



Republic of Rwanda  
Ministry of Education



RTB | RWANDA  
TVET BOARD

## SALADS AND FRUITS PREPARATION

**FBOSF301**

**Prepare Salads and Fruits**

### Competence

**RQF Level:** 3

**Learning Hours**



50

**Credits:** 5

**Sector:** Hospitality and Tourism

**Trade:** Food and Beverage Operations

**Module Type:** Specific

**Curriculum:** HOTFBO3001- TVET Certificate 3 in Food and Beverage Operations

**Copyright:** © Rwanda TVET Board, 2022

**Issue Date:** April 2022

1200

<b>Purpose statement</b>	This module describes the skills and knowledge required to prepare salads and fruits following all the stages of food preparation. This module describes knowledge, skills and attitude required to prepare salads and fruits dishes. At the end of this module, the trainee will be able to select salad ingredients, prepare salad ingredients and prepare fruits under minimum supervision.					
<b>Learning assumed to be place</b>	Demonstrate Basics of Chemistry, Demonstrate Basic knowledge of General Biology, Demonstrate basic knowledge of mathematics.					
<b>Delivery modality</b>	<b>Training delivery</b>	<b>100%</b>	<b>Assessment</b>	<b>Total 100%</b>		
	Theoretical content	30%	Formative assessment	50%		
	Practical work:	70%			70%	
	• Group project and presentation					20%
	• Individual project /Work					50%
	Summative Assessment		50%			

### Elements of Competency and Performance Criteria

Elements of competency	Performance criteria
<b>1. Select salad ingredients</b>	1.1 Salads ingredients are properly identified as per recipe.
	1.2 Tools used to prepare salads are properly identified and selected as per recipe
	1.3 Salad ingredients are appropriately identified and selected as per recipe
<b>2. Prepare salad ingredients</b>	2.1. Preliminary preparations of salad ingredients are properly applied as per recipe.
	2.2. Salad garnishes are appropriately prepared as per recipe.
	2.3. Salad dressings are appropriately prepared as per recipe.
	2.4. Salads are correctly presented as per recipe.
	2.5. Salad dishes are properly hold as per safety standards.
<b>3. Prepare fruits</b>	3.1 Fruits are efficiently selected as per recipe.
	3.2 Preparation techniques for fruits are adequately applied as per recipe.
	3.3. Presentation techniques are properly applied as per standard

## Course content

### Learning outcomes

At the end of the module the learner will be able to:

1. Select salad ingredients
2. Prepare salad ingredients
3. Prepare fruits

### Learning outcome 1: Select salad ingredients

Learning hours: 10

#### Indicative content

- **Identify salads**
  - ✓ Description of salads
    - ✚ Definition
    - ✚ Importance
    - ✚ Composition
- **Identification of salad preparation tools**
  - ✓ Safety tools
  - ✓ Preparation tools
  - ✓ presentation tools
  - ✓ Service tools
- **Selection of salad ingredients**
  - ✓ Description of quality points of ingredients
  - ✓ Component of salad ingredients
    - ✚ Base
    - ✚ Body
    - ✚ Garnishes
    - ✚ Dressings
- ✓ Types of salad ingredients
  - ✚ Herbs and spices
  - ✚ Fats and oils
  - ✚ Salt
  - ✚ Vegetables
  - ✚ Fruits
  - ✚ Meat and meat products
  - ✚ Poultry products
  - ✚ Fish and fish products
  - ✚ Seafood and seafood products
  - ✚ Dairy-based products
  - ✚ Farinaceous products
  - ✚ Preserves

- ✚ Condiments
- ✚ Eggs
- ✚ Categories of salads
- ✚ Meat salads
- ✚ Meat products salads
- ✚ Poultry salads
- ✚ Fish salads
- ✚ Seafood salad
- ✚ Fruit salads
- ✚ Dairy products salads
- ✚ Vegetable salads
- ✓ Types of salads
  - ✚ Appetizer salads
  - ✚ Accompaniment salads
  - ✚ Main course salad
  - ✚ Separate course salads
  - ✚ Dessert salads

