



Republic of Rwanda
Ministry of Education



RTB | RWANDA
TVET BOARD

CANAPES, FARINACEOUS AND SANDWICHES

FBOCF401

Competence: Prepare Canapés, Farinaceous and Sandwiches

RQF Level: 4

Learning Hours



Credits: 9

Sector: Hospitality and Tourism

Trade: Food and Beverage Operations

Module Type: Specific

Curriculum: HOTFBO4001- TVET Certificate IV in Food and Beverage
Operations

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Purpose statement	This module describes knowledge, skills and attitude required to prepare Canapes, Farinaceous and Sandwiches. It is intended to be pursued by learner at TVET certificate level IV in Food and Beverage operations. At the end of this module, the learner will be able to prepare Canapés, Farinaceous and Sandwiches.				
Leaning assumed to be in place	Bakery and Pastry products preparation				
Delivery modality	Training delivery	100%	Assessment	Total 100%	
	Theoretical content	30%	Formative assessment	30%	
	Practical work:	70%		70%	50%
	<ul style="list-style-type: none"> Group project and presentation 20% Individual project /Work 50% 				
				Summative Assessment	50%

Elements of Competency and Performance Criteria

Elements of competency	Performance criteria
1. Prepare Canapés	1.1. Tools and equipment are appropriately prepared according to safety procedures
	1.2. Canapés ingredients are appropriately prepared according to the preparation techniques
	1.3. Canapés are efficiently cooked/prepared according to the recipe
	1.4. Canapés are efficiently presented as per presentation techniques.
	1.5. Holding techniques for Canapés are efficiently applied according to holding techniques
2. Prepare Farinaceous	2.1 Tools and equipment for Farinaceous are appropriately prepared according to safety procedures.
	2.2 Ingredients for Farinaceous are appropriately prepared according to preparation techniques.

	2.3 Farinaceous are efficiently cooked as per cooking methods
	2.4 Farinaceous are efficiently presented in line with presentation techniques
	2.5 Farinaceous are efficiently held according to holding techniques
3. Prepare Sandwiches	3.1 Tools and equipment for sandwiches are appropriately prepared according to safety procedures.
	3.2 Ingredients for sandwiches are appropriately prepared according to preparation techniques.
	3.3 Sandwiches are properly presented as per presentation techniques.
	3.4 Sandwiches are correctly held according to holding techniques.

Intended Knowledge, Skills, and Attitude

Knowledge	Skills	Attitude
<ul style="list-style-type: none"> ✓ Food commodities ✓ Tools and equipment ✓ Menu knowledge ✓ Safety , security and hygiene principles ✓ Basic mathematics 	<ul style="list-style-type: none"> ✓ Apply Computer skills ✓ Apply effective communication ✓ Perform Food preparation ✓ Apply Food portioning ✓ Apply Food presentation ✓ Perform Food storage ✓ Apply Cooking methods ✓ Make a Report 	<ul style="list-style-type: none"> ✓ Being confident ✓ Being proactive ✓ Being attentive ✓ Being responsible ✓ Being flexible ✓ Being team work ✓ Being prudent ✓ Being punctual ✓ Being self-motivated ✓ Being honest ✓ Being creative ✓ Being accountable ✓ Being empathic ✓ Being social

Course content

Learning outcomes	At the end of this module the learner will be able to: <ol style="list-style-type: none">1. Prepare Canapés2. Prepare Farinaceous3. Prepare Sandwiches
Learning outcome 1: Prepare Canapés	Learning hours: 30
Indicative content	
<ul style="list-style-type: none">• Preparation of tools and equipment<ul style="list-style-type: none">✓ Selection of preparation tools for Canapés<ul style="list-style-type: none">✚ Cutting tools✚ Measuring tools✚ Mixing tools✚ Cooking tools✚ Presentation tools✓ Selection of preparation equipment for Canapés<ul style="list-style-type: none">✚ Cooking equipment✚ Food processing equipment✚ Holding equipment✓ Maintenance of tools and equipment• Preparation for Canapés ingredients<ul style="list-style-type: none">✓ Selection of ingredients for Canapés<ul style="list-style-type: none">✚ Base✚ Spread✚ Toppings✚ Garnishes✓ Preparation techniques for Canapés ingredients<ul style="list-style-type: none">✚ Washing	

- ✚ Cutting
- ✚ Mincing
- ✚ Pickling
- ✚ Toasting
- ✚ Pan searing
- ✚ Caramelization

- **Preparation / cooking Canapés**

- ✓ Canapés recipes
 - ✚ Caramelized onions Tartines
 - ✚ Cucumber Chicken mayo Cups
 - ✚ Chicken Canapés
 - ✚ Potato Cake with Caesar

