |

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|--|--|--|---|----------------|--|---|
| | | i. Identify types of main course utensils and equipment and usage ii. Determine operating procedures and safety aspects iii. Ensure basic handling practises | <u>Attitude:</u> i. Meticulous in identifying utensils and equipment and usage ii. Apply hygiene and cleanliness of work area <u>Safety:</u> i. Adhere to safety requirement. | 12 | Demonstration, Observation & Hand-on Practices | |
| 4. Select main course production ingredients | i. Main course production ingredients <ul style="list-style-type: none"> • Type and usage • Quality of ingredients • Standard weight, scaling and measurement technique | | | 6 | Lecture, Video Presentation & Observation | i. Main course production ingredients interpreted ii. Quality of main course production ingredients ensured iii. <i>Mise-en-place</i> properly done |

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|-----------------|-------------------|--|--|-------------------|--|--|
| | | <ul style="list-style-type: none"> i. Identify main course ingredient items classification. ii. Interpret main course ingredient usage iii. Determine quality of main course production ingredients iv. Apply Standard weight, scaling and measurement technique | <p><u>Attitude:</u></p> <ul style="list-style-type: none"> i. Meticulous in identifying utensils and equipment and usage ii. Apply hygiene and cleanliness of work area <p><u>Safety:</u></p> <ul style="list-style-type: none"> i. Adhere to hygiene and safety requirement. | 12 | Demonstration, Observation & Hand-on Practices | iv. Standard weight, scaling and measurement technique performed |

| Work Activities | Related Knowledge | Related Skills | Attitude /Safety/ Environmental | Training Hours | Delivery Mode | Assessment Criteria |
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| 5. Carry out main course dishes production | <ul style="list-style-type: none"> i. Understand types of main course dishes production ii. Main course production preparation and cooking iii. Portioning , Taste and flavour iv. Presentation and garnish technique | | | 10 | Lecture, Video Presentation & Observation | <ul style="list-style-type: none"> i. Types of main course preparation and cooking interpreted ii. Portioning, taste and flavour applied iii. Presentation and garnish technique performed iv. Fault and corrective actions taken |
| | | <ul style="list-style-type: none"> i. Identify types of main course dishes production ii. Interpret method of main course dishes preparation iii. Ensure portioning, taste and flavour iv. Apply presentation and garnish technique <p>Apply fault and corrective actions</p> | <p><u>Attitude:</u></p> <ul style="list-style-type: none"> i. Apply different type of main course production ii. Apply hygiene and cleanliness of work area <p><u>Safety:</u></p> <ul style="list-style-type: none"> i. Adhere to safety and HACCP requirement | 20 | Demonstration, Observation & Hand-on Practices | |

Employability Skills

| Core Abilities | Social Skills |
|--|---|
| <p>01.01 Identify and gather information 01.02 Document information, procedures or processes 01.03 Utilize basic IT applications 01.04 Analyze information 01.05 Utilize the Internet to locate and gather information 01.06 Utilize word processor to process information</p> <p>02.01 Interpret and follow manuals, instructions and SOP's 02.02 Follow telephone/ telecommunication procedures 02.03 Communicate clearly 02.04 Prepare brief reports and checklists using standard forms 02.05 Read/interpret flowcharts and pictorial information 02.06 Write memos and letters 02.07 Utilize Local Area Network (LAN)/Intranet to exchange information 02.08 Prepare pictorial and graphic information</p> <p>03.01 Apply cultural requirements to the workplace 03.02 Demonstrate integrity and apply ethical practices 03.03 Accept responsibility for own work and work area 03.04 Seek and act constructively upon feedback about performance 03.05 Demonstrate safety skills 03.06 Respond appropriately to people and situations 03.07 Resolve interpersonal conflicts 03.08 Develop and maintain a cooperation within work group</p> <p>04.01 Organize own work activities 04.02 Set and revise own objectives and goals 04.03 Organize and maintain own workplace 04.04 Apply problem solving strategies 04.05 Demonstrate initiative and flexibility</p> <p>06.01 Understand systems 06.02 Comply with and follow chain of command 06.03 Identify and highlight problems 06.04 Adapt competencies to new situations/systems 06.05 Analyze technical systems 06.06 Monitor and correct performance of systems</p> | <ol style="list-style-type: none"> 1. Communication Skills 2. Conceptual Skills 3. Interpersonal Skills 4. Learning Skills 5. Leadership Skills 6. Multitasking and prioritizing 7. Self-discipline 8. Teamwork |

Tools, Equipment and Materials (TEM)

| Items | RATIO (TEM : Trainees) |
|--|------------------------|
| 1. Kitchen Equipment | 1 : 5 |
| 2. Kitchen Utensils | 1 : 1 |
| 3. Ingredients | 1 : 1 |
| 4. Checklist | 1 : 1 |
| 5. Standard Recipe | 1 : 1 |
| 6. Standard Operation Procedure (SOP)/Manual | 1 : 5 |

References

| REFERENCES |
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| <ol style="list-style-type: none">1. The Culinary Institute of America, 2011. The Professional Chef. 9th Edition. Wiley. ISBN: 978-0-470-42135-22. Wayne Gisslen, 2011. Professional Cooking. 7th Edition. Wiley. ISBN 978-0-470-19752-33. The Culinary Institute of America, In the Hands of a Chef: The Professional Chef's Guide to Essential Kitchen Tools. Wiley. ISBN: 978-0-470-08026-94. Wayne Gisslen, 2004. Essentials of Professional Cooking. Wiley. ISBN: 978-0-471-20202-85. Online Video Resources<ul style="list-style-type: none">• Roux-Be (The Reluctant Chef online resources) - http://www.reluctantgourmet.com/rouxbe.htm• About.com. Culinary Arts - http://culinaryarts.about.com/od/culinaryreference/tp/culinaryvideos.htm• Stella Culinary - http://www.stellaculinary.com/• The Culinary Institute of America (more than 86,000 culinary & related resources) - http://www.ciachef.edu/ |