### Resources required for the learning outcome

<b>Equipment</b>	Tables , Fridge, slicing machines , cold food display cabinet
<b>Materials</b>	Herbs and spice, Fats and oils, Salt, Vegetable, Fruits, Meat and meat products, Poultry products, Fish and fish products, Seafood and seafood products, Dairy-based products, Farinaceous, Preserve, Condiments Eggs, Categories of salads, Meat products salads, Poultry salads, Fish salads, Seafood salad, Fruit salads, Dairy products salads, Vegetable salads
<b>Tools</b>	Conical strainer, Sieve, Stock pot, Frying pan, Roasting pan, Wooden spatula, peeler, Chef knife, Internet, Projector, Computer, Note books, Boards Knives, Cutting board, Mixing bowls
<b>Facilitation techniques</b>	Demonstration and simulation, Individual and group work, Practical exercise, Individualized, Trainer guided, Group discussion
<b>Formative assessment methods</b>	Written assessment ,Oral presentation ,Performance assessment ,Product based assessment

**Indicative content**

- **Preliminary preparation of salads**
  - ✓ categories of salad ingredients
  - ✓ Pre-preparation techniques for salad ingredients
    - ✚ Washing
    - ✚ Peeling
    - ✚ Trimming
    - ✚ Cutting
    - ✚ Blanching
    - ✚ Refreshing
    - ✚ Measuring
    - ✚ Mixing
  - ✓ Preparation guidelines for salad ingredients
  - ✓ Preparations procedures of salads
- **Preparing salad garnishes**
  - ✓ Description of garnishes
    - ✚ Definition of garnishes
    - ✚ Importance of garnishes
    - ✚ Types of garnishes
    - ✚ Rules for Garnishing a Salad
- **Preparing salad dressings**
  - ✓ importance of salad dressing
  - ✓ Preparation techniques of salad dressing
  - ✓ Types of salad dressing
- **Present salads**
  - ✓ Salad presentation factors
  - ✓ Selection of tools
  - ✓ Presenting techniques
- **Hold salads**
  - ✓ Guidelines for holding salads
  - ✓ Equipment for holding Salad

**Resources required for the indicative content**

<b>Equipment</b>	Stoves, Ovens, Fridges, cold food display cabinets
<b>Materials</b>	Herbs and spice, Fats and oils, Salt, Vegetable, Fruits, Meat and meat products, Poultry products, Fish and fish products, Seafood and seafood products, Dairy-based products, Farinaceous, Preserve, Condiments Eggs,

	Categories of salads, Meat products Poultry, Fish s, Seafood, Fruits, Dairy product
<b>Tools</b>	Frying pan, Measuring cup, Measuring spoon, Weighing scale, Wire whisky, Wooden spatula, Conical strainer, Sieve, projector, Computer, Plates, Bowls
<b>Facilitation techniques</b>	Demonstration and simulation, Individual and group work, Practical exercise, Individualized, Trainer guided, Group discussion
<b>Formative assessment methods</b>	Written assessment, Oral presentation, Performance assessment, Product based assessment

<b>Learning outcome 3: Prepare Fruits</b>		<b>Learning hours: 20</b>
<b>Indicative content</b>		
<ul style="list-style-type: none"> <li>• <b>Identification of fruits</b> <ul style="list-style-type: none"> <li>✚ Types of fruits</li> <li>✚ Quality signs for fruits</li> <li>✚ preparation tools and equipment</li> </ul> </li> <li>• <b>Application of preparation fruits</b> <ul style="list-style-type: none"> <li>✓ Pre-preparation techniques</li> <li>✓ Cooking fruit recipes</li> </ul> </li> <li>• <b>Presentation of fruits</b> <ul style="list-style-type: none"> <li>✓ Presentation guideline for fruit dishes</li> <li>✓ Presentation techniques for fruit dishes</li> <li>✓ Presentation procedure</li> </ul> </li> </ul>		
<b>Resources required for the indicative content</b>		
<b>Equipment</b>	Salamander, Blender, Cooking stove, Cooking oven, Fridge	
<b>Materials</b>	Herbs and spice, Fats and oils, Salt, Vegetable, Fruits, Meat and meat products, Poultry products, Fish and fish products, Seafood and seafood products, Dairy-based products, Farinaceous, Preserve, Condiments Eggs, Categories of salads, Meat products Poultry, Fish s, Seafood, Fruits, Dairy product	
<b>Tools</b>	Projector, Computer, Wooden spoon, Soup ladle, Measuring cup, Measuring spoon, Weighing scale, Mixing bowl, Wire whisky, Wooden spatula, Knives, Peeler, Chef's knife, Conical strainer , plates , trays , graters	
<b>Facilitation techniques</b>	Demonstration and simulation, Individual and group work, Practical exercise ,Individualized ,Trainer guided ,Group discussion	

<b>Formative assessment methods</b>	Written assessment ,Oral presentation ,Performance assessment ,Product based assessment
-------------------------------------	---

### Integrated/Summative assessment (For specific module)

#### Integrated situation

A five-star hotel located in KIGALI CITY Nyarugenge District is hosting a group of 4tourists from America coming for a meeting and wish to take lunch in your hotel, 3 of them have ordered the carrot salad and 1 ordered banana fritters. Chef de partie requested you to prepare their orders. As a Commis Chef, you are requested to prepare above mentioned orders within 3hours using provided raw materials.