- ✓ Preparation/cooking methods for canapés

- **Presenting Canapés**

- ✓ Assembling Canapés ingredients
- ✓ Plating Canapés
- ✓ Garnishing Canapés

- **Holding techniques for Canapés**

- ✓ Cold holding
- ✓ Hot holding







Resources required for the learning outcome


Equipment	Vegetable slicers, toaster, grillers, ovens, stoves, worktables, fridges, cold food display, hot food display, computer, food processor, projector,
Materials	Meats, herbs, vegetables, toasts, bread, seasonings, condiments, processed meat, dairy products, food preserves, spices, oils and fats, food spits, markers, flip charts, chalks,
Tools	Knives, Cutting boards, Scissors, storage containers, hot food display, cold food display, cooking utensils,
Facilitation techniques	<ul style="list-style-type: none"> • Brainstorming, research, Group discussion, demonstration, practical exercise and presentation.


Formative assessment methods	<ul style="list-style-type: none"> • Written assessment • Performance assessment • Product based assessment • Oral based assessment
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Learning outcome 2: Prepare Farinaceous	Learning hours: 40
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Indicative content

- **Preparation of Tools and equipment for farinaceous**
 - ✓ Selection of tools for Farinaceous
 -  Cutting tools
 -  Measuring tools
 -  Mixing tools
 -  Cooking tools
 -  Presentation tools
 - ✓ Selection of equipment for Farinaceous
 -  Cooking equipment
 -  Food processing equipment
 -  Holding equipment
 - ✓ Maintenance of tools and equipment
- **Preparation of Farinaceous ingredients**
 - ✓ Mixing
 - ✓ Shaping
 - ✓ Rolling
 - ✓ Coating
 - ✓ Gratination
 - ✓ Stuffing and sealing
- **Cooking methods for Farinaceous dishes**
 - ✓ Farinaceous dishes
 -  Roti/Chapati


 Naan bread

 Croquettes

 Samosa

 Pizza

 Wraps


 Shawarma


 Pies

 Quesadillas

 Fajitas

✓ Cooking methods for Farinaceous

 Dry heat cooking methods

 Moist heat cooking methods

• **Presentation of Farinaceous**

✓ Portioning

✓ Plating

✓ Garnishing

• **Holding Farinaceous**

✓ Hot holding

✓ Cold holding

Resources required for the indicative content





Equipment	Stoves, Ovens, worktables, Bain-marie, chaffers, grills, mixers, cold food display, hot food display, computer, projectors, shawarma machine,
Materials	Pork, fishes, Chicken, Lamb, Pork, beef, coating agents, seasonings, flour, vegetables, fruits, sugar, raising agents, eggs, milk and milk products, honey, food preserves, spices, herbs, oils, fats, condiments, skewers, cling film, baking sheets, chalks, aluminium foil, markers, flipcharts.
Tools	Storage containers, cooking utensils, cutting boards, kitchen knives, pans, pots, food thermometer, rolling pins,
Facilitation techniques	• Brainstorming, Group discussion, Demonstration, practical exercise, presentation

Formative assessment methods	<ul style="list-style-type: none"> • Written assessment • Performance assessment • Product based assessment • Oral based assessment
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Learning outcome 3: Prepare Sandwiches	Learning hours: 20
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Indicative content

- **Preparation of tools and equipment for sandwiches**
 - ✓ Selection of preparation tools for Sandwiches
 - ✚ Cutting tools
 - ✚ Measuring tools
 - ✚ Mixing tools
 - ✚ Cooking tools
 - ✚ Presentation tools
 - ✓ Selection of preparation equipment for Sandwiches
 - ✚ Cooking equipment
 - ✚ Food processing equipment
 - ✚ Holding equipment
 - ✓ Maintenance of tools and equipment
- **Preparation of Sandwich ingredients**
 - ✓ Selection of ingredients for a Sandwich
 - ✚ Breads
 - ✚ Spread
 - ✚ Fillings
 - ✚ Accompaniments
 - ✓ Types of Sandwich dishes
 - ✚ Closed Sandwiches
 - ✚ Open-faced Sandwiches
 - ✓ Preparation of Sandwich ingredients

-  Preparing Breads
-  Preparing fillings
-  Preparing spread
-  Building a Sandwich

- **Presenting Sandwiches**

- ✓ Assembling Sandwich ingredients
- ✓ Plating Sandwich
- ✓ Garnishing Sandwich

- **Holding Sandwiches**

- ✓ Cold holding
- ✓ Hot holding

Resources required for the indicative content

Equipment	Stoves, Ovens, worktables, Bain-marie, chaffers, grills, toasters, cold food display, hot food display, computer, projector,
Materials	Pork, fishes, Chicken, Lamb, Pork, Beef, coating agents, seasonings, vegetables, fruits, sugar, honey, food preserves, spices, herbs, oils, fats, condiments, skewers, wraps, aluminium foil, markers, flipcharts.
Tools	Storage containers, cooking utensils, cutting boards, kitchen knives, pans, pots, food thermometer, serving boards, platters, mixing tools,
Facilitation techniques	<ul style="list-style-type: none"> • Group discussion, Demonstration, practical exercises, presentation, Brainstorming
Formative assessment methods	<ul style="list-style-type: none"> • Written assessment • Performance assessment • Product based assessment • Oral assessment

