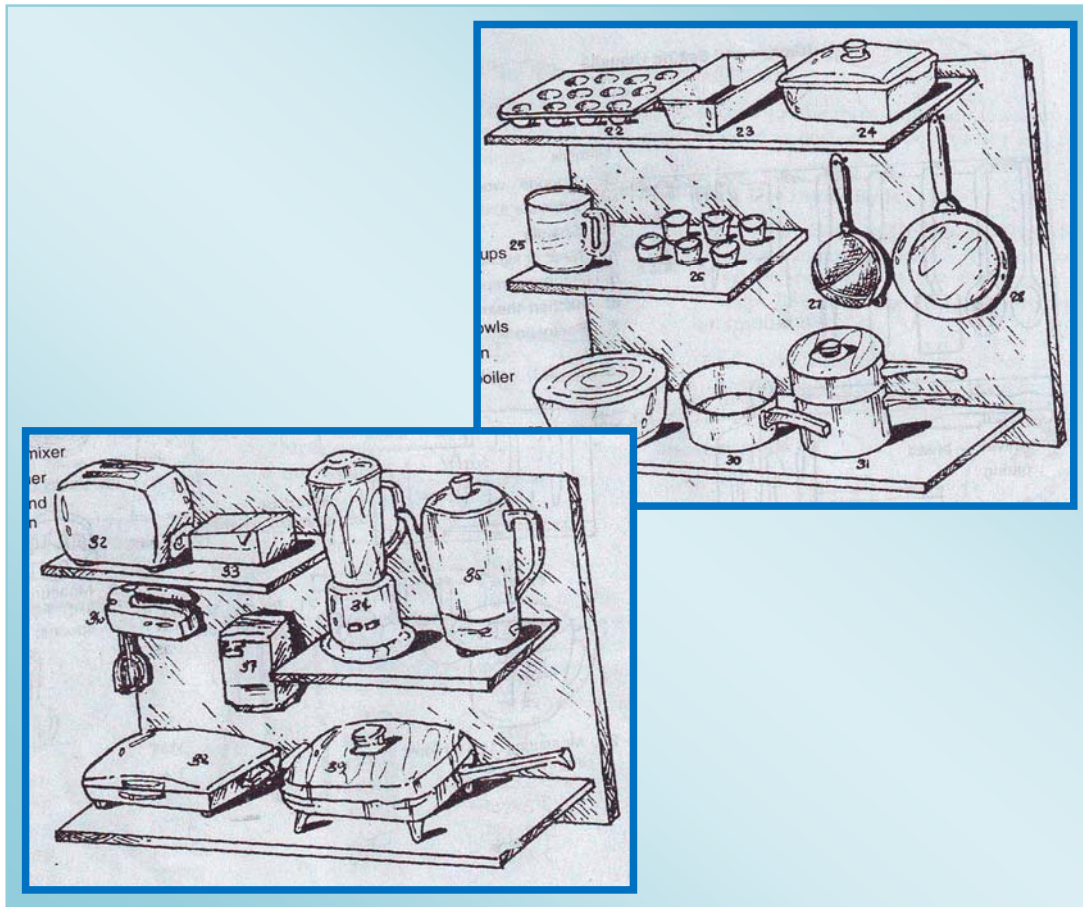




Republic of the Philippines  
Department of the Education  
**PUBLIC TECHNICAL-VOCATIONAL  
HIGH SCHOOLS**



# COMPETENCY-BASED LEARNING MATERIALS SECOND YEAR



## Food Trades NC II

Unit of Competency: CLEAN AND MAINTAIN KITCHEN PREMISES

Module No.: 1

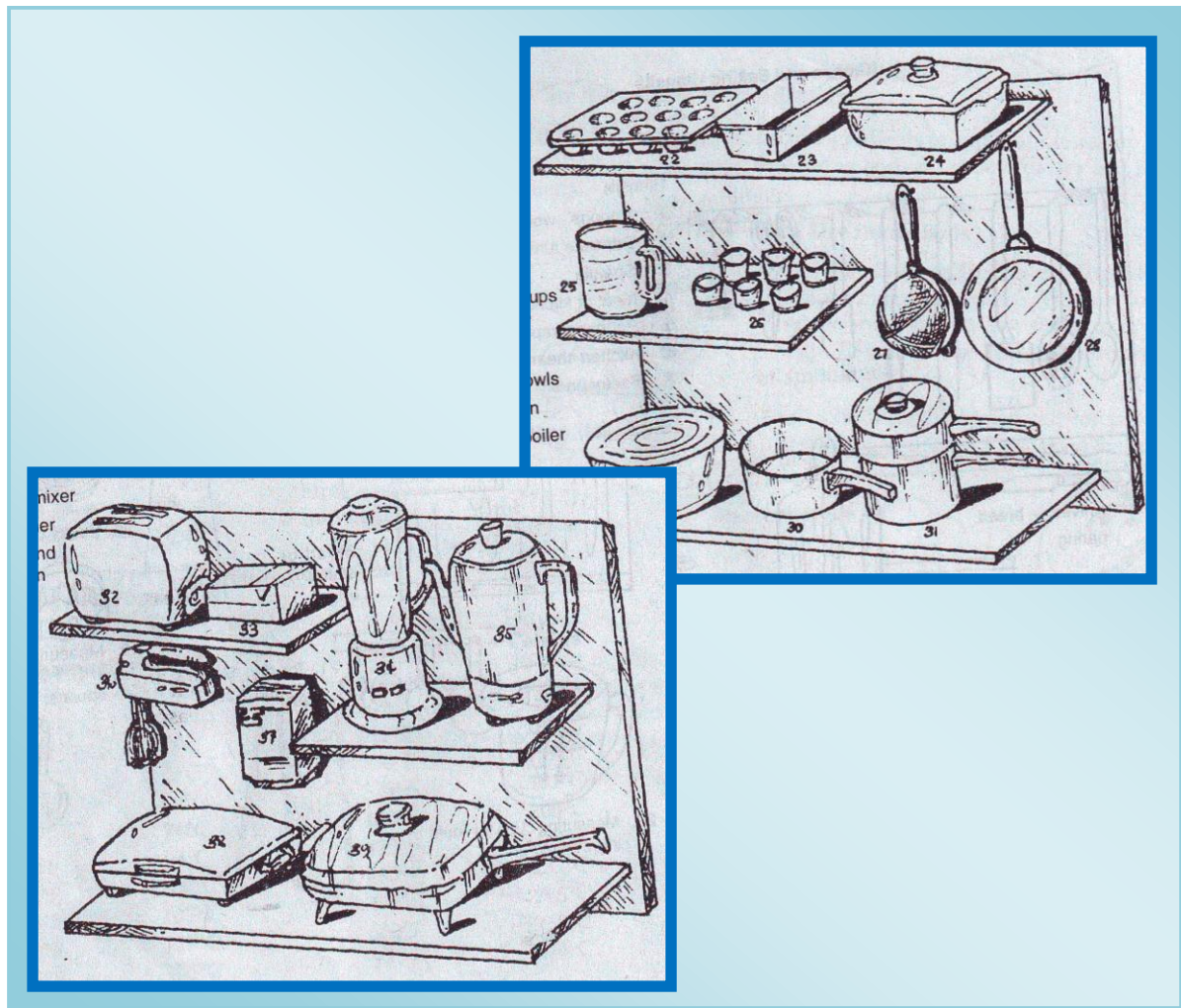
Module Title: CLEANING AND MAINTANING  
KITCHEN PREMISES

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## MODULE 1

QUALIFICATION TITLE	:	<b>FOOD TRADES NC II</b>
UNIT OF COMPETENCY	:	<b>CLEAN AND MAINTAIN KITCHEN PREMISES</b>
MODULE TITLE	:	<b>CLEANING AND MAINTAINING KITCHEN PREMISES</b>
NOMINAL DURATION	:	<b>10 HOURS</b>



# FOOD TRADES NC II

## **WHAT IS THE MODULE ABOUT?**

The module covers the skills, knowledge, and attitudes on cleaning and maintaining kitchen, food preparation and storage areas in commercial cookery or catering operations.

## **WHAT WILL YOU LEARN?**

At the end of this module, you should be able to:

- a. clean, sanitize and store equipment;
- b. clean and sanitize premises; and
- c. handle waste and linens.

## **WHAT DO YOU ALREADY KNOW?**

Let us find out how much you already know on how to sanitize and store equipment properly.

Direction: Read and understand the following questions below. Choose the letter of the correct answer and write it in your notebook.

### **Pre-test**

1. What must be done first to facilitate ease in washing pans used in cooking foods with fats, syrup and sugar?
  - a. soak them in hot water.
  - b. immerse them in ice cold water.
  - c. scrub with a piece of sandpaper.
  - d. scrape the food residue with a piece of paper.
2. What should be the proper order in washing the dishes?
  - a. utensils, chinaware, silverware, glassware
  - b. silverware, utensils, glassware, chinaware
  - c. chinaware, glassware, utensils, silverware
  - d. glassware, silverware, chinaware, utensils
3. In which of the following situations is good housekeeping practice best shown?
  - a. emptying the garbage can every other day.
  - b. using imported sanitizing and disinfecting materials
  - c. spraying air freshener before and after leaving the room.
  - d. planning and implementing a program of regular cleaning of fixtures, furniture and home appliances

4. Which of the following equipment and utensils is not sanitized?
  - a. electric fan
  - b. food containers
  - c. garbage bin
  - d. kettle
  
5. Why should we put pieces of charcoal inside the refrigerator?
  - a. maintain temperature
  - b. save energy consumption
  - c. absorb objectionable odor
  - d. enhance the keeping quality of stored foods
  
6. Which of the following does NOT belong to the group?
  - a. alcohol
  - b. boric Acid
  - c. soap
  - d. steam
  
7. Mr. Garcia gathered kitchen wastes and combined them with soil, then allowed to decompose into a humus-like product. What waste management and disposal procedure is used?
  - a. composting
  - b. reuse
  - c. waste avoidance
  - d. waste reduction
  
8. Rommel made decorative vases from old newspapers. What way of management technique is done?
  - a. recycling
  - b. reusing
  - c. waste disposal
  - d. waste reduction
  
9. Which of the following linens is not used in the dining area?
  - a. cleaning cloth
  - b. serving cloth
  - c. table runners
  - d. tea towels
  
10. Your younger sister accidentally swallowed poison. What first aid treatment should you do?
  - a. read the label of the poisonous material.
  - b. remove anything remaining in the mouth
  - c. give her a glass of water or any fruit juice
  - d. give her a spoonful sugar or any kind of sweets.

## **LESSON 1**

### **CLEANING, SANITIZING AND STORING EQUIPMENT**

#### **WHAT IS THE LESSON ABOUT?**

The lesson deals on how to clean and sanitize kitchen equipment and utensils using prescribed chemicals for sanitizing. It also discusses the proper use and storage of equipment according to instructions.

#### **WHAT WILL YOU LEARN?**

At the end of the lesson, you should be able to:

1. apply cleanliness and sanitization of kitchen equipment and utensils
2. identify chemicals used for sanitizing kitchen equipment and utensils
3. perform assembling and disassembling cleaning equipment; and
4. apply proper storage of cleaning equipment.

#### **LET US STUDY**

Words to study:

- sanitation – reduction of contamination with foreign matters including microorganisms to a level harmless to health.
- stack – a case composed of several rows of shelves
- exterminate – to destroy totally
- infestation – the state of being infested as with parasites or vermin
- grates – frames of iron bars for holding fuel while it burns
- filth – anything that is dirty
- pedestal – a base or support
- disinfectant – a substance used to destroy germs and diseases
- kitchen – a room especially set apart and containing the necessary utensils for cooking food.
- sanitizer – a chemical agent used for cleansing and sanitizing surfaces and equipment.
- linen – household articles made from linen or other cloth.

Cleanliness plays a vital role especially in the kitchen where foods are prepared and cooked. In order to avoid contamination, you must practice sanitation especially on the equipment and utensils to be used.

## **A. GOOD HOUSEKEEPING PRACTICES**

1. Have a clean kitchen. Plan and implement a program of regular cleaning of the refrigerator and range, the light fixture, windows, cupboards, doors, counters, work spaces, the walls and floors. Clean the drains, sink, range, cooking surfaces, and the floor on a daily basis. Remove all the foods, grease and dirt from the range each time it is used. Clean refrigerator at regular interval as recommended by the manufacturer.
2. Eliminate the possible breeding places of flies. Screen the house and use effective insecticides and fly swatters whenever necessary.
3. Exterminate rodents. Do not leave food and dirty dishes on the table and sink to prevent them from multiplying. Keep all foods likely to be eaten by rats in rodent-proof containers.
4. Prevent and control insect infestation. They will create filth and infestation. Always keep sink and areas around including floor clean. Dry after the evening meals.
5. Store garbage in a can with a tight fitting lid until it is collected. Keep a gallon can or plastic container lined with plastic bag for daily kitchen waste. Dispose after evening meal to a regular garbage can outside the kitchen.

## **B. EQUIPMENT SANITATION PROCEDURES**

### **1. Range**

- a. Remove all burnt sediments and wipe grease from top of range after each use.
- b. Scrape grease from curbs and openings hinges.
- c. When cool, wash top of range
- d. Run oiled cloth over top of range
- e. Clean oven by removing grates, scraping off food deposits, washing and drying.
- f. Keep burners clean. Gas burners can be soaked and scrubbed with stiff brush while electric burners should be cleaned with a brush or with a damp cloth.
- g. Before replacing, rub with oil-damped cloth.

## **2. Dishwashing machine**

- a. Remove strainer pans, wash and stock outside machine until next use.
- b. Scrub inside frequently with stiff brush.
- c. Remove and clean the wash and rinse arms and fits daily to remove foreign particles.
- d. Wash tables and top of machine
- e. Clean nozzles.
- f. Do a special periodic cleaning in hard water area.

## **3. Slicers.**

- a. Clean immediately after using, especially after slicing vegetables and nuts.
- b. Remove all parts to clean
- c. Dry and cover knives after cleaning with oil-damped cloth.
- d. Wash carriage slides thoroughly.
- e. Wipe outside with cloth.
- f. Clean table and pedestal under slicers.
- g. Replace guard after cleaning.

## **C. PROPER DISHWASHING TECHNIQUES**

1. Remove large scraps with a rubber scraper.
2. Rinse or soak pans and other utensils as used. Soak those with sugar, syrup, fats and cooked or uncooked starches in hot water.
3. Stack the dishes in the proper order namely: glassware, silverware, chinaware, and utensils. Stack them to the right of the sink so that work progresses from right to left.
4. Wash the glassware. Soap each piece individually and rinse in hot water.
5. Wash the silverware. Soak them in a pan and remove the dirt with a plastic scourer before soaping. Soap each piece individually and rinse in hot water.
6. Wash the chinaware. Scrape and rinse each dish. Soap and rinse dishes in hot water at 66°C (150°F) above.
7. Wash the utensils. Scour all pans until completely clean. Use ammonia to remove fat. Soap each piece and rinse in hot water at 66°C (150°F) or above.



## **Manual Dishwashing**

### *Procedures*

1. Scrape and pre-rinse – The purpose is to keep the wash water cleaner
2. Wash – use warm water at 110°F - 120°F and a good detergent. Scrub well with a brush to remove all traces of left over and grease.
3. Rinse – use clean warm water to rinse off detergent. Change the water frequently or use running water.
4. Sanitize - Place utensils in a rack and immerse in hot water at 170°F for 30 scrubs. (a gas or electric heating element is needed to hold water at this temperature).
5. Drain and air-dry – Do not towel dry the dishes. This may contaminate utensils.

## **Mechanical Dishwashing**

1. Scrape and pre-rinse
2. Rack dishes so that the dishwasher spray will strike all surfaces.
3. Run machine for a full cycle
4. Set the sanitizing temperature at 180°F for machine that sanitize by heat and 140°F for machine that sanitize by chemical disinfectant.
5. Air-dry and inspect dishes. Do not touch surfaces that come in contact with food.