Noting that vinaigrette should be prepared

#### Resources

<b>Tools</b>	Cutting boards, Containers, Starter plates, Chef's Knives, Gloves, Frying pan, pots, Measuring cup, Measuring spoon, Weighing scale, Wire whisky, Wooden spatula, Conical strainer grater , containers
<b>Equipment</b>	Deep-fryer, Stoves, Ovens, Fridges
<b>Materials/ Consumables</b>	Carrots, lettuce cups, mayonnaise, vinaigrette, pitted black olives, sugar, Onions, Olive Oils, Lemons, vinegar, seasonings flour, sugar, vanilla, and egg, milk, banana

Assessable outcomes	Assessment criteria (Based on performance criteria)	Indicator	Observation		Marks allocation
			Yes	No	

<b>Learning outcome 1: Select salad ingredients (20%)</b>	1.1 Salads are properly identified as per recipe.	Ind1. Carrot salad is identified			2
		Ind 2 composition of carrot Salads are maintained			4
	1.2 Tools used to prepare salads are properly	Ind 1 Salads safety tools are well selected (right			2

	identified and selected as per recipe	Gloves, green cutting board)			
		Ind 2 Carrot Salad preparation tools are well selected			3
		Ind 3 carrot Salad presentation tools are selected			3
	<b>1.3.</b> Salads ingredients are properly selected as per recipe.	Ind1. Carrot Salad ingredients are well identified as per recipe			3
		Ind 2. Quality points of ingredients are well described as per standard			3
	<b>Learning outcome 2: Prepare salad ingredients</b>  <b>(40%)</b>	2.1 Proper application of preliminary preparations of salad ingredients as per recipe.	Ind 1. Pre-preparation techniques for salad ingredients are applied		
Ind2. Preparation guidelines for salad ingredients are well applied					2
2.2 Appropriate preparation of salad garnishes as per recipe.		Ind. Garnishes are well selected			6
		Ind2. Garnishes are well prepared			5
2.3 Appropriate preparation of salad dressings as per recipe.		Ind1 Salad dressings are effectively selected			3

		Ind2 Salad dressings are well prepared			6
	2.4 Right presentation of salads as per recipe.	Ind 1 Salad presentation factors are well considered as per standard			3
		Ind2 Tools for salads presentation are well selected			3
		Ind 3 Salads presentation techniques are well applied as per recipe (Base, Body, garnishing, dressing, seasoning)			2
	2.5 Proper holding of salad dishes as per safety standards	Ind1 Guidelines for holding salads are well applied ( temperature, duration)			3
		Ind2 Equipment for holding Salad are correctly used			3
<b>Learning outcome 3: Prepare fruits (40%)</b>	3.1. Proper selection of fruits as per recipe.	Ind1 Banana fruits are well identified according to their Types			4
		Ind2 Quality points of banana fruits are well checked			4
	3.2. Proper application of preparation techniques for fruits as per recipe.	Ind1 right tools and equipment are well selected			4

		Ind2 preparation procedures for banana fritters are well applied			10
	3.3. Proper application of presentation techniques as per standard	Ind1 Presentation guidelines for banana fritters are well applied.			5
		Ind2. Presentation techniques for banana fritters are well applied.			8
		Ind 3 Presentation procedures are properly applied.			5
<b>Total marks</b>					<b>100</b>
<b>Percentage Weightage</b>					<b>100%</b>
<b>Minimum Passing line % (Aggregate): 70%</b>					

## References:

1. Bali S. P. (2017) Theory of cookery. Oxford University Press: New Deli, India
2. CIA (2011) The Professional Chef 9th Ed . Wiley
3. Foskett D., Paskins P. Rippington N., Thorpe S. (2019) Practical Cookery 14th Ed. Hodder education: London, UK
4. Gleason J. (2014) Introduction to Culinary Arts 2nd Ed. Pearson