Integrated/Summative assessment (For specific module)

Integrated situation

CARAMEL Restaurant located in Kayonza district has a reservation of group of 10 Tourists coming from Gorilla trekking. Among the group members; 3 have ordered Potato Cakes with Smoked Salmon, 1 has ordered Chicken Pizza and 1 has ordered Beef Burger with Fries all orders will be served on the same time. A chef in charge is not on duty, as a Cook, you are tasked to prepare and present above recipes within **4 hours**.

Resources					
Tools	Storage containers, cooking utensils, cutting boards, kitchen knives, pans, pots, food thermometer, rolling pins, toaster, serving boards, serving plates , platters , tongs				
Equipment	Stoves, Ovens, worktables, mixers, cold food display, hot food display, computer, projectors.				
Materials/ Consumables	Beef, Chicken, seasonings, flour, Lettuce, onions, Potatoes, flour, smoked Salmon, Yeast, Burger bun, butter, Mayonnaise, Ketchup, Tomatoes, cheese, black olives, herbs, oil, toothpick, milk, eggs, fish				
Assessable outcomes	Assessment criteria (Based on performance criteria)	Indicator	Observation		Marks allocation
			Yes	No	
1. Learning outcome 1: Prepare Canapés (35%)	1.1. Tools and equipment are appropriately prepared according to safety procedures	Preparation tools for Canapé are selected			3
		Preparation equipment for Canapé is selected			3
		Selected tools and equipment are maintained			3
	1.2. Canapés ingredients are appropriately prepared according to the preparation techniques.	Ingredients for Potato Cakes with Smoked Salmon are selected			5
		Preparation techniques for Potato Cakes with Smoked Salmon ingredients are applied			5
	1.3. Canapés are efficiently	Potato cake is prepared			5

	cooked/prepared according to cooking methods	Ingredients for Potato Cakes with Smoked Salmon are assembled			5
	1.4. Canapés are efficiently presented as per presentation techniques.	Potato Cakes with Smoked Salmon is well plated			2
		Potato Cakes with Smoked Salmon is well garnished			2
	1.5. Canapés are efficiently held according to holding techniques	Cold holding technique is applied			2
2. Learning outcome 2: Prepare Farinaceous (40%)	2.1. Tools and equipment for Farinaceous are appropriately prepared according to safety procedures.	Preparation tools for farinaceous are selected			2
		Preparation equipment for farinaceous is selected			3
		Selected tools and equipment are maintained			5
	2.2. Ingredients for Farinaceous are appropriately prepared according to	Ingredients for Chicken Pizza are selected			5
		Appropriate preparation techniques			10

	preparation techniques	for Chicken Pizza ingredients are applied (cutting, cooking, topping)			
	2.3. Farinaceous are efficiently cooked as per cooking methods	Baking method for Chicken Pizza is applied			5
	2.4. Farinaceous are efficiently presented in line with presentation techniques	Portioning is applied			2
		Plating is applied			2
		Garnishing is applied			2
	2.5. Farinaceous are efficiently held according to holding techniques	Hot holding technique is applied			4
3. Learning outcome 3: Prepare Sandwiches (25%)	3.1 Tools and equipment for sandwiches are appropriately prepared according to safety procedures.	Preparation tools for Sandwiches are selected			4
		Preparation equipment for Sandwiches is selected			4
		Selected tools and equipment are maintained			3

	3.2 Ingredients for sandwiches are appropriately prepared according to preparation techniques	Ingredients for beef burger are selected			3
		Appropriate preparation techniques of Beef burger ingredients are applied			4
	3.3 Sandwiches are properly presented as per presentation techniques	Assembling Beef burger ingredients is performed			3
		Plating is performed			1
		Garnishing is performed			1
		Hot holding is applied			2
	Total marks		100		
Percentage Weightage		100%			
Minimum Passing line % (Aggregate): 70%					

References:

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4. Francatelli, C. E. (2014). *The Modern Cook: A Practical Guide to the Culinary Art in All Its Branches*. Routledge.
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6. Stern, J., & Stern, M. (2007). *Roadfood Sandwiches: Recipes and Lore from Our Favorite Shops Coast to Coast*. Houghton Mifflin Harcourt.
7. Haas, E., & James, P. (2009). *More vegetables, please!: Over 100 easy and delicious recipes for eating healthy foods each and every day*. New Harbinger Publications.