## **Kitchen Premises**

### *Refrigerator*

1. Wipe up spilled foods immediately
2. Wash inside shelves and trays at least twice a week with baking soda.
3. Rinse and dry thoroughly
4. Flush drains weekly

### *Sink and Drains*

1. Keep outlet screened at all times
2. Flush daily with 1 gal. of solution, made up of strong solution soda (4oz. to 2 gal. of water)
3. Clean and replace greased tray regularly.
4. Use force pump if drain is slow
5. Replace washers immediately on leaking faucets.

## **D. CHEMICALS FOR CLEANING AND/OR SANITIZING KITCHEN EQUIPMENT AND UTENSILS**

1. ammonia
2. dish washing liquid
3. chlorine
4. carbolic acid
5. timsen
6. disinfectants
7. soap

## **E. PROPER STORAGE OF CLEANING EQUIPMENT**

### **Storage of Washed Utensils**

1. They should be stored in a clean dry place adequately protected against vermin and other sources of contamination
2. Cups, bowls, and glasses shall be inverted for storage.
3. When not stored in closed cupboards or lockers, utensils and containers shall be covered or inverted whenever practicable. Utensils shall be stored on the bottom shelves of open cabinets below the working top level.
4. Racks, trays and shelves shall be made of materials that are imperious, corrosive-resistant, non-toxic, smooth, durable and resistant to chipping.
5. Drawers shall be made of the same materials and kept clean. Full-lined drawers are not acceptable, but the use of a clean and removable towels for lining drawers is acceptable.

## **F. EQUIPMENT TO BE SANITIZED**

1. eating utensils (plates, spoons, fork, glasses, cups and saucers)
2. cooking utensils (pots, pans, kettle, casserole)
3. cutting tools (cutlery, knives)
4. preparing tools (chopping board, containers)
5. garbage bins
6. exhaust fan
7. refrigerator
8. sink and drains

## **LET US REMEMBER!**

A clean kitchen and equipment lead to a clean and healthy body. Therefore, it is important that we always follow all the rules about sanitation and cleanliness.

## HOW MUCH HAVE YOU LEARNED

Answer the following questions:

1. Why is it important to clean, sanitize and store equipment properly?
2. Differentiate procedure involved in manual and mechanical dishwashing?
3. Enumerate good housekeeping practices to be observed to maintain cleanliness and sanitation.

## LET US APPLY WHAT YOU HAVE LEARNED

Task 1.

Plan for laboratory activities:

- a. Demonstrate cleaning and sanitizing of kitchen equipment and utensils
- b. Assemble and disassemble cleaning equipment.

### Standard Score Sheet for Sanitation

Characteristics	GOOD (6)	FAIR (4)	POOR (2)
a. Cleaned and maintained the equipment used in the kitchen.			
b. Cleaned and sanitized the kitchen premises			
c. Washed, sanitized and stored the kitchen tools and utensils.			

### RESOURCES:

1. Kitchen equipment and utensils
2. Chemicals used for sanitizing

### REFERENCES:

Sonia Y. de Leon, Libia L. Chavez, Virginia S. Claudia, Matilde P. Guzman, et al., Basic Foods for Filipinos, 95-100

## **LESSON 2**

### **CLEANING AND SANITIZING PREMISES**

#### **WHAT IS THE LESSON ABOUT**

The lesson deals with the various types of chemicals and equipment for cleaning and sanitizing premises and first aid procedure for accidents caused by chemicals.

#### **WHAT WILL YOU LEARN**

At the end of the lesson, you should be able to:

1. identify types of chemicals and equipment for cleaning and sanitizing
2. apply first aid procedures for accidents caused by chemicals
3. sanitize equipment

#### **LET US STUDY**

There are various types of chemicals to be used for sanitizing equipment, sanitizing and disinfecting procedure and first aid procedure for accident caused by chemicals.

##### Types of Sanitizers and Disinfectants

1. Chemical
  - a. chlorine
  - b. carbolic acid
  - c. ammonia
  - d. detergents
  - e. dishwashing liquid
  - f. timsen
  - g. soap
  - h. alcohol
  - i. boric acid
  
2. Physical
  - a. hot water
  - b. steam
  - c. dry heat
  - d. UV light (ultraviolet light)
  - e. filtration

## 1. Procedure for disinfecting premises

- a. Preliminary cleaning is required
- b. Apply solution to hard, non-porous surface thoroughly wetting it with cloth, mop, and sponge. Treated surface must remain wet for 10 minutes. Wipe with dry cloth.
- c. Sponge on mop or allow to air dry.
- d. Use a spray device for spray application. Spray 6-8 inches from the surface, rub with a brush, sponge or cloth. Avoid inhaling sprays.
- e. Rinse all surfaces that come in contact with food such as exterior of appliances, tables and stove top with potable water before rinse.

## 2. First aid procedure caused by chemical poisoning

### A. What to do

- If the person has been exposed to poisonous fumes, such as carbon monoxide, get him or her into fresh air immediately
- If the person swallowed the poison, remove anything remaining in the mouth.
- If the suspected poison is a household cleaner or other chemical, read the label and follow instructions for accident poisoning. If the product is toxic, the label will likely advise you to call the hospital/doctor.
- Follow treatment directions that are given by poison centers.
- If the poison is spilled on the person's clothing, remove the clothing.

**Don't** administer ipecac syrup on anything.

## **LET US REMEMBER!**

An ounce of prevention is better than a pound of cure. When applied we must take necessary precautions to prevent accidents especially when using chemicals for sanitizing our equipment as well as kitchen premises.

## **HOW MUCH HAVE YOU LEARNED**

1. What are the types of chemicals used for sanitizing equipment?
2. Enumerate the different kinds of disinfectants?
3. Give the procedure in disinfecting kitchen premises?

## **LET US APPLY WHAT YOU HAVE LEARNED**

Divide the class into different groups. Let each group present skills on cleaning and disinfecting equipment, tools, and utensils by following the correct procedure.

## **RESOURCES**

- Chemicals
- Disinfectants
- Mop/ sponge
- Sprayer
- Cloth

## **REFERENCE**

Sonia Y. De Leon, Virginia S. Claudio, Libia L. Chavez and Matilde P. Guzman, et al, Basic FOODS for Filipino, 495-500

## **LESSON 3**

### **HANDLING WASTE AND LINENS**

#### **WHAT IS THE LESSON ABOUT?**

The lesson deals with the proper waste management procedure and techniques, and sorting of linens according to workplace procedure.

#### **WHAT WILL YOU LEARN?**

At the end of the lesson you should be able to:

1. apply waste management procedure and practices; and
2. identify linens according to work place procedure.

#### **LET US STUDY**

Proper waste management plays a very important role especially in the kitchen where foods are being prepared and cooked.

- A. Waste Management and Disposal Procedure and Techniques
1. Waste avoidance – refers to engaging into an activity that prevent generation of waste.
  2. Waste reduction – the process of minimizing wasteful consumption of goods.
  3. Re-use – the process of recovering materials intended for some purpose without changing their physical and chemical characteristics.
  4. Recycling – the treatment of used or waste materials through a process of making them suitable for beneficial use and for other purposes.
  5. Composting – the controlled decomposition of organic matter by micro-organisms, mainly bacteria and fungi into humus-like product.
  6. Waste disposal – refers to the proper discharge of any solid waste into or in any land.

B. Waste Disposal

1. Liquid waste should be disposed and other sanitizing agents.
2. Floor drain should be functional and properly covered with a trap.
3. Waste should be controlled and disposed off frequently in properly covered container.

C. Kinds of Linens

1. Napkins
2. Table cloth
3. Serving cloth
4. Tea towels
5. Clothing
6. Cleaning cloth
7. Table runners

D. Sorting of linen according to work place

1. Kitchen
  - Cleaning cloth
  - Clothing
2. Dining Area
  - Napkins
  - Tea towels
  - Table cloth
  - Serving cloth



## **HOW MUCH HAVE YOU LEARNED?**

1. Differentiate waste management and disposal procedures and techniques.

## **LET US APPLY WHAT YOU HAVE LEARNED**

- Show the proper ways of sanitizing linens

## **RESOURCES**

- Garbage bag
- Waste basket
- Table linens

## **REFERENCES**

Environment Management Bureau  
National Solid Waste Management Commission

Libia L. Chavez, Food Safety and Sanitation, pp. 9-12

**Post-test**  
**Directions:**

Read the following questions carefully and choose the letter of the correct answer. Write your answer in your test notebook.

1. What must be done to ease washing pans used in cooking foods with fats, syrup and sugar?
  - a. Soak them in hot water.
  - b. Immerse them in ice cold water.
  - c. Scrub with a piece of sandpaper.
  - d. Scrape the food residue with a piece of paper.
  
2. What should be the proper order in washing these dishes?
  - a utensils, chinaware, silverware, glassware
  - b silverware, utensils, glassware, chinaware
  - c chinaware, glassware, utensils, silverware
  - d glassware, silverware, chinaware, utensils
  
3. In which of the following situations is good housekeeping practice manifested?
  - a. emptying the garbage can every other day
  - b. using imported sanitizing and disinfecting materials
  - c. spraying air freshener before and after leaving the room
  - d. planning and implementing a program of regular cleaning
  
4. Which of the following equipment and utensils is not sanitized?
  - a. electric fan
  - b. food containers
  - c. garbage bin
  - d. kettle
  
5. Why should we put pieces of charcoal inside the refrigerator?
  - a. maintain temperature
  - b. save energy consumption
  - c. absorb objectionable odor
  - d. enhance the keeping quality of stored foods
  
6. Which of the following does NOT belong?
  - a alcohol
  - b boric Acid
  - c soap
  - d steam

7. Mr. Garcia gathered kitchen wastes and combined them with soil, then allowed to decompose into a humus-like product. What waste management and disposal procedure is used?
  - a. composting
  - b. reuse
  - c. waste avoidance
  - d. waste reduction
  
8. Rommel made decorative vases from old newspapers. The waste management technique is \_\_\_\_\_.
  - a. recycling
  - b. reusing
  - c. waste disposal
  - d. waste reduction
  
9. Which of the following linens is not used in the dining area?
  - a cleaning cloth
  - b serving cloth
  - c. table runners
  - d. tea towels
  
10. Your younger sister accidentally swallowed poison. What first aid treatment should you do?
  - a. read the label of the poisonous material.
  - b. remove anything remaining in the mouth
  - c. give her a glass of water or any fruit juice
  - d. give her a spoonful sugar or any kind of sweets.

## Key to Corrections – Pre Test and Post Test

1. a
2. d
3. d
4. a
5. c
6. d
7. a
8. a
9. a
10. b



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# COMPETENCY-BASED LEARNING MATERIALS SECOND YEAR



## Food Trades NC II

Unit of Competency: **PERFORM WORKPLACE  
AND SAFETY PRACTICES**

Module No.: 2

Module Title: **PERFORMING WORKPLACE  
AND SAFETY PRACTICES**

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## MODULE 2

QUALIFICATION TITLE : **FOOD TRADES NC II**

UNIT OF COMPETENCY : **PERFORM WORKPLACE AND SAFETY PRACTICES**

MODULE TITLE : **PERFORMING WORKPLACE AND SAFETY PRACTICES**

NOMINAL DURATION : **10 HOURS**



# FOOD TRADES NC II

## **WHAT IS THE MODULE ABOUT?**

The module covers the knowledge, skills, and attitudes in health, safety and security practices. It includes dealing with emergency situations and maintaining safety personal presentation standards.

## **WHAT WILL YOU LEARN?**

After completing the modules, you should be able to:

1. follow workplace procedures for health, safety and security practices;
2. deal with emergency situations; and
3. maintain safety personal presentation standards.

## **WHAT DO YOU ALREADY KNOW?**

### **Pre-test**

*Directions:* Read each of the following questions carefully and choose the letter of the correct answer. Write it in your test notebook.

1. Which of the following items is not a standard quality of sanitation?
  - a. free of insects and rodents
  - b. well-lighted and ventilated
  - c. young and gorgeous personnel
  - d. sufficient supply of potable cold and hot water
2. Which does NOT show a safe practice on the use of knives?
  - a. keep edges sharp
  - b. cut away from the body
  - c. always use a cutting board
  - d. use for pounding ingredients
3. Which of the following shows sanitary practice in the working area?
  - a. combing one's hair
  - b. applying facial make-up
  - c. sitting and leaning on counters
  - d. wearing disposable plastic gloves



4. Ana is assigned to prepare the day's menu but she has cold, what should she do?
  - a. perform the assigned duty for the day.
  - b. go to the school clinic and get some medicines.
  - c. sleep and have enough rest inside the working area.
  - d. inform the supervisor so that she can give her a non-food handling task.
  
5. How can you control the bleeding of a wound?
  - a. pressing it with gauze pad
  - b. washing it under running water
  - c. applying grease, oil, and ointment
  - d. putting some antiseptics and antibiotics
  
6. What will you do if you accidentally spill a glass of water on the floor?
  - a. turn on the electric fan and air-dry.
  - b. leave the place and ignore what happened.
  - c. get a mop or a piece of rag and dry the surface.
  - d. cover the surface with a piece of any absorbent material.
  
7. How can you avoid accidents in the kitchen?
  - a. working alone
  - b. hiring a good cook
  - c. keeping a medicine cabinet
  - d. concentrating on your work.
  
8. Nora was injured while working in the school food laboratory, to whom will she report the incident first?
  - a. assigned teacher
  - b. classmates
  - c. guidance counselor
  - d. school nurse
  
9. Which must NOT be done with aprons?
  - a. use as hand towels
  - b. wash and sanitize them
  - c. change them when soiled
  - d. remove them before leaving the preparation area
  
10. Which of the following does not contribute safe environment in the kitchen?
  - a. well-screened windows and doors
  - b. complete set of first aid kit materials
  - c. expensive flooring materials and accessories
  - d. properly arranged tools, utensils and equipment

## LESSON 1

### FOLLOWING WORKPLACE PROCEDURE FOR HEALTH, SAFETY AND SECURITY PRACTICES

#### WHAT IS THE LESSON ABOUT?

The lesson deals with workplace procedures for health, safety and security practices. It includes identifying breaches of health, safety and security and responding to suspicious behavior or unusual occurrence in line with enterprise procedure.

#### WHAT WILL YOU LEARN?

At the end of the lesson, you should be able to:

- a. follow workplace procedure for health, safety and security in line with legislation, regulations;
- b. identify the breaches of health, safety and security in line with enterprise procedure; and
- c. report suspicious behavior or unusual occurrence in line with enterprise procedure.

#### LET US STUDY

Food safety is the concern of individuals and communities. Each kitchen should strive to ensure the safety of its constituents

**Breaches** – law or obligation  
**Health** – overall condition of our body  
**Safety** – freedom from danger, risk on injury  
**Personal hygiene** – keeping yourself clean  
**Scraps** – discarded waste materials  
**Stock** – store  
**Rubbish** – garbage

## **Other Methods of Ensuring Food Safety**

Food safety is the concern of individuals and communities. Each kitchen, home, restaurant and eating places, should strive to ensure the safety of its constituents.

### **Personal Hygiene Practices**

The food handler in the home kitchen is capable of spreading infections. It is important then for each person handling foods to practice personal hygiene.

1. Clean hands and nails before handling foods.
2. Wear clean clothes. Use laboratory uniforms so as to avoid the infection that can come from street clothes. It should also be noted that laboratory uniforms should not be worn outside the food preparation area to prevent contamination.
3. Use hairnets to avoid hair falling into the food.
4. Avoid handling food when you have a cold or an infectious wound or disease.
5. When handling food, remove rings or bracelets that can be possible sources of contamination in food.
6. Plastic gloves should only be used when hands are already thoroughly cleaned. It should not be treated as a substitute for hand washing.
7. Smoking, eating and drinking should also be prevented while preparing food, as this practice may lead to bacterial contamination.
8. Above all, personal habits should be practiced wherever you are. This means:
  - Bathe daily
  - Never sneeze nor cough near food
  - Never touch your hair or any part of your body while handling food

### **Practices and Conditions for Maintaining Sanitation Standards**

Regardless of the type of food service establishment, there are certain practices and conditions necessary for maintaining sanitation standards. Look around the place where you work, see how many of “The Big 12” you can find. If you can find all 12, the establishment is definitely in the top bracket of sanitation standards.

1. Workers are free of disease. No unprotected boils or sores in the hands and bodies of those engaged in preparing and handling food.
2. Practice of good personal hygiene. Conveniently locate lavatories with plenty of warm water, soap and individual towels.
3. Safe water and ample supply of hot water.
4. Establishment is free of insects and rodents.
5. Premises are clean and free of rubbish. Garbages are kept in covered metal containers.
6. Plumbing installations made such that there is no chance of back siphonage or contamination from overhead sewer lines; flush type toilets connected to an approved sewerage system or toilets of a type approved by health officials.
7. Restrooms are well-lighted and ventilated.
8. Food supplies from approved sources and delivered in an approved manner.
9. Perishable foods are refrigerated.
10. All foods are protected from contamination by handling, coughing, sneezing, sweeping, sewage, insects, and rodents. Poisons are labeled and stored away from foods.
11. Necessary equipment for cleaning up and for cleansing and sanitizing of utensils and equipment are available.
12. Trained workers who are familiar with their duties and who practice sanitary methods.

### **LET US REMEMBER**

Following workplace procedure ensures health protection, safety and security.

## **HOW MUCH HAVE YOU LEARNED?**

On a separate sheet of paper, explain the following.

1. How can you maintain a conducive, safe and secured workplace?
2. To whom should you report a suspicious behavior or unusual occurrence beyond your control?
3. What are the techniques and practices in the workplace to be followed in line with enterprise procedure?

Something to do: Simulated Activity  
Group demonstration

1. Demonstrate safety and security procedure in the workplace.
  - a. safe posture including sitting, standing and bending
  - b. manual handling including lifting and transferring.

### **RESOURCES:**

Hand-outs  
Modules  
Paper pencil or ball pen  
Materials

### **REFERENCES:**

- Cruz, Rosario Claridad, Ph. D., T. H. E. in the 21<sup>st</sup> Century Sanitation Standard, 2003, pp. 106-115
- De Lima-Chavez, Libia et al., Basic Foods for Filipinos Personal Hygiene, 2006, p. 53

## **LESSON 2.**

### **DEALING WITH EMERGENCY SITUATION**

#### **WHAT IS THE LESSON ABOUT?**

The lesson deals with emergency situations, safety measures and alternative steps in line with enterprise guidelines.

#### **WHAT WILL YOU LEARN?**

At the end of the lesson, you should be able to:

- a. recognize potential emergency situation in a workplace;
- b. comply with emergency procedures for safety measures and security; and
- c. report emergency situation

#### **LET US STUDY**

Accident prevention and safety education are standard procedures that must be observed in food service to minimize occupation hazards.

A safe working environment and a safety-conscious group of employees contribute to:

1. low rates of accidents
2. good employee morale
3. efficiency and satisfaction of workers
4. reduction of insurance and other operating cost
5. reduction of losses to employees due to disabling

The best way to learn what hazards are and how to avoid them is to study and carefully understand safety precautions on the proper use of equipment and various operations on the job.

## **Fall Prevention Practices**

The following are some reminders to help prevent falls:

1. If you spill anything, wipe it up
2. If you drop anything, pick it up
3. Keep the floor clean and dry.
4. Mop and mop-dry small areas at a time.
5. Always watch your step.
6. Walk, do not run.
7. Remove or report all aisle obstructions.
8. Report defective equipment immediately.

## **Safe Use of Knives**

1. When using a knife, focus on the job at hand.
2. Cut away from the body.
3. Keep the knife edge away from the body.
4. Always use a cutting board.
5. Keep knives properly stored; do not leave them in the sink.
6. Keep knife edges sharp.
7. Use the proper knife for the job, such as carving, paring, etc.
8. Use knives only for cutting food, not for opening cans or pounding ingredients.

## **Use of Kitchen Machinery**

1. Know the hazards of the machine when using it.
2. Always switch off or unplug before cleaning or adjusting a machine.
3. Machines should be switched off before being plugged in.
4. Do not start mixing machines until the bowl is properly placed and the beater is securely fastened.
5. Always use meat choppers and grinders when grinding meat.
6. Never reach into a vegetable chopper, meat grinder or ice grinder when these machines are switched on.

## **Heat, Electricity, and Gas**

1. Never handle any electric switch with wet towels.
2. Do not stand on a wet floor when turning on electricity.
3. Always report electrical cords and grounded electrical plugs.
4. Never turn on a gas burner without lighting it.

5. When handling the dishwashing machine, learn to distinguish between the steam and hot water valves.
6. Use dry potholders when handling hot utensils.
7. Keep stove top and hood grease free.

### **First Aid Rules**

The following first aid instructions are intended for emergencies involving accidents or illness. These precautions are not to be used as a substitute for medical attention, but only as emergency measures until a physician can get to the scene.

1. Keep seriously injured person lying down.
2. Never try to give liquid to an unconscious person.
3. Control bleeding by pressing on the wound with a gauze pad.
4. Restart breathing with mouth-to-mouth artificial respiration.
5. Immobilize broken bones with splints.
6. Cover burns with thick layers of clothe.
7. Keep heart attack patients quiet.
8. In case of fainting, keep the head lower than the heart.
9. Cover injured eyes with gauze pad.
10. Call a doctor immediately.

**Burns.** Cool the burn with cold water. Do not put grease, ointment or oil on burn because these can make it worse. Do not try to clean a burn or break blisters. Call a physician.

**Electric shock.** Unplug the appliance or turn off the electric power if possible if you touch a person still in contact with electricity.

**Falls.** Stop severe bleeding. Cover wounds with sterile dressing. Keep the person comfortable and warm. If you think a bone is broken, do not move the person unless necessary, as in the event of fire. Call a physician.

**Poisoning.** Call a physician. If the container is available, use the antidote recommended in the label. If none is given, call the emergency station of the hospital, the nearest clinic, or your rural health center.



### **LET US REMEMBER!**

Safety practices should be observed in the working area to prevent accidents.

### **HOW MUCH HAVE YOU LEARNED?**

1. Briefly discuss the safety practices on the use of the following:
  - a. knives
  - b. kitchen machinery
  - c. heat, electricity and gas

### **LET US APPLY WHAT YOU HAVE LEARNED**

Group activity: Role play on the following situations and demonstrate the proper first aid treatment to be given

1. Electric shock
2. Burns
3. Falls

### **RESOURCES:**

- Hand-outs
- Modules
- Books

### **REFERENCES:**

Llagas, Auelina T. et al., Home Technology (Food Service I) 3<sup>rd</sup> year Sanitation and Safety, pp.57-58

## LESSON 3

### MAINTAINING SAFETY PERSONAL PRESENTATION STANDARDS

#### WHAT IS THE LESSON ABOUT?

The lesson deals on how to identify causes and effects of faults and problems and corrective actions of the security practices in the workplace.

#### WHAT WILL YOU LEARN?

At the end of the lesson, you should be able to:

- a. demonstrate desirable working attitudes; and
- b. maintain safe personal presentation standards in a workplace.

#### LET US STUDY

**Saliva** - liquid excreted into the mouth that helps digestion

**Sneeze** - to force the breath out suddenly and violently

**Lean** - to incline in position

**Jaundice** - yellowish discoloration of skin

**Contaminate** - infect by contact

#### Clothing, Grooming and Personal Habits

Clean Clothes and Uniforms:

Bathe daily and wear clean clothes to work. Hair is a breeding ground for lice. Always wear a clean uniform and change daily or more often if necessary. Soiled clothing carries enormous numbers of germs. Underwear should be changed daily. Put your uniform in the locker room if you have to wear your uniform to work. Wear clean and appropriate shoes in the kitchen, preferably leather.

#### Aprons:

Do not use aprons as hand towels. Be sure to wash your hands after touching your apron. Change your apron when soiled and remove them before leaving the food preparation area.

#### Jewelry:

Do not wear jewelry. It can collect dirt or fall off. It can also cause injury if caught on hot or sharp objects or in equipment, such as slicer.

#### Hair Restraints:

Do not touch your hair while handling food. Wear a hair restraint, net, or hat to keep your hair out of food.

#### Smoking, Eating, and Drinking:

Do not smoke, eat, drink, or chew gum while working. When you bring a cigarette to your lips, your hands touch saliva. Saliva carries bacteria. Ashes or cigarette butts may also fall onto food and preparation areas. Smoke, eat, or drink only in assigned break areas on the employee dining area.

### **Sanitary Practices**

1. Do not sneeze or cough near food. Cover your mouth and nose with a clean handkerchief when you sneeze or cough. Then wash your hands well.
2. Never apply make-up or perfume in food preparation areas.
3. Do not lean on equipment or sit on counters.

### **Basic Practices of Good Personal Hygiene**

1. Stay at home if you are suffering from diarrhea, vomiting and jaundice or excessive coughing and sneezing.
2. Inform your supervisor when you are sick or do not feel well.
3. If you are taking medicine, keep it in your locker away from food.
4. If you have a cut or burn, you should do the following:
  - a. inform your supervisor so that he or she can give you a non-food handling task instead.
  - b. clean and bandage the cut, scrape, burn or sore
  - c. wear disposable plastic gloves over bandage on hands and fore-arms

## **Hand Washing and Care**

1. Wash hands thoroughly with warm water and soap
  - a. Before starting to work
  - b. After going to the restroom
  - c. During work after:
    - handling raw food
    - touching your hair, face, or body
    - sneezing, coughing, or nose picking
    - smoking
    - eating or drinking
    - cleaning
    - taking out garbage
    - touching anything that may contaminate hands
  
2. Keep fingernails trimmed and clean.

## **LET US REMEMBER**

Poor personal grooming is one of the causes of cross-contamination that causes illness transferred from a contaminated source to another; therefore, kitchen personnel should be neat and clean at all times. Proper grooming and hygiene should always be observed.

## **HOW MUCH HAVE YOU LEARNED?**

On a separate sheet of paper, explain the following:

1. How would you identify good grooming and personal habits in presenting personal standards of an enterprise?
2. What are the basic practices in personal hygiene?

## **RESOURCES:**

- manual
- brochures
- appropriate clothes and uniform
- posters

## **REFERENCES:**

Managing a Food-Safe Kitchen, The Maya Kitchen Culinary Arts Center,  
2007

Subida, Rory C., Clothing, Grooming and Personal Habits, pp. 26-27

## Post-test

*Direction:* Read each of the following questions carefully and choose the letter of the correct answer. Write it in your test notebook.

1. Which of the following items is not a standard quality of sanitation?
  - a. free of insects and rodents
  - b. well-lighted and ventilated
  - c. young and gorgeous personnel
  - d. sufficient supply of potable cold and hot water
  
2. Which does NOT show a safe practice on the use of knives?
  - a. keep edges sharp.
  - b. cut away from the body.
  - c. always use a cutting board.
  - d. use for pounding ingredients.
  
3. Which of the following shows sanitary practice in the working area?
  - a. combing one's hair
  - b. applying facial make-up
  - c. sitting and leaning on counters
  - d. wearing disposable plastic gloves
  
4. Ana is assigned to prepare the day's menu but she has colds, what should she do?
  - a. Perform the assigned duty for the day.
  - b. Go to the school clinic and get some medicines.
  - c. Sleep and have enough rest inside the working area.
  - d. Inform the supervisor so that he/she can give her a non-food handling task.
  
5. How can you control the bleeding of a wound? By \_\_\_\_\_
  - a. pressing it with gauze pad
  - b. washing it under running water
  - c. applying grease, oil, and ointment
  - d. putting some antiseptics and antibiotics
  
6. What will you do if you accidentally spill a glass of water on the floor?
  - a. turn on the electric fan and air-dry
  - b. leave the place and ignore what happened
  - c. get a mop or a piece of rag and dry the surface
  - d. cover the surface with a piece of any absorbent material

7. Some accidents in the kitchen can be avoided by
  - a. working alone
  - b. hiring a good cook
  - c. keeping a medicine cabinet
  - d. concentrating on your work
  
8. Nora was injured while working in the school food laboratory, to whom will she report the incident first?
  - a. assigned teacher
  - b. classmates
  - c. guidance counselor
  - d. school nurse
  
9. What must NOT be done with aprons?
  - a. Use as hand towels.
  - b. Wash and sanitize them.
  - c. Change them when soiled.
  - d. Remove them before leaving the preparation area.
  
10. Which of the following does not contribute to a safe environment in the kitchen?
  - a. well-screened windows and doors
  - b. complete set of first aid kit materials
  - c. expensive flooring materials and accessories
  - d. properly arranged tools, utensils and equipment

## **Key to Corrections: Pre Test and Post Test**

1. c

2. d

3. d

4. a

5. c

6. c

7. d

8. a

9. a

10. c



Republic of the Philippines  
Department of the Education  
**PUBLIC TECHNICAL-VOCATIONAL  
HIGH SCHOOLS**



# **COMPETENCY-BASED LEARNING MATERIALS SECOND YEAR**



## **Food Trades NC II**

**Unit of Competency: Observe Workplace Hygiene  
Procedure**

**Module No.: 3**

**Module Title: Observing Workplace Hygiene  
Procedures**



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## MODULE 3

QUALIFICATION TITLE	:	<b>FOOD TRADES NC II</b>
UNIT OF COMPETENCY	:	<b>Observe Workplace Hygiene Procedure</b>
MODULE TITLE	:	<b>Observing Workplace Hygiene Procedures</b>
NOMINAL DURATION	:	<b>10 Hours</b>



# FOOD TRADES NC II

## **WHAT IS THE MODULE ABOUT?**

The module covers the knowledge, skills and attitudes required in observing workplace hygiene procedure. It includes following hygiene procedure, identifying and preventing hygiene risk.

## **WHAT WILL YOU LEARN?**

After completing the module, you should be able to:

- a. follow hygiene procedure; and
- b. identify and prevent hygiene risks.

## **WHAT DO YOU ALREADY KNOW?**

Let us determine how much you already know about observing workplace hygiene procedure.

### **Pre-test**

Directions: Read the following items carefully and choose the letter of the correct answer. Write it on your test notebook.

1. Which of the following is a personal cleanliness practice?
  - a. Combing the hair in the working area.
  - b. Washing the hands before and after work.
  - c. Keeping fingernails long and well-polished.
  - d. Wearing apron outside the food preparation area.
2. Which among the statements below shows proper way of keeping the utensils, tools, and equipment clean?
  - a. wiping them with clean aprons.
  - b. touching the rims of glasses and cups.
  - c. drying them using pieces of old newspapers.
  - d. keeping hands off the tines of forks and bowls of spoons.
3. What must be done before cleaning, assembling or adjusting machine?
  - a. turn on the switch.
  - b. turn off the switch.
  - c. wipe its surface with a damp cloth.
  - d. wipe its surface with an oil-damped cloth.

4. What will you do and tell Jackie if you saw her washing the pet-feeding dishes in their kitchen sink?
  - a. ignore what she's doing.
  - b. help her wash the dishes.
  - c. there's no need to wash the dishes.
  - d. wash them outside to prevent contamination of surfaces.
  
5. After hand washing, food handlers must thoroughly dry their hands using a \_\_\_\_\_.
  - a. durable bathroom tissue
  - b. freshly-laundered apron
  - c. soiled table napkin
  - d. clean towel
  
6. Which does NOT belong to the group?
  - a. apron
  - b. hair net
  - c. face towel
  - d. disposable plastic gloves
  
7. Why is it NOT advisable to let food stand at room temperature longer?
  - a. bacteria multiply rapidly, making the food contaminated.
  - b. it tends to lower the nutritive value of foods.
  - c. it reduces food palatability.
  - d. none of the above.
  
8. How should you thaw frozen foods?
  - a. put them under running water.
  - b. put them in a basin with lukewarm water.
  - c. thaw frozen foods in the kitchen sink.
  - d. thaw frozen foods inside the refrigerator.
  
9. Which must be practiced in handling china and glassware?
  - a. deposit glass discards in waste baskets.
  - b. discard chipped or broken wares immediately.
  - c. store them together with metal pots and pans.
  - d. put pins and tacks inside china and glassware.
  
10. Which step will follow after wetting and applying soap during hand washing?
  - a. wash right palm over left then left over right.
  - b. wash palm to palm with fingers inserted.
  - c. wash back fingers to opposing fingers interlocked.
  - d. wash them and rotate the right thumb in the left palm.

# LESSON I

## OBSERVING WORKPLACE HYGIENE PROCEDURES

### WHAT IS THE LESSON ABOUT?

The lesson deals with the knowledge, skills and attitudes required towards proper hygiene and sanitation. It includes hygiene procedure in accordance with the enterprise standards, application of knowledge in hygiene and sanitation while working and the safety precautions in handling tools and equipment and storage of food items.

### WHAT WILL YOU LEARN?

At the end of the lesson, you should be able to:

- a. observe hygienic procedures correctly in accordance with the enterprise standards and legal requirements;
- b. apply knowledge in hygiene and sanitation while working in the kitchen; and
- c. observe proper safety precautions in handling tools and equipment and storage of food items.

### LET US STUDY

**Personal Hygiene** - health practices and habits which enable one to stay physically healthy. This means keeping oneself clean to avoid transfer of harmful bacteria to the food.

#### **Terms:**

1. Safe – out of danger or risk
2. Contamination – to infect with a contagious disease.
3. Hygiene – the science of health, its preservation and the prevention of disease.
4. Rodents –small growing mammals like rats
5. Dispose – to place away / to get rid of/ to give away
6. Storage – space for storing
7. Stuffed – to fill
8. Discard – to reject

**Sanitation** means keeping the food, equipment, utensils and work area clean.

## **PERSONAL CLEANLINESS**

- Always wash hands thoroughly
  - after using the toilet
  - before and after eating
  - before preparing food
  - after holding unsanitary objects
- Take a bath everyday
- Wear clean clothes everyday
- Brush teeth at least three times a day, or after each meal
- Keep fingernails and toenails clean and trimmed
- Keep the ears clean and dry
- Wear slippers or shoes

### **Keeping Oneself Clean**

#### **Hygiene Procedure may include:**

- Safe and hygienic handling of food and beverage
- Regular hand washing
- Correct food storage
- Appropriate and clean clothing
- Avoidance of cross – contamination
- Safe handling and disposal of linen and laundry
- Appropriate handling and disposal of garbage
- Cleaning and sanitizing procedures
- Personal hygiene

#### **The following are personal hygiene practices in the kitchen.**

1. Scrub your hands with soap and warm water before you handle any food, especially when you have just come from the toilet, after touching your hair or other parts of your body and after using your hands to cover your mouth or nose when you cough or sneeze. Be sure to clean under your fingernails where dirt and bacteria tend to accumulate.
2. Use a separate towel or cloth for drying dishes, wiping, counter tops, and wiping hands.
3. Avoid working with food, when you have an open cut, sore, boil or infected wound in you hands. Pus and other liquids secreted by the wound contain millions of harmful bacteria that can cause food poisoning.
4. Keep hands out of food as much as possible, otherwise, wear disposable gloves.
5. Avoid smoking while preparing or handling food as ashes may drop into the food.

6. Wear suitable clothes at work. Do not wear clothes with long sleeves that may drag into the food
7. Always wear clean clothes and aprons.
8. Use clean utensils in preparing, cooking and serving food.
9. Use a clean spoon each time for tasting food.

### ***Rules to follow in maintaining cleanliness in the Kitchen***

1. Keep the kitchen area free of insects, rodents and other pests. They leave harmful bacteria on surfaces they walk on.
2. Keep pets out of the kitchen. Avoid putting pet feeding dishes or beddings in the kitchen near any food work area. Do not wash the pet feeding dishes along with the other dishes.
3. Dispose waste materials or garbage properly. Always have a garbage container within reach in the work area.
4. Wipe spills and spots immediately. They attract bacteria.
5. Keep dirty pots, pans, and dishes away from the area where food is prepared.

### **TIPS IN MAINTAINING SANITATION IN THE KITCHEN**

#### Keeping oneself clean

1. Keep fingernails short and clean.
2. Wear a clean, apron and change whenever it gets dirty.
3. Wash hands thoroughly with soap and water before working, after wiping or sweeping spilled food, after each visit to the comfort room and after sneezing.
4. Avoid wearing jewelry when working.
5. Wear a hairnet or a cap to keep the hair in place.

#### Keeping food at proper temperature.

Bacteria multiply rapidly at room temperature ranging from 7.22 to 60 °C. They grow faster between 15.5 to 48.8°C. This includes normal room temperature. For this reason, food must not be placed on a counter or table at longer time.

Follow these guidelines for keeping food at proper temperature:

1. Use the proper storage method for purchased food.
2. Keep hot food above 60°C until served.
3. Keep cold food below 4.4°C until served.
4. After serving, refrigerate food immediately. Do not allow food to stand at room temperature. Keep food covered to prevent contamination with bacteria.

5. Do not keep stuffed uncooked meat, poultry, or fish in the refrigerator.
6. Custard, cream, meringue, pies, and cakes with rich fillings should be refrigerated as soon as they cool. Do not allow them to stand below 44.4°C once they have cooled. Thaw food in the refrigerator.

### Keeping the Equipment Clean

1. Wash pots, pans and other utensils immediately after use.
2. Whenever possible, air dry kitchen equipment, tools and utensils or wipe them dry with a clean absorbent cloth before storing them in the cabinet or drawer.
3. Keep storage areas for equipment, tools and utensils clean and dry.

Humidity promotes mold growth and breeding ground of insects which can infect stored items.

### Machine Handling and Safety

1. Never attempt to use a machine if you have not been trained to use. Ask your supervisor/ teacher for proper operations of all power driven equipment.
2. Turn off switch before cleaning, assembling or adjusting machines.
3. Do not operate meat slicer and meat saw without guard in place. If guard is missing, inform your supervisor/ teacher immediately.
4. Don't start mixing until the bowl or kettle of a machine or buffalo slicer is locked in place.
5. Report any defect or missing parts of any kitchen machine to your supervisor/ teacher.
6. All gas operated kitchen equipment should be switched off after using the main gate – valve should be shut – off before closing the kitchen.

### Knife Handling

The primary cause of any kitchen accident is the incorrect handling of knives. Thus, be reminded of the following:

1. Don't day dream or house play when using a knife.
2. Always use a cutting board or chopping board.
3. When peeling or cutting a vegetable, cut away from your body, never towards yourself.



4. When sharpening your knives, sharpen away from your body and other people.
5. A sharpened knife will reduce the possibility of slippage when slicing.
6. Store your knives properly with sharp edge down when not in use.
7. Always pick up knives by their handle. If the knife falls, get out of way, never try to catch it.

### China and Glassware Handling

1. Handle china and glassware with care.
2. Discard chipped or broken ware immediately in a special container to prevent injuries.
3. Do not mix china and glassware with metal pots and pans.
4. Do not store pins or tacks in china or glassware.
5. If you noticed or suspected the presence of broken glass in soapy water, drain water first, then remove broken pieces.
6. Use pan and brush or broom to sweep up broken glass.
7. Use a damp paper towel to pick up glass.
8. Do not deposit glass discards in waste baskets and garbage cans.

### Personal Protective Clothing (Cooking Outfit) Used in the Kitchen

1. Hair Covering/hairnets – prevent hair from falling into food product.
2. Facial Masks – serve as barriers to airborne contamination during sneezing, coughing and talking.
3. Aprons – reduce risk of contamination and help maintain cleanliness.
4. Gloves – reduce risk of contamination.
5. Footwear – helps avoid slippage and reduce risk of contamination

### **LET US REMEMBER**

To maintain the highest possible standard of cleanliness and sanitation in the workplace, remember to be healthy and safe from diseases. We must be clean and sanitary most especially in preparing and cooking our food.

## HOW MUCH HAVE YOU LEARNED?

On a sheet of paper, answer the following:

1. What are the hygiene procedures to be followed in the workplace?
2. Why is hygiene and sanitation strictly implemented in the workplace?
3. What are the safety handling tools and equipment for storage of food items?

## APPLY WHAT YOU HAVE LEARNED

### *SOMETHING TO DO*

Observe people in a food establishment. How do they work? Do they practice cleanliness and sanitation in their work? Why did you say so? Do you also practice cleanliness and sanitation in your daily task? How would you like to rate yourself on this aspect?

The following are statements about sanitation and cleanliness to be practiced when working in the kitchen.

Copy the table in your notebook and check the column that expresses your feelings about each statement.

<b>Statements</b>	<b>Strongly Agree</b>	<b>Agree</b>	<b>Uncertain</b>	<b>Disagree</b>	<b>Strongly Disagree</b>
1. Food handlers must keep their fingernails short and clean.					
2. A hand towel must be used for wiping tools and drying utensils.					
3. The kitchen staff must wear aprons at work.					
<b>Statements</b>	<b>Strongly Agree</b>	<b>Agree</b>	<b>Uncertain</b>	<b>Disagree</b>	<b>Strongly Disagree</b>
4. A headband is worn to keep the hair in place.					
5. When a worker in the kitchen has colds, he or she is required to take medicine before handling any food.					

6. Utensils are cleaned after used.					
7. Spoons and forks are handled anyway you want.					
8. The work area should be kept free from flies.					
9. Used pot and pans must be cleaned altogether at the same time to save water.					
10. Spilled flour on the worktable must be scooped back and used to economize.					

2. Get your total score and divide it by 10 to get your average score.
3. If your average score is:
  - 4- 5     you have a positive attitude towards sanitation  
          in the kitchen
  - 3 –       you are uncertain about your attitude  
          towards sanitation
  - 1- 2 you have a negative attitude toward sanitation.

## **RESOURCES**

Handouts, Evaluation Score Sheet, Handbook

## **REFERENCES**

Avelina T. Llagas et al., Technology and Home Economics III – Culinary Arts I, Sanitation in the Kitchen, Copyrighted Notice, Section 9  
Presidential Decree No. 49, pp. 5-8

Avelina T. Llagas et al., Food Management and Service I, Experimental Edition 1994, Sanitation and Safety,  
pp. 64 – 71

Senator Teresa Aquino – Oreta, Health guide for School Children and Family, Best Practices in Health,  
pp. 1- 3

Internet - Training Package (Hospitality and Tourism)  
Follow Workplace Hygiene Procedures

## LESSON 2

### IDENTIFYING AND PREVENTING HYGIENE RISK

#### WHAT IS THE LESSON ABOUT?

The lesson deals with the identification and prevention of hygiene risk ensure food is safety by using correct methods to prevent transmission of many types of disease – causing organisms from one person to another.

#### WHAT WILL YOU LEARN?

At the end of the lesson, you should be able to:

- a. identify the potential risk in the workplace;
- b. take action to minimize or remove the risk within the scope of individual responsibility; and
- c. report hygiene risk beyond the control of individual staff members immediately to the appropriate person

#### LET US STUDY

##### ***Definition of Terms***

1. airborne – carried by air
2. contamination – to stain or to infect
3. vermin – insects like lice
4. minimize – to reduce the risk

#### LET US REMEMBER

Observance of proper hygiene and sanitation in the workplace and among personnel is important in the production and preparation of wholesome food.

### **Potential hygiene risks may include:**

- Bacteria and other contamination arising from poor handling of food
- Inappropriate storage of food, including:
  - storage at incorrect temperatures
  - foods left uncovered
- Poor personal hygiene practices
- Poor work practices, relating to:
  - cleaning
  - housekeeping
  - food handling
- Vermin
- Airborne dust
- Cross-contamination through inappropriate cleaning practices
- Inappropriate handling of potentially infectious linen
- Contaminated wastes such as blood and body secretions
- Disposal of garbage and contaminated or potentially contaminated wastes.

### **Learning Experience for the Hygiene and Sanitation must address:**

#### Personal Hygiene risks

- Poor personal grooming
- Poor personal and oral Hygiene
- Uncovered open cuts and wounds
- Not washing hands after eating, smoking, handling garbage or using bathroom and visiting comfort room.

#### Environmental Hygiene risks

- Unsafe garbage storage and disposal
- Inappropriate and irregular cleaning practices
- Poor handling and storage of foods
- Inappropriate handling of potentially infectious linen
- Poor work practices

#### Food Poisoning

- Definition
- Causes including
  - Toxin formation when bacterial growth is at high rate
  - Accidentally eating contaminated and toxic foods
  - Incorrect storage and food handling procedures

- Types
  - Staphylococcus Aureus
  - Clostridium Perfringens
  - Salmonella
  - Listeria
  - Clostridium Botulinum
  - Camphylobacteria
  
- Symptoms
  - Nausea
  - Vomiting
  - Stomach cramps
  - Diarrhea
  - Gastro-enteritis
  - Dehydration

A. Report hygiene risks beyond the control of individual staff members immediately to the appropriate person for follow-up.

Vermin control include pest control procedure for dealing with:

- Rats and mice
- Flies
- Cockroaches

Linen control include:

- Handling of potentially infectious linen
- Laundering of items

B. Take action to minimize or remove the risk within the scope of individual responsibility and in accordance with enterprise and legal requirements.

Minimizing or removing risks may include:

- Auditing staff's skills and providing training
- Ensuring policies and following procedures strictly
- Auditing incidents and taking follow-up actions

Personal Hygiene standards and procedures include:

- Following good personal hygiene rules
- Using of disposable gloves when handling foods
- Washing hands before and after using the bathroom, starting work and touching food or equipment
- Using brightly colored bandages for open wounds and sores

Food handling practices and schedules include:

- storage
- preparation
- disposal

Correct storage of the following food items :

- meat, poultry, and seafood
- dry goods
- fruits & vegetables
- dairy foods

Role of Food handlers:

- cleaning schedules
- maintenance of kitchen utensils, equipments, and food service items
- storage of kitchen utensils, equipment and food service items

Cleaning practices including regular cleaning of the following areas:

- accommodation
- food preparation
- storage
- laundry
- public

## **ARE YOU A FOOD HANDLER?**

A food handler is anyone who works in a food business and who handles food and surfaces that are likely to be in contact with foods such as cutlery, plates and bowls. He/She may do many different things for a food business which include cooking, preparing, serving, packing, displaying and storing food. Food handlers can also be involved in manufacturing, producing, collecting, extracting, processing, transporting, delivering, thawing and preserving food.

## **WHAT ABOUT PERSONAL HYGIENE?**

Food handlers' personal hygiene practices and cleanliness can minimize the risk of food contamination. The most important things they need to know are the following:

- Do whatever is reasonable to prevent their bodies and anything they wear to come in contact with the food surfaces.
- Wear clean, appropriate and suitable outer clothing for the job.
- Make sure bandages or dressings on any exposed parts of the body are covered with a waterproof covering



- Avoid sneezing and coughing over unprotected food and surfaces.
- Do not spit, smoke or use tobacco and similar preparations where food is handled.
- Do not urinate or defecate except in toilet.

## **HANDWASHING**

To avoid contamination, food handlers are expected to wash their hands :

- before and after working and handling ready-to-eat and raw foods.
- after using the toilet, smoking, coughing and sneezing.
- after touching their hair, scalp and body openings.

### **Proper Techniques in Hand washing**



**1. Wet hands and wrist . Apply soap**



**2. Right palm over left, left over right**



**3. Palm to palm, fingers inserted**



**4. Back fingers to opposing fingers interlocked**



**5. Rotational rubbing of right thumb in left palm and vice versa**



**6. Rotational rubbing backwards with tops of fingers and thumb of right hand in left and vice versa**



## **HOW SHOULD FOOD HANDLERS WASH THEIR HANDS?**

1. Use the hand washing facilities provided by the business.
2. Clean hands thoroughly using soap or other effective means.
3. Rinse with warm running water.
4. Dry hands thoroughly with a clean towel.

## **HOW MUCH HAVE YOU LEARNED?**

On a separate sheet of paper, answer each of the following questions:

1. What are the potential and personal hygiene risks?
2. How would you minimize or eliminate hygiene risks?
3. What are the steps in hand washing?
4. What are the personal hygiene practices to be followed by food handlers?
5. To whom should we report hygiene risks?

## **LET US APPLY WHAT YOU HAVE LEARNED!**

Prepare the laboratory activity in hand washing procedures to minimize risk in preparing food.

## **RESOURCES**

The following materials are needed:

- Modules hand-outs, and references
- Soap
- Basin
- Water

## **REFERENCES**

Handouts from Internet –

- Hospitality Curriculum Framework (November 2002),
- Follow Workplace Procedure from the Internet
- Food Industry Fact Sheet (Internet)
- Personal Hygiene for Food Handlers

## Post-test

Direction: Read the following items carefully and choose the letter of the correct answer. Write it on your test notebook.

1. Which of the following is a personal cleanliness practice?
  - a. Combing the hair in the working area.
  - b. Washing the hands before and after work.
  - c. Keeping fingernails long and well-polished.
  - d. Wearing apron outside the food preparation area.
  
2. Which among the statements below shows proper way of keeping the utensils, tools, and equipment clean?
  - a. Wiping them with clean aprons.
  - b. Touching the rims of glasses and cups.
  - c. Drying them using pieces of old newspapers.
  - d. Keeping hands off the tines of forks and bowls of spoons.
  
3. What must be done before cleaning, assembling or adjusting machine?
  - a. Turn on the switch.
  - b. Turn off the switch.
  - c. Wipe its surface with a damp cloth.
  - d. Wipe its surface with an oil-dampened cloth.
  
4. What will you do and tell Jackie if you saw her washing the pet feeding dishes in their kitchen sink?
  - a. Ignore what she's doing.
  - b. Help her wash the dishes.
  - c. There's no need to wash the dishes.
  - d. Wash them outside to prevent contamination of surfaces.
  
5. After hand washing food handlers must thoroughly dry their hands using a \_\_\_\_\_.
  - a. durable bathroom tissue
  - b. freshly-laundered apron
  - c. soiled table napkin
  - d. clean towel
  
6. Which does NOT belong to the group?
  - a. apron
  - b. hair net
  - c. face towel
  - d. disposable plastic gloves

7. Why is it NOT advisable to let food stand at room temperature longer?
  - a. bacteria multiply rapidly, making the food contaminated
  - b. it tends to lower the nutritive value of foods
  - c. it reduces food palatability
  - d. none of the above
  
8. How should you thaw frozen foods?
  - a. put them under running water
  - b. put them in a basin with lukewarm water
  - c. thaw frozen foods in the kitchen sink
  - d. thaw frozen foods inside the refrigerator
  
9. Which must be practiced in handling china and glassware?
  - a. deposit glass discards in waste baskets
  - b. discard chipped or broken wares immediately
  - c. store them together with metal pots and pans
  - d. put pins and tacks inside china and glassware
  
10. Which step will follow after wetting and applying soap during hand washing?
  - a. wash right palm over left then left over right
  - b. wash palm to palm with fingers inserted
  - c. wash back fingers to opposing fingers interlocked
  - d. wash them and rotate the right thumb in the left palm

## Key to Corrections – Pre Test and Post Test

1. b
2. d
3. b
4. d
5. d
6. d
7. a
8. d
9. a
10. a



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**PUBLIC TECHNICAL-VOCATIONAL  
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# **COMPETENCY-BASED LEARNING MATERIALS SECOND YEAR**



## **Food Trades NC II**

**Unit of Competency: Plate, Present and Serve Food**

**Module No.: 4**

**Module Title: Plating, Presenting and Serving Food**

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## MODULE 4

QUALIFICATION TITLE : **FOOD TRADES NC II**  
UNIT OF COMPETENCY : **Plate, Present and  
Serve Food**  
MODULE TITLE : **Plating, Presenting  
and Serving Food**  
NOMINAL DURATION : **35 Hours**



# FOOD TRADES NC II



## **WHAT IS THE MODULE ABOUT?**

The module covers the skills, knowledge, and attitudes required to efficiently and professionally present, plate, and serve food in commercial kitchen or catering operation.

## **WHAT WILL YOU LEARN?**

After completing the module, you should be able to:

1. prepare food for service;
2. portion and plate food; and
3. work in a team.

## **WHAT DO YOU ALREADY KNOW?**

Let's find out how much you already know about preparing food for service, portioning and plating food and working in a team. Read the following questions carefully and choose the correct answer. Write the letter on your test booklet.

### **Pre-test**

Directions: Read and understand the questions below. Choose the letter of the correct answer and write it in your notebook.

1. Which of the following is an example of light breakfast?
  - a. slice of Avocado, Fried Tinapa, Rice, Coffee with Cream
  - b. fried Egg (Sunny Side-up), 3 pcs. Pandesal, Hot Milk
  - c. apple, Longganisa, Fried Bangus, Rice, Chocolate
  - d. slice of Mango, Tocino, Fried Danggit, Rice, Coffee
2. In garnishing food, balance is achieved by
  - a. using simple and low-cost food items
  - b. putting the foods in an elegant-looking platter
  - c. combining foods with temperatures and flavors
  - d. varying and arranging sizes, shapes, colors, textures carefully
3. Which of the following is NOT a grand sauce?
  - a. bechamel
  - b. demi-glace
  - c. savory
  - d. tomato Sauce
4. All of the following are importance of sauces, EXCEPT
  - a. add moisture and succulence to dry-cooked foods
  - b. enhance the appearance and texture
  - c. bring out flavor in food
  - d. minimize food cost

5. Riza prepared the following foods for her breakfast; Banana, Beef Tapa, Scrambled Egg, Rice and Hot Chocolate. What type of breakfast did she prepare?
  - a. light
  - b. moderate
  - c. heavy
  - d. regular
  
6. Why is portioning plate important?
  - a. to develop healthy eating habits
  - b. to achieve the desired body weight
  - c. to become aware of proper portion sizes
  - d. to save time and energy in food preparation
  
7. Which is the first step in dishwashing?
  - a. wash the chinaware.
  - b. soap the glassware
  - c. scrape large scraps using a rubber scraper
  - d. soak and rinse pots, pans and other utensils
  
8. What must be remembered and observed before presenting foods?
  - a. garnish the food neatly and attractively.
  - b. pour extra sauce and spices over foods.
  - c. use similar size of plates and platters.
  - d. put foods outside of the rim of plates.
  
9. A correctly portioned plate is composed of
  - a.  $\frac{1}{2}$  portion - fruits and vegetables;  $\frac{1}{4}$  portion- whole grain; and  $\frac{1}{4}$  portion-lean protein
  - b.  $\frac{1}{2}$  portion – whole grain;  $\frac{1}{4}$  portion- fruits and vegetables; and  $\frac{1}{4}$  portion-lean protein
  - c.  $\frac{1}{3}$  portion - fruits and vegetables;  $\frac{1}{3}$  portion- whole grain; and  $\frac{1}{3}$  portion-lean protein
  - d.  $\frac{1}{3}$  portion - fruits and vegetables;  $\frac{1}{4}$  portion- whole grain; and  $\frac{1}{2}$  portion-lean protein
  
10. Which does NOT belong to the group?
  - a. special Cold Sauce
  - b. tomato Sauce
  - c. butter Sauce
  - d. oil Sauce

## **Lesson 1**

### **PREPARING FOOD FOR SERVICE**

#### **WHAT IS THE LESSON ABOUT?**

The lesson deals with the proper identification of foods for menu items, the sauce and garnishes that are arranged based on the requirements for specific dishes.

#### **WHAT WILL YOU LEARN?**

At the end of the lesson you should be able to:

1. characterize basic menu food products; and
2. garnish foods for menu items and use appropriate sauces.

#### **LET US STUDY**

Before you start with the lesson familiarize yourself with the meaning of the following words.

1. ambience – the special atmosphere of a particular environment
2. savvy – well- informed and perceptive, practical understanding.
3. lump – an irregular shaped, mass on piece
4. vibrant – full of energy
5. velvety - the soft furry covering on the developing anther of desert.
6. tedious – boring
7. sate – to satisfy an appetite fully
8. gaudy – showy in a tasteless or vulgar way.
9. splash – to scatter fluid upon.

**Menu** – is list of specific foods on dishes that fit the meal pattern selected.

The term organizing and preparing also refer to as “***mise en place***”. It also includes basic preparation procedures prior to serving food, which may involve cooking components of dish but does not include the actual presentation.

#### **Four major challenges for restaurant operations.**

1. Providing better food presentation
2. Offering healthier food options
3. Satisfying the customers’ needs
4. Creating extraordinary flavors

### **Characteristics of food used for menu items.**

1. Market forms
  - freshness
  - frozen
  - preserved
  - pre-prepared
  - standard cuts
  - a variety of food and food types
    - Dairy products Ex: milk, cheese and alternatives
    - Dry foods such as flour, sugar, pastas, rice
    - Standard fruits and vegetables
    - General food items, such as sauces, condiments, flavorings, garnishes, coatings and batters
2. Texture - basic structure and compositions
3. Flavor and Aroma – distinctive taste of food
4. Color –

### **TYPES OF MENU**

1. Light menu
2. Moderate menu
3. Heavy menu

### **TYPES OF BREAKFAST**

1. Light Breakfast
  - Soft Boiled Egg
  - 2 Slices of Toasted Bread
  - Milk
2. Moderate Breakfast
  - A Slice of Ripe Mango
  - Dried Fish (Tuyo, Danggit, and Dilis) with Tomatoes
  - Rice
  - Coffee with Milk
3. Heavy Breakfast
  - Papaya with Calamansi
  - Longganisa or Tocino
  - Scrambled Egg
  - Rice
  - Chocolate

The appearance of food in a plate gives us the first impression of its taste and quality. In food service, it is important that food should taste wonderful and be presented to stimulate the appetite.

**Garnishing** – a way of decorating food using additional food items.

## **RULES TO FOLLOW IN GARNISHING FOOD**

1. Balance is achieved through careful arrangement of colors, shapes, texture, flavors, and portion size. Use garnishes that give variety and contrast to the food
2. Avoid using very strong flavors on food.
3. Use plain dinnerware for colorful foods.
4. Observe proportion. Use bigger plates for bulky foods.
5. Always display the best side of the food forward and less attractive part face away from the guest.
6. Observe temperature. Always serve hot foods hot and cold foods cold.
7. Only edible ingredients should be presented.
8. Always use fresh foods like fruits and vegetables in garnishing foods.

## **PRACTICAL TIPS IN MEALS PREPARATION**

1. Strain lumpy sauces for a velvety texture
2. Refresh green vegetables in ice water
3. Cut vegetables in different shapes and sizes for contrast.
4. Accentuate the foods with appropriate garnishes
4. Always observe cleanliness and proper sanitation

**SAUCE** – a flavored liquid blend of ingredients that adds and enhances the flavor and appearance of foods.

### **USES OF SAUCE**

1. Enhances the taste of the food to be served.
2. Adds moisture or succulence to foods that are cooked dry.
3. Enhances the appearance of a dish by adding luster and sheen.
4. Brings out the flavor of the food.
5. Deepens and enriches the over all taste and texture of foods.

## **GRAND SAUCE (French Sauce)**

1. Demi-glaze – term used to describe a mixture of half brown stock and half brown sauce reduced by half.
2. Veloute – made by thickening a veal sauce; chicken stock or fish with a white or golden roux; also known as a bland sauce
3. Béchamel –made by thickening milk with a white *roux* and adding seasonings; also known as a cream sauce and a white sauce.
4. Tomato Sauce – sauce made by sautéing *mirepoix* and tomatoes; white stock is added a then thickened with a *roux*
5. Hollandaise – made from an emulsification of butter, egg yolks and flavorings (esp. lemon juice); also known as Dutch sauce

## **MAIN GROUP OF SAUCE**

1. Savory – includes white, brown, egg –based cold sauces and salad dressing and dessert sauce.
2. Basic savory sauce – created by French chef, while dessert sauces originated in England and America

## **OTHER TYPES OF SAUCE**

1. Brown Sauces
  - **Sauce *bigarade*** – a French compound sauce made with beef stock, duck drippings, orange and lemon juice, blanched orange peel, and sometimes curacaos. It is traditionally made with bitter oranges but now made with sweet oranges, and is usually served with roast ducks. This is also known as orange sauce.
  - **Sauce *a la cavaliere*** – made from a demi-glaze flavored with tomatoes, seasoned with mustard and tarragon vinegar, and garnished with capers and diced sour gherkins.
  - **Sauce *diable*** – compound sauce made from a demi-glaze flavored with shallots, white wine, vinegar, herbs, dry mustard, black pepper and cayenne garnished with parsley.
2. Tomatoe Sauce
  - **Sauce *Portugaise*** – compound sauce made from a demi-glaze flavored with tomato puree, onion and garlic.
  - **Sauce *Provincale***- compound sauce made from a demi-glaze flavored with tomato puree, onion and garlic, olive oil, olives, anchovies, and eggplant.

### 3. White Sauce

- Béchamel – (refer to the definition above)
  - Sauce *Cream* -
  - Sauce *Aurora* - made from veloute with tomato puree
  - Sauce *Allemande* - made from veloute thickened with egg yolks and heavy cream and flavored with lemon juice; also known as a German sauce
  - Sauce *Curie* – one type of sauce
  - Sauce *Poulette* – made from an allemande flavored with mushroom essence and lemon juice and garnished with parsley
- **Sauce Supreme** – made by adding cream to veloute made from chicken stock; it is used to make several compound sauces of the veloute family
- Sauce Vin Blanc –

### 4. Butter Sauce

- **Batarde** – a French white roux made with water and bound with egg yolks and flavored with butter and lemon juice.
- **Beurre blanc** – French term for white butter and used to describe an emulsified butter sauce made from shallots, white wine and butter.

### 5. Oil Sauce

### 6. Special cold sauce

### 7. Compound or hard butter sauces.

## LET US REMEMBER

Garnishing and sauces make food tasteful and attractive. They are important parts of food presentation because people know that food is not only for the nourishment of their body but also for enjoyment and satisfaction of the appetite.

## HOW MUCH HAVE YOU LEARNED?

**Direction:** On a separate answer sheet, discuss the questions below.

1. Why are texture, color and shape important in preparing food for service?
2. What are the common problems encountered in garnishing food?
3. What are the challenges for restaurant operators?  
How can they meet and respond to these challenges?

## **LET US APPLY WHAT YOU HAVE LEARNED?**

A. Choose one only

1. Construct a collage of food products for menu items.
2. Make a tree diagram on types and characteristics of menu with sauce and garnishes.

## **Resources**

- Recipe Books
- Newspaper and magazine
- Notes, writing pads
- Brochures

## **References**

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[www.us](http://www.usfoodservices.com) foodservices.com



## **LESSON 2**

### **PORTION AND PLATE FOOD**

#### **WHAT IS THE LESSON ABOUT?**

The lesson deals with the proper ways of portioning, plating and serving of foods. According to standard recipes, the food plates are presented and served neatly and attractively without drips or spills.

#### **WHAT WILL YOU LEARN?**

At the end of the lesson, you should be able to:

1. portion and plate food correctly; and
2. present and serve foods neatly and attractively.

#### **LET US STUDY**

1. crook – a curve or bent
2. spill – to course or allow to run, flow
3. drips- liquid that falls in drops
4. detract – to take away
5. portion – a part allotted to a person or group
6. complement – something that fills up or complete
7. flavoring – a substance as an extract spice
8. flavor – distinctive taste
9. Portion-plate – an interactive tool for teaching consumers appropriate food portioning

#### **Correct portioning of foods based on standard:**

- a.  $\frac{1}{2}$  of your plate should be fruit and vegetables
- b.  $\frac{1}{4}$  of your plate whole grains
- c.  $\frac{1}{4}$  of your plate lean protein

#### **Healthy Tips for the Portion Plate**

Filling your plate with the correct portion sizes is impressive during weight lose or weight management programs.

### **Healthy eating tips to consider in portioning plate**

1. Eat 5-9 daily servings of fruits and vegetables
2. Use whole grains instead of refined (white) bread, rice, cereals and pasta.
3. Cut back on sweetened drinks and soda. A 12 oz can of soda contains 10 tsp. of sugar or high fructose corn syrup.
4. Limit fats to less than 20% of daily intake. Avoid saturated or transfat and replace with plant-based oil like olive, canola and peanut.
5. Use low fat dairy products.
6. Walk and exercise everyday.
7. If you get a supersized meal, share it with a friend or take half home.
8. Avoid buffets.
9. Ask for heart-healthy menu items or for baked, broiled and steamed foods.
10. Skip the bread, rolls and tortilla chips.
11. Ask for salad dressing on the side. Use it sparingly if high in fat.
12. Put your fork down between bites. It takes 20 minutes for your stomach to signal your brain that it's full.

### **Importance of Portioning Plate**

1. Aids in consumers decision making. It is a strategy that someone can start using right away with their next meal.
2. Visual cues help re-train the mind and help increase awareness of proper portion sizes.
3. The divisions of the plate help us to understand the proper proportion and components of a healthy diet. (1/4 lean protein, 1/4 whole grains, 1/2 fruits and vegetables.)
4. The colors, forms, and plate designs offer opportunities to incorporate teaching principles of the new food guide pyramid.
5. Luncheon-sized plate helps people serve themselves smaller portions and control unintentional over-eating.
6. Helps children develop better and healthy eating habits.

### **Ingredients for harmonious presentation**

1. Use flavors in the food and colors on the plate.
2. Use variety of ingredients for a more interesting appearance.

## **Ways of presenting foods neatly and attractively**

1. Be sure that the dishes are neat and clean before serving.
2. Plate rims should be cleared of any extra sauce and spice.
3. Food should be put within the plate's rim.
4. Mix up shapes on the plates.
5. Choose many different-sized plates.
6. China and serving dishes need to complement the food.

## **Suggestions to obtain balance and contrast in arranging food**

1. Texture
  - Foods can be grainy, shiny smooth, velvety, coarse, rough or smooth.
  - Combine hard and soft texture, smooth and rough. (similar texture are boring)
2. Shape
  - Combine foods with different shapes.
3. Ready to arrange
  - When plating up, don't leave too much space between items, but don't over crowd. Don't leave everything huddled in the center; don't go over the rim either.
4. Focus
  - Select the point of focus. It doesn't have to be in the center of the plate.
5. Flow
  - How should the eye travel? Think about scanning a beautiful sunset. That's how customers should look at a plate.
  - Be sure that the items are arranged in a way that allows the eye to travel in a pleasant, appetizing manner.
6. Decorating plates
  - Here are some options for decorating rims and plates.
    - a. Herbs, nuts and spices can be finely chopped and ground.
      - Apply a very light coating of oil on the rim and sprinkle with herbs, nuts and spices.
      - Tip off excess before adding food.
    - b. Use the same sauce served on the rest of the plate.
    - c. For dessert plates, you can create a paper template and sprinkle with cocoa or powdered sugar.

## **LET US REMEMBER**

Portion plating is a tool for teaching every customer/individual to manage their food for better healthy outcomes and minimizing the waste of prepared food products.

## **HOW MUCH HAVE YOU LEARNED?**

Direction: Answer the questions correctly. Use ½ sheet of pad paper for your answer.

1. Why is portion plating important?
2. How can you obtain contrast in arranging foods?
3. How should you present and serve food?

## **LET US APPLY WHAT YOU HAVE LEARNED**

Create an advertisement about the proper ways of presenting foods (Group work Activity)

## **RESOURCES**

- Internet
- Brochures
- Picture
- News Papers and Magazines
- Notes/ Writing pads

## **REFERENCES:**

Lewis, Dora, Peckham, Gladys Cetik, Hovey, Helen stone, Family Meals and Hospitability pp. 19-144

Cruz, Rosario Caridad, THE in the 4<sup>th</sup> Century II pp 108-109

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## **LESSON 3**

### **WORK IN A TEAM**

#### **WHAT IS THE LESSON ABOUT?**

The lesson deals with the ways and importance of developing good working relationship among staff. It also discusses ways of minimizing delays and maximizing food quality and high standard of personal and work related hygiene practices.

#### **WHAT WILL YOU LEARN?**

At the end of the lesson, you should be able to:

1. practice and show good working relations with the kitchen personnel and food service staff; and
2. determine waste minimization techniques and environmental considerations in specific relation to food presentation.

#### **LET US STUDY**

1. Oil – any of numerous minerals, vegetable and synthetic substance and animal and vegetable fats.
2. Rodent – any of an order of relatively small mammals with sharp front teeth for gnawing. Ex.: mice and rats

#### **Operating as a team**

When setting up a team, consider the following:

1. *Time*
  - A team needs enough time for to meet, discuss and resolve issues.
2. *Procedure*
  - A team should make a set of rules which guide how a team works.
3. *Location*
  - A team should be able to meet in a place that provides the opportunity to work without distraction or interruptions.
4. *Comfort*
  - The comfort of individuals should be considered when finding a place or location where to meet.
5. *Temperature*
  - Personal space and appropriate seat should be considered.

**Team in the workplace should do the following:**

- a. share ideas
- b. develop options
- c. solve problems
- d. make decision
- e. coordinate work tasks
- f. encourage team spirit
- g. communicate information

**Personal Hygiene Practices**

1. Wear clean clothes.
2. Use hairnets to avoid falling hair.
3. Clean hands and nails before handling foods.
4. Remove rings and bracelet when handling foods
5. Avoid smoking, eating and drinking while preparing food.
6. Avoid handling food when you have colds or an infectious wound or disease.
7. Plastic gloves should only be used when hands are already thoroughly cleaned.
8. Personal health habits should be practiced all the time.

**Proper Food Handling Practices**

1. Select food properly.
2. Wash fresh fruits and vegetables first when these are to be eaten raw.
3. Wash hands with soap and water before handling food.
4. As much as possible, do not store foods with the temperature danger zone ( between 40°F and 140°F or 4°C and 60°C)
5. Canned goods may contain contaminated foods. Do not accept if can exhibits the following characteristics:
  - swelled top or bottom
  - leakage
  - flowed seals
  - rusts
  - dents
6. Products that have been thawed and refrozen must also be rejected.
7. Always follow the FIFO rules, “First in, First out”.
8. Pesticides and chemicals should be labeled and stored properly
9. Work in a clean place.
10. Use only clean utensils and equipment.
11. Use tasting spoon for sampling food.
12. Refrigerate perishable foods to prevent spoilage or decomposition.
13. Freeze foods to retard microbial growth and enzymes’ action for a longer period.
14. Keep refrigerator and freezer scrupulously clean.
15. Serve and store food in clean container.

### **Proper Dishwashing Techniques**

1. Remove large scraps with a rubber scraper.
2. Rinse or soak parts and other utensils as used.
3. Stock the dishes in the proper order namely: silverware, chinaware, utensils.
4. Wash the glassware first. Soap each piece individually and rinse in hot water
5. Wash the silverware, chinaware and utensils last.

### **Good Housekeeping Practices**

1. Have a clean kitchen.
2. Eliminate the possible breeding places of flies.
3. Exterminate rodents.
4. Prevent and control insect infestations.
5. Store garbage in can with a tight fitting lid until it is collected.

### **Equipment Sanitation Procedures**

1. Remove all burned sediments and wipe grease from top of range after each use.
2. Scrape grease from cracks, opening and hinges.
3. When cool, wash top of range.
4. Rub oiled cloth over top of range.
5. Clean over by removing grates, scraping off food deposits, washing and drying.
6. Keep burners clean. Before replacing gas burners they should be soaked and scrubbed with a stiff brush. Electric burners should be cleaned with a brush or with a damp cloth.
7. Before replacing burners, rub with oiled-damp cloth.

### **LET US REMEMBER**

It is important to develop and practice harmonious relationship among workers as a team in order to enjoy the work. Practice of proper personal hygiene and safety in handling foods and equipment also promotes success of the industry.

## **LET US APPLY WHAT YOU HAVE LEARNED**

Directions: Explain your answer to the following questions.

1. Why is teamwork important in carrying out task in a workplace?
2. What are the manifestations of a group with teamwork spirit?
3. How does it help in achieving desired goals and promoting success?

### **Resources:**

Manuals  
Textbooks  
Brochures, Notes  
Writing Pad

### **References:**

Florida, Leuterio C., Technology and Livelihood Education for Sustainable Development IV, Page: 142 – 158  
[www.wikispace.com](http://www.wikispace.com)



## Post-test

Direction: Read carefully the following questions and choose the best answer from the choices given. Write only the LETTER on your test booklet.

1. Which of the following is an example of light breakfast?
  - a. Slice of Avocado, Fried Tinapa, Rice, Coffee with Cream
  - b. Fried Egg (Sunny Side-up), 3 pcs. Pandesal, Hot Milk
  - c. Apple, Longganisa, Fried Bangus, Rice, Chocolate
  - d. Slice of Mango, Tocino, Fried Danggit, Rice, Coffee
  
2. In garnishing food, balance is achieved by \_\_\_\_\_.
  - a. using simple and low-cost food items
  - b. putting the foods in an elegant-looking platter
  - c. combining foods with temperatures and flavors
  - d. varying and arranging sizes, shapes, colors, textures carefully
  
3. Which of the following is NOT a grand sauce?
  - a. bechamel
  - b. demi-glace
  - c. savory
  - d. tomato sauce
  
4. All of the following are the importance of sauces, EXCEPT
  - a. adding moisture and succulence to dry-cooked foods
  - b. enhancing the appearance and texture
  - c. bringing out flavor in food
  - d. minimizing food cost
  
5. Riza prepared the following foods for her breakfast; Banana, Beef Tapa, Scrambled Egg, Rice and Hot Chocolate. What type of breakfast did she prepare?
  - a. light
  - b. moderate
  - c. heavy
  - d. regular
  
6. Why is portioning plate important?
  - a. to develop healthy eating habits
  - b. to achieve the desired body weight
  - c. to become aware of proper portion sizes
  - d. to save time and energy in food preparation

7. Which is the first step in dishwashing?
- wash the chinaware.
  - soap the glassware
  - scrape large scraps using a rubber scraper
  - soak and rinse pots, pans and other utensils
8. What must be remembered and observed before presenting foods?
- garnish the food neatly and attractively.
  - pour extra sauce and spices over foods.
  - use similar size of plates and platters.
  - put foods outside of the rim of plates.
9. A correctly portioned plate is composed of
- $\frac{1}{2}$  portion - fruits and vegetables;  $\frac{1}{4}$  portion- whole grain; and  $\frac{1}{4}$  portion-lean protein
  - $\frac{1}{2}$  portion - whole grain;  $\frac{1}{4}$  portion- fruits and vegetables; and  $\frac{1}{4}$  portion-lean protein
  - $\frac{1}{3}$  portion - fruits and vegetables;  $\frac{1}{3}$  portion- whole grain; and  $\frac{1}{3}$  portion-lean protein
  - $\frac{1}{3}$  portion - fruits and vegetables;  $\frac{1}{4}$  portion- whole grain; and  $\frac{1}{2}$  portion-lean protein
10. Which does NOT belong to the group?
- special cold sauce
  - tomato sauce
  - butter sauce
  - oil sauce

## **Key to Corrections – Pre Test and Post Test**

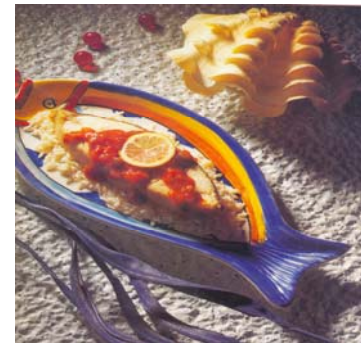
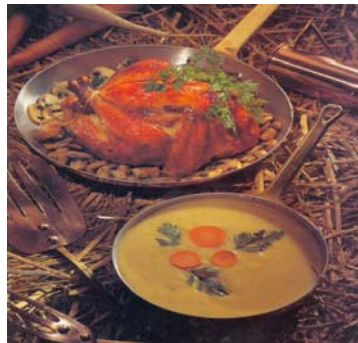
1. b
2. d
3. c
4. d
5. c
6. a
7. c
8. a
9. a
10. b



Republic of the Philippines  
Department of the Education  
**PUBLIC TECHNICAL-VOCATIONAL  
HIGH SCHOOLS**



# **COMPETENCY-BASED LEARNING MATERIALS SECOND YEAR**



## **Food Trades NC II**

**Unit of Competency: PREPARE, COOK AND SERVE  
FOOD FOR MENU**

**Module No.: 5**

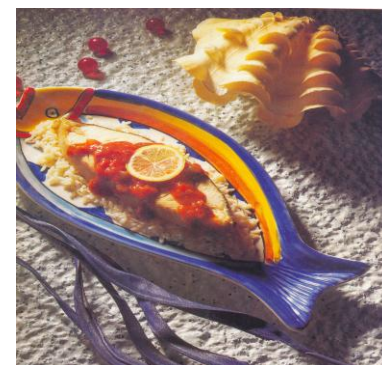
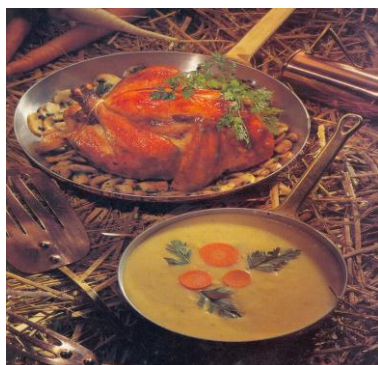
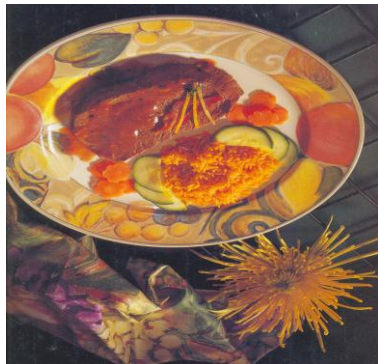
**Module Title: PREPARING, COOKING AND  
SERVING FOOD FOR MENU**

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## MODULE 5

<b>QUALIFICATION TITLE</b>	:	<b>FOOD TRADES NC II</b>
<b>UNIT OF COMPETENCY</b>	:	<b>PREPARE, COOK AND SERVE FOOD FOR MENU</b>
<b>MODULE TITLE</b>	:	<b>PREPARING, COOKING AND SERVING FOOD FOR MENU</b>
<b>NOMINAL DURATION</b>	:	<b>40 HRS</b>



# FOOD TRADES NC II

## **WHAT IS THE MODULE ABOUT?**

This module deals with the processes and activities required to organize, produce and serve food for menu.

## **WHAT WILL YOU LEARN?**

At the end of the module, you should be able to:

- a. coordinate, organize, and prepare for food service;
- b. cook and serve menu items for food service; and
- c. coordinate and complete food service requirements.

## **WHAT DO YOU ALREADY KNOW?**

Let us find out how much you already know about preparing, cooking and serving food for menu. Read the questions carefully and choose the letter of the correct answer. Write your answer in your test notebooks.

### **Pre-test**

Directions: Read the following items below and choose the letter of the correct answer. Write it in your answer sheet.

1. The list of food to be served in a meal.
  - a. meal plan
  - b. menu
  - c. snack
  - d. viand
2. Which of the following does NOT belong to the quality food standard?
  - a. appearance
  - b. flavor
  - c. palatability
  - d. preparation
3. What food system is used when food is prepared at one location and carried in bulk to another location to be portioned into individual servings?
  - a. bulk satelliting system
  - b. cold – pack – system
  - c. cup – con system
  - d. hinged tray system
4. Who is the head of the kitchen or “chef de cuisine”?
  - a. assistant manager
  - b. cooks
  - c. head chef
  - d. manager

5. Who among of the food service personnel is responsible for all the operations of the establishment?
  - a. assistant manager
  - b. dietician
  - c. head chef
  - d. manager
  
6. What kind of food service is used when the food is served in privacy rather than in a public dining room?
  - a. buffet
  - b. counter
  - c. take – out
  - d. tray or table service
  
7. Food is set out on a counter, either for self – service or to be served by an attendant.
  - a. buffet
  - b. counter
  - c. cafeteria
  - d. tray or table service
  
8. Which of the following food services is compared to those of a good home?
  - a. cafeteria
  - b. counter
  - c. table de hote
  - d. tray
  
9. This table service is used informally for daily family meals.
  - a. buffet service
  - b. compromise
  - c. english
  - d. russian service
  
10. This table service is used for tea or cocktail parties.
  - a. buffet
  - b. continental
  - c. english
  - d. russian service
  
11. What do you call the utensils used for dining?
  - a. equipment
  - b. table appointment
  - c. table service
  - d. utensils
  
12. Which part of the refrigerator is for storing fruits and vegetables?
  - a. coldest part
  - b. crisper area
  - c. center
  - d. shelves
  
13. Which of the following table appointment is washed first?
  - a. chinaware
  - b. flatware
  - c. glassware
  - d. linen
  
14. Which of the following foods is stored in the coldest part of the refrigerator?
  - a. dairy foods
  - b. fruit and vegetables
  - c. protein foods
  - d. starch
  
15. Which of the following does NOT belong to the group?
  - a. cooking ware
  - b. flatware
  - c. glassware
  - d. silverware



## **LESSON I**

### **COORDINATING, ORGANIZING, AND PREPARING FOOD FOR SERVICE**

#### **WHAT IS THE LESSON ABOUT?**

The lesson deals with coordinating, organizing and preparing food for service.

#### **WHAT WILL YOU LEARN?**

At the end of the lesson, you should be able to:

- a. discuss the importance in determining commodity quantities, style and quality requirements according to menu recipes and specifications;
- b. identify the things to include in preparing job checklist;
- c. explain the advantages of having work schedules;
- d. organize and prepare food item in correct quantities as required; and
- e. store ready to serve foods appropriately.

#### **LET US STUDY**

- menu – list of food to be served
- checklist – a list by which something may be confirmed or verified

A food service system has been defined as “an integrated program” in which the procurement, storage, preparation, service of foods and beverages, equipment and methods required to accomplish these objectives are fully coordinated for minimum labor and optimum customer satisfaction, quality and cost control.

In designing a food service system it is essential to set forth the system requirements relating to costs, menu, and quality.

## **Menu Requirements**

Menu requirements are set by the food preferences and nutritional needs of the clientele to be served, and are consequently affected by a variety of factors including age, dietary needs, regional and ethnic food habits, and economic status.

## **Quality Measurements**

The most reliable judgment of quality is rendered by the ultimate consumer. This can also be quantified through measurements of meal attendance or plate waste in commercial or semi – commercial operations or sales analysis in commercial establishment.

## **Quality Food Standards**

The wise food service manager is aware of the several factors that tend to influence individual opinion about food quality: age, cultural and socio – economic backgrounds, past experiences relating to foods, education and scientific knowledge and emotions. The food service manager must be prepared to satisfy the people who make up the clientele when planning menus. However, the desired result of food production is palatability, the factors of which are:

1. **Flavor.** Flavor of the food is determined by the methods of preparation and cooking, suitable seasonings to supplement natural flavors, and proper temperature when served. All of these greatly influence the acceptability of all food items.
2. **Appearance.** Appearance of the food when served also influences its acceptability to the consumer and his enjoyment. Eye appeal is gained through contrasting and interesting combinations of foods differing in type, color, and form, as well as the arrangement of the plate. Properly prepared and attractively served meals are stimulating to even the most jaded appetites.
3. **Palatability.** Palatability must be the wholesomeness of the product, and the assurance that foods are safe for human consumption.

### Job Checklist or List of Menus

The following is a list of sample menus from which customers may select. These menus are grouped according to price based on market trends.

---

#### Breakfast Menus at ₱ 50.00/cover

---

I	II	III
Mango	Papaya	Banana
Fried Egg	Scrambled Egg	Boiled Egg
Boneless <i>Bangus</i>	Fried Beef	Tapa, Corned Beef
Rice	Rice	<i>Pandesal</i> with Cheese
Coffee with Milk	Hot Chocolate	Coffee with Milk

---

#### Breakfast Menus at ₱ 75/cover

---

I	II	III
<i>Buko Pandan</i>	Fruit Cocktail	Pineapple Banana
Salad	Meat Omelet	Ham and Egg
Bacon and Eggs	Boneless <i>Bangus</i>	<i>Morcon</i>
Sausages	<i>Puto</i> and Cheese	Fried Rice
Bread and Butter	Coffee with Milk	Hot Chocolate

---

#### Dinner Menus at ₱ 100.00/cover

---

I	II	III
Corn Soup	Cream Soup	Bulalo Soup
Fried Chicken with Coleslaw	Baked Spareribs with Vegetable	Broiled <i>Bangus</i>
Fish Fillet	Fish <i>Escabeche</i>	Salad
Rice	Rice	Chopsuey
Fruit Salad	<i>Gulaman</i> Tempter	Rice
		<i>Buko</i> Salad

---

#### Dinner Menus at ₱ 150.00/cover

---

I	II	III
Bouillabaise Soup	Chicken	Ho To Tay
Pork Pot Roast	<i>Lechon</i> w/ Liver Sauce	Sweet and Sour Pork
Shrimp <i>Rebosado</i>	Crab <i>Relleno</i>	Chicken Kebabs
Eggplant Salad	Medley Salad	Fresh <i>Ubod Lumpia</i>
Rice	Rice	Rice
<i>Leche Flan</i>	Cake	Cake
Ice Cream	Black Coffee	Ice Cream

---

The customers can select from the above list of menu.

## **Advantages of Work Schedules**

The class maybe divided to perform related activities in the food preparation as follows:

1. Marketers
2. Cooks
3. Dishwashers
4. Tool keepers
5. Housekeepers

The group assigned to be the **cooks and marketers** are in charge of marketing, preparation and cooking of the meal. It is generally better that only one group will do these two functions since the cooks know best the ingredients they will need. After marketing, they will then proceed to the preparation of the recipes.

The **dishwashers** are in charge of washing the utensils and tools used in food preparation. Dishwashers also wash the eating utensils used after serving.

The **tool keepers** on the other hand, are in charge of keeping the utensils and tools used in food preparation and their proper storage places.

The **housekeepers** are in charge of keeping the food laboratory room clean. They are also in charge in preparing and setting the table for eating.

## **Personnel in Food Service Organization**

1. Manager is responsible for the overall operations of the establishment. Guided by the objectives of meeting the needs and desires of the customers, the manager oversees all the tasks and activities in the organization.
2. Assistant Manager – shares important duties with the manager. He/She usually performs major managerial and supervisory functions over the rest of the personnel. It is important that the manager trains his/her assistant for the top position in case of any eventuality.
3. Head Chef and Cooks – the chef is the head of the kitchen or “chef de cuisine.” The chef’s job is very critical to the life of the organization being principally responsible for food preparation and cooking. The immediate supervisor of the chef is the assistant manager who is in charge of menu planning, assisted by cooks, butchers, bakers, kitchen – preparation crew, porters and cleaners.

4. Dietician – the major responsibility of the dietician is to keep the menu balanced, attractive and varied. He/She is responsible for maintaining food quality and developing new dishes.

### **Storage of Ready to Serve Foods**

Ready to serve foods are stored appropriately depending on the food service system. Food system can be classified as follows:

1. On site preparation system. self-contained unit prepares and serves.
2. Bulk satellite system. food is prepared at one location and carried in bulk to another location to be portioned into individual servings.
3. Hinged tray system. hot and cold food is transported ready to serve. The food is prepared, portioned, and transported in insulated containers to be served at another location.
4. Cold – pack system. a complete cold lunch is packaged in a box or on tray covered with plastic film, in one location, to be served at another location.
5. Cup – cone system. the hot portion of lunch is in individual cone servings to be heated and served in the cone.
6. Pre-plated hot and cold-pack system. lunch is made up of two parts: the hot portion which is packed in ovenware or aluminum foil trays for reheating and the cold portion which is packed in trays covered with plastic film. These hot and cold trays may be prepared by local food service unit or purchased ready – prepared.

### **LET US REMEMBER**

Quality food is based on sensory characteristics such as flavor, texture, taste, appearance and temperature. Quality is measured by the response of the clientele to the food. It depends on the extent of acceptability or non - acceptability of the customers. Quality is closely related to the customer's preferences which may vary from person to person depending on the person's previous experience.

## **HOW MUCH HAVE YOU LEARNED?**

Answer the following questions on a separate sheet of paper.

1. Why is the chef's job considered very critical to the life of the food service organization?
2. How does storage of ready-to-serve foods differ from ready to cook foods?
3. Why is it advantageous to assigned marketers and cook as one group?

## **LET US APPLY WHAT HAVE YOU LEARNED**

- Prepare a list of complete menus from which customers may select. Breakfast, Lunch; Supper

## **RESOURCES**

- Commercial equipment
- Food items

## **REFERENCES**

Principe, June B..et.sl, Technology and Home Economics IV. copyright 2000, pp. 58 – 64

Leuterio, Florida C. Dr., Technology and Home Economics III, copyright 1995, pp. 116 – 127

## **LESSON 2**

### **COOKING AND SERVING MENU ITEMS FOR FOOD SERVICE**

#### **WHAT IS THE LESSON ABOUT?**

The lesson deals with the appropriate commercial equipment for menu preparation and cookery methods. It also discusses the styles of table service to meet the needs and expectations of customers and workplace safety and hygienic procedures.

#### **WHAT WILL YOU LEARN?**

At the end of the lesson, you should be able to:

- a. identify the commercial equipment for menu preparation;
- b. use cookery methods in menu items;
- c. serve menu items; and
- d. follow the workplace safety and hygienic procedure.

#### **LET US STUDY**

Grill – to cook on a gridiron, broil  
Griddles – shallow pans for frying  
Hygiene – the preservation of health.

In order to attain the goal of serving high quality food within financial limits, the caterer must understand the different steps and principles of menu planning, food storage, issuing receipt quantification and standardization.

#### **Commercial Equipment for Menu Preparation**

Commercial equipment for menu preparation include ovens, electric and gas stoves and microwave ovens. It also include grills and griddles, blenders, slicers and mixers. Other equipment that shall be considered include saucepan, frying pan, casseroles, baking sheet, cake tins, tart tins and plates.

## **Cookery Methods**

There are two types of cooking methods which are commonly used. In dry cooking methods, the heating medium is dry heat. No water is added. Moist cooking methods on the other hand, require the use of water, broth, milk or other liquids.

Dry heat method includes the following:

1. Broiling and Grilling – these two methods are differentiated by the source of heat for cooking. In grilling, the heat source is below the food; while in broiling the heat is above the food.

2. Barbecuing – similar to grilling but the food is basted while cooking

3. Pan-broiling – a top-of-stove cooking; using a heavy-bottom cast iron or wrap-resistant stainless steel pan over intense heat. No fat or oil is added to the pan as fat and juices are released from the meat being cooked.

4. Roasting – traditionally, this term meant spit-roasting where it was done on a turning spit over an open fire. Nowadays, most roasting is done in an oven or rotisserie, a motor-driven metal spit that constantly turns the meat as it cooks.

5. Baking – is cooking in a pre-heated oven just like oven roasting.

6. Frying – is a cooking method that requires the use of oil in an open pan. There are several variations of frying depending on the amount of fat used in cooking, such as:

- a) deep-fat frying
- b) sautéing
- c) stir-fry
- d) pan-frying
- e) dry-fry and griddle

Moist cooking method includes the following:

1. Boiling – this cooking method is done by immersing food in boiling water/liquid.

2. Simmering – involves the use of temperature below the boiling point usually 85 to 96 C.



3. Poaching – uses an even lower temperature (71 to 81C) than simmering. It is used to cook very delicate foods such as eggs-out-of-shell and fish.

4. Blanching – is another variation of boiling. It involves brief cooking in boiling liquid after which the food, usually a fruit or vegetable is quickly immersed in cold water to stop further heating.

5. Parboiling – is a preliminary cooking method applied to meat and vegetables. The Tagalog term “*sankutsa*” is parboiling.

6. Steaming – a method where water is allowed to vaporize and the food is placed on a rack over a vaporizing steam.

### **Standard Recipes**

A standard recipe is one which is tested and tried a number of times for a specific operation and has consistently yielded satisfactory results. It is based on portion, size and yield requirement.

To prepare a standard recipe, one should consider the following:

- Select and evaluate a basic family-sized recipe as to its adaptability to the operation.
- Prepare the family-sized recipe in its original amount.
- Convert measurements.
- Check tools and equipment to be used to obtain accuracy.
- Double the recipe and evaluate the results with the original recipe.
- Increase the quantity gradually, following the same procedure. The doubled recipe must preserve the original flavor, appearance, and texture of the product.

### **Sample Menu for Special Occasion**

- *Chicken Asparagus Soup*
- *Breaded Chicken*
- *Lengua Estofada*
- *Escabecheng Macao*
- *Chilled Cucumber Salad*
- *Rice*
- *Gulaman Mold*

## Recipes

### Chicken Asparagus Soup

8 asparagus spears	2 raw eggs
2 large chicken breasts, diced	1 tbsp wine
3 stalks leeks	½ c flour
3 c chicken stock	1 large onion, minced
Egg-batter mixture	salt, pepper to taste

Place the chicken in a deep pan. Simmer for 10 minutes. Beat the eggs into the flour, adding the white wine to blend well. Into this batter mix the diced raw chicken meat. Stir. Drop by spoonful into simmering soup. Add salt, pepper and asparagus spears. Thicken with the remaining batter. Remove from fire. Serve hot.

### Breaded Chicken

1 whole chicken, cut into serving pieces	2 tbsp water
2 tbsp salt	¾ all-purpose flour
½ tsp pepper	2 tsp melted shortening
1/3 c calamansi juice	¼ c flour for coating
1 egg, beaten	cooking oil for deep frying
1/3 c milk	

Wash the chicken. Cut into serving pieces and set aside. Make a marinade by combining salt, soy sauce, pepper and calamansi juice. Marinate the chicken overnight. Wrap the chicken in aluminum foil and steam for 30 minutes. Remove from the steamer and cool. Beat the egg. Add milk, water, flour, salt and melted shortening. Beat well. If the batter thickens, thin out with 1 – 2 tablespoons of water. Dip each piece of steamed chicken into the batter, allowing to drip slightly. Roll in flour and fry in medium hot oil until golden brown. Serve hot.

### **Lengua Estofada**

Scald and clean one ox tongue thoroughly. Cut into slices across but not through to give it the appearance of a whole tongue. Rub with salt and pepper and place in a deep clay pot. Cover with the following:

4 onions, halved	1 c white wine
2 heads garlic whole	½ c salts
1 c native vinegar	½ c fat
1 piece bay leaf	1 c whole water chestnuts
6 tomatoes	ox tongue

Cover the earthen pot tightly and cook the whole mixture over low heat, tuning occasionally to prevent the tongue from burning. When the tomatoes are cooked, remove them, mash and strain back into the pot. Add water to cover and continue cooking until the tongue becomes very tender. Serve hot.

### **Escabecheng Macao**

1 average-sized fish (*preferably Lapu-lapu)	1 tsp soy sauce
2 onions, sliced	salt to taste
1 piece ginger, in strips	2 tsp cornstarch
2 red pepper, in strips	½ c sugar
2 potatoes, cut into strips and fried	½ c vinegar, diluted in 1 c water
A few stalks of kintsay minced	1 tsp garlic, minced
Cooking oil for frying	

Clean and wash the fish. Slit diagonally on each side and sprinkle with salt. Let stand for 15 minutes. Drain and wipe dry. Fry in hot oil until the fish is brown. Set aside. Mix the cornstarch, sugar, soy sauce and salt with vinegar and water in a sauce pan. Add the garlic, onion, ginger, and red pepper and bring to boil. Cook until thick. Add the fried fish and cook for 5 minutes more.

Transfer to a platter and garnish with fried potatoes, fresh kintsay and leeks. Serve.

### **Chilly Cucumber Salad**

5 pcs. cucumbers, pared	2 tbsp lime juice
2 ½ tsp salt	½ tsp cayenne
3 cloves garlic, finely chopped	½ tsp ground black pepper

Cut the cucumber into halves (lengthwise) and scrape out the seeds with a spoon. Cut crosswise into ¼ inch thick slices. Sprinkle with salt and let stand for 30 minutes. Rinse and drain. Add the remaining ingredients and chill at least one hour before serving – or overnight if desired. Serve cold and chilled. Serve cold.

### **Gulaman Mold**

1 bar gulaman	¾ c sugar
1 c water	½ c caramelized sugar
1 tall can evaporated milk	

Boil the gulaman in 1 cup water. When dissolved, add sugar. Continue to boil until well dissolve. Pour in the caramelized sugar. Cool, mix in the evaporated milk. Pour into a mold and chill.

### **Classification of Food Service Establishments**

Food service units are usually classified according to the type of service they render. Services other than the following are marked modifications of some successful food service operations such as smorgasbord in exclusive hotels or restaurants, cocktail lounges, in some cafeterias, sing-along in fast food units, and the like.

#### **Service Units**

These units are known for formal dining and serve elaborate meals.

1. **Table de Hote.** A manner of service is comparable to those of a good home. Examples of table service units are hotel dining rooms, distinctive-atmosphere restaurants, executive dining rooms, super clubs, tea rooms, specialty restaurants, coffee shops, and drive-in-dining.
2. **Counter Service.** Counter gives rapid service with minimum number of table appointments necessary for adequate service. Examples of counter service units are general-atmosphere restaurants, coffee shops, soda fountain, grills or snack bars.
3. **Table-and-Counter.** Similar to any table service unit but less formal, with extensive menu. Examples of table-and-counter

service units are tearooms, general-atmosphere restaurants, hotel dining rooms, coffee shops, drive-in dining rooms, soda fountains, grills, or snack bars.

4. **Tray service.** It is unique because the patron is served in the privacy of his room or car rather than in a public dining room. Examples of tray or table service are the hotel room service, hospital patient tray service, and drive-in service.

### **Self-Service Units**

This type of service is for those in a hurry. They offer a limited menu.

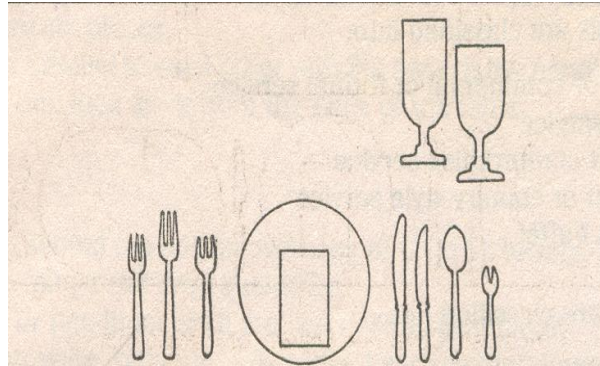
1. Cafeteria. Customers make their selection from food displayed at a service counter and assemble the food on a tray to be carried to the tables.
2. Buffet. Food is set out on a counter, either for self-service or to be served by an attendant. Sometimes a grill or broiler is located behind a serving counter. With this type of service, the menu is usually limited and service is informal.
3. Take-out service. Individual items or complete meals are packaged and taken from the take-out counter by the customers or ordered by phone and delivered to them. Almost all food service operations, offer take-out service.

### **Table Service**

The style of table service depends on what the clientele chose and on the space available for serving food. There are three methods of table service namely: sit down, tray or buffet. Sit down can be a (a) Continental or Russian, (b) English, (c) Apartment or Blue Plate, (d) American or Country, and (e) Family or Compromise.

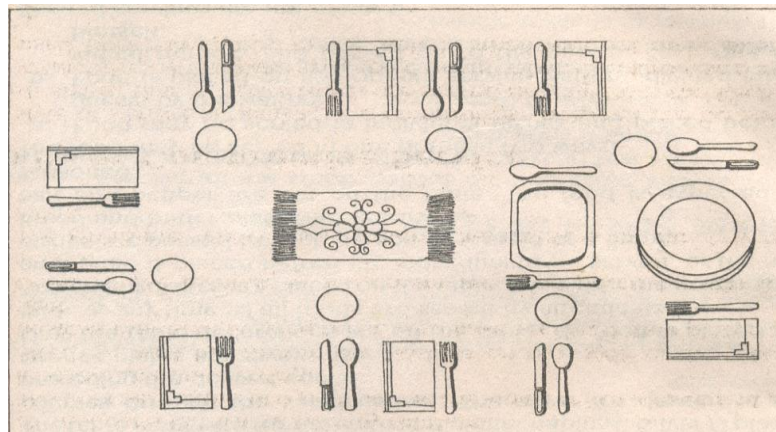
## Continental or Russian Service

Continental or Russian is a dignified and elaborate style which is used only with well-trained waiters. Service of the food is from the side rather than from the table. This kind of service is used for serving formal dinners for a small group of people. Thus, for formal dinners, the menu consists traditionally of 5 to 7 courses with wines served for each course.



## English Service

English service is used informally for daily family meals. In this style, the food is served from the table by the mother or any member of the family. It is also used for formal occasion, such as entertaining small groups of guests even without competent waiters.

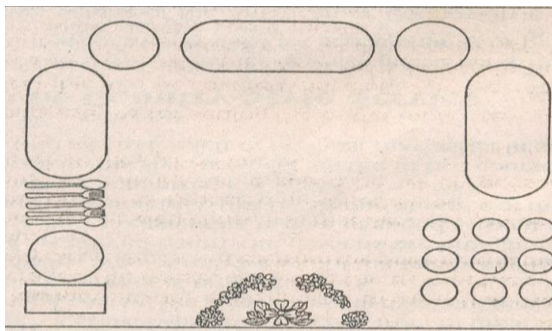


## The Buffet Service

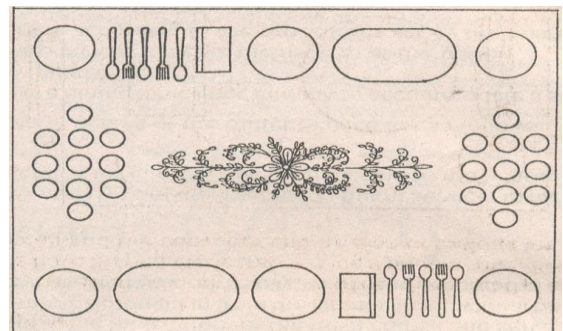
In this type of service, the food is offered from the table where the diners help themselves to the food and then go some place to eat.

Only the foods and table appointments are found in the buffet table. Buffet service is used for tea or cocktail parties. It is practical for entertaining a large number of people since it requires little help in serving.

Buffet service is practical when the menu consists of several dishes and the number of diners is more than what can be accommodated at the table.



One-way Buffet



Two-way Buffet

## Workplace Safety and Hygienic Procedures

The food service industry has established sanitation procedures in handling food. Food-borne diseases can be prevented by observing personal hygiene, cleanliness in the kitchen, and keeping food at proper temperature.

**Personal hygiene.** This means keeping oneself clean so as not to transfer harmful bacteria to the food you are handling. It can be achieved by doing the following:

1. Scrub your hands with soap and warm water before you handle any food especially when you have just come from the toilet, after touching your hair or other parts of your body, and after using your hands to cover your mouth or nose when you cough or sneeze. Be sure to clean under fingernails where dirt and bacteria tend to accumulate.
2. Use a separate towel or cloth for drying dishes, wiping countertops, and wiping hands.
3. Avoid working with food when you have an open cut, sore, boils or infected wound in your hands. Pus and other liquids secreted by the wound contain millions of harmful bacteria that can cause food poisoning.

4. Keep hands out of food as much as possible. Otherwise, wear disposable gloves.
5. Avoid smoking while preparing or handling food as ashes may drop into the food.
6. Wear suitable clothes at work. Do not wear clothes with long sleeves that may drag into the food.
7. Always wear clean clothes and aprons.
8. Use clean utensils in preparing, cooking, and serving food.
9. Use a clean spoon each time for tasting food.

**Cleanliness in the Kitchen.** Here are some rules to follow to maintain cleanliness in the kitchen.

1. Keep the kitchen area free of insects, rodents, and other pests. They leave harmful bacteria on surfaces they walk on.
2. Keep pets out of the kitchen. Avoid putting pet feeding dishes or beddings in the kitchen near any food work area. Do not wash the pet's feeding dishes along with other dishes.
3. Dispose of waste materials or garbage properly. Always have a garbage container within reach in the work area.
4. Wipe spills and spots immediately. They attract bacteria.
5. Keep dirty pots, pans, and dishes away from the area where food is prepared.

**Keeping Food at Proper Temperatures.** Bacteria multiply rapidly at temperatures ranging from 7.22 to 60°C. They grow faster between 15.5 to 48.8°C which includes normal room temperature.

Follow these guidelines for keeping food at proper temperatures:

1. Use the proper storage method for purchased food.
2. Keep hot food above 60°C until served.
3. Keep cold food below 4.4°C until served.
4. After serving, refrigerate food immediately. Do not allow food to stand at room temperature. Keep food covered to prevent contamination with bacteria.
5. Do not keep stuffed uncooked meat, poultry, or fish in the refrigerator. If you make stuffing in advance, store it separately in the refrigerator.
6. Custard, cream, meringue, pies and cakes with rich fillings should be refrigerated as soon as they cool. Do not allow them to stand below 44.4°C once they have cooled.
7. Thaw food in the refrigerator.



## **LET US REMEMBER**

Serving quality food is the primary objective of food service operations. The control on food production is a major function or responsibility of management.

## **HOW MUCH HAVE YOU LEARNED?**

1. What are the commercial equipment for menu preparations?
2. What are the styles of table service?
3. How does the style of table service affect the diners' satisfaction?
4. How do moist cooking methods differ from dry heat cooking method?

## **LET US APPLY WHAT YOU HAVE LEARNED**

Group Activity:

Demonstrate how to set a table using the different styles of table service.

## **RESOURCES:**

Equipment

- Cooking range
- Oven
- Griller
- Blender
- Mixers

Tools and Utensils

- Knives
- Saucepan
- Frying pan
- Bowls

## **REFERENCES:**

Principe, June B. et al, Technology and Home Economics IV. Copyright 2001, pages 65-80.

SEDP Series, Home Technology, Food Management and Service I and III pages 64-66.

## **LESSON 3**

### **COORDINATING AND COMPLETING END OF SERVICE REQUIREMENT**

#### **WHAT IS THE LESSON ABOUT?**

The lesson deals on how to end service procedures, proper storing of food items and conducting post service de-briefing.

#### **WHAT WILL YOU LEARN?**

At the end of this lesson, you should be able to:

- a. end service procedures;
- b. store food items properly; and
- c. conduct post service de-briefing.

#### **LET US STUDY**

- |   |
|---|
| <ul style="list-style-type: none"><li>• storage – space for storing goods</li><li>• wrung – to squeeze or press out</li></ul> |
|---|

#### **Food Storage**

Take time to store food items. Store new purchases behind old ones and always use the old stock first. It is easy to put new purchases at the front. However, older stocks are overlooked and thus cause spoilage. These may include cereal and cereal products, sweeteners, oil, seasonings, and unopened can and jars.

Do not use kitchen cabinets above the refrigerator, stove or oven for food storage.

#### **End of Service Procedures**

End of service procedures include the care and maintenance of table appointments.

## **Dinnerware**

Chinaware should be rinsed immediately after use. A soft sponge is used to soap and wash them. Dishes are then dried on a drain rack or towel-lined drain board.

In storing, dinnerware should not be stacked too high. Shelves should not be overloaded. Scratching can be avoided when similar sizes of dinnerware are stacked together with proper or fabric material in between. Platters are stored vertically.

## **Flatware**

Flatware should be rinsed immediately after use. Never mix silver with stainless steel when they are washed because stainless steel leaves mark on sterling. Silverware should be washed separately. Never store flatware when they are still wet. Dry them at once to prevent spotting. After being wiped with a dishtowel, they should be air – dried and stored.

## **Linens**

Cloths are washed according to directions for the fabric. Stains should be removed first before the tablecloths are washed. Cloths are not wrung tightly after washing. They are preferably hung while dripping so that efforts in ironing will be minimized. Plastic cloths and native materials are not washed daily. They are just wiped with a clean damp sponge and air dried before they are stored.

## **Beverage ware**

Glassware should be washed first. A soft brush is used for decorated glassware. Washing should be done one by one. After being washed, glassware is drained on a rubber – covered rack or thick towel and must be air – dried. Glassware is best stored upside down in single layer. They should not be stacked inside another glass. Pieces should not touch each other.

Never use the area under the sink for storing food because openings around water and drain pipes are impossible to seal. Pipes may leak and damage the food.

If you reuse glass jars, wash them thoroughly, wipe, and air dry before using. This helps remove any traces of odor that may remain.

1. *Refrigerator storage.* A refrigerator provides cold temperature for storing perishable foods such as dairy products, meat, fish, poultry, eggs, fruits, and vegetables.

Protein foods should be stored in the coldest part of the refrigerator. Fruits and vegetables can be stored in less cold sections or in a special compartment such as the crisper.

If refrigerated foods are not properly wrapped, they will dry out and lose nutrients and flavor. Food should be well-covered with plastic, foil or wax paper or should be put in tightly covered containers.

2. *Freezer storage.* For proper freezing and storage, the temperature inside the freezer should be 18°C or lower.

Store frozen foods in their original packages. Foods to be frozen should be put in moisture – vapor – proof wrapping.

If plastic containers are used, allow about 2.5 cm of headspace at the top between the food and the lid so the food can expand when it freezes.

Thaw frozen foods in the refrigerator. Do not allow food to thaw at room temperature. At this point, micro-organisms will begin to grow.

## **Post Service De-Briefing**

Equipment, tools and utensils, table appointments are cleaned, washed and wiped properly ready for use. Food items are properly stored to prevent spoilage.

### **LET US REMEMBER**

Care and maintenance of table appointments are important to prevent breakage and damages. Proper storage of food items prevents spoilage.

### **HOW MUCH HAVE YOU LEARNED?**

How would you keep the cleaned tools and utensils used?  
What do you mean by end of service procedure?

### **LET US APPLY WHAT YOU HAVE LEARNED**

- Demonstrate the proper techniques and procedures in washing table appointments.

### **RESOURCES**

Equipment

- chiller
- freezer
- refrigerator

Tools and Utensils

- table appointments

### **REFERENCES**

SEDP Series, Technology and Home Economics III, pp 112 – 113

Principe, June B, et.al., Technology and Home Economics IV  
copyright 2000, pp. 76 – 77

## Post-test

Directions: Read the following items below and choose the letter of the correct answer. Write it in your answer sheet.

1. The list of food to be served in a meal.
  - a. meal plan
  - b. menu
  - c. snack
  - d. viand
  
2. Which of the following does not belong to the quality food standard?
  - a. appearance
  - b. flavor
  - c. palatability
  - d. preparation
  
3. This food system is used when food is prepared at one location and carried in bulk to another location to be portioned into individual servings.
  - a. bulk satelliting system
  - b. cold – pack – system
  - c. cup – con system
  - d. hinged tray system
  
4. Who is the head of the kitchen or “chef de cuisine”?
  - a. assistant manager
  - b. cooks
  - c. head chef
  - d. manager
  
5. Who among of the food service personnel is responsible for all the operations of the establishment?
  - a. assistant manager
  - b. dietician
  - c. head chef
  - d. manager
  
6. What kind of food service is used when the food is served in privacy place rather than in a public dining room?
  - a. buffet
  - b. counter
  - c. take – out
  - d. tray or table service
  
7. Food is set out on a counter, either for self – service or to be served by an attendant.
  - a. buffet
  - b. counter
  - c. cafeteria
  - d. tray or table service
  
8. Which of the following food services is compared to those of a good home?
  - a. cafeteria
  - b. counter
  - c. table de hote
  - d. tray
  
9. This table service is used informally for daily family meals.
  - a. buffet service
  - b. compromise
  - c. english
  - d. russian service

10. This table service is used for tea or cocktail parties.
- a. buffet
  - b. continental
  - c. english
  - d. russian service
11. What do you call the utensils used for dining?
- a. equipment
  - b. table appointment
  - c. table service
  - d. utensils
12. Which part of the refrigerator is for storing fruits and vegetables?
- a. coldest part
  - b. crisper area
  - c. center
  - d. shelves
13. Which of the following table appointment is wash first?
- a. chinaware
  - b. flatware
  - c. glassware
  - d. linen
14. Which of the following foods is stored in the coldest part of the refrigerator?
- a. dairy foods
  - b. fruit and vegetables
  - c. protein foods
  - d. starch
15. Which of the following does not belong to the group?
- a. flatware
  - b. cooking ware
  - c. glassware
  - d. silverware

Quality fo  
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## Key to Corrections – Pre Test and Post Test

1. b
2. d
3. a
4. c
5. d
6. d
7. b
8. c
9. a
10. b
11. b
12. b
13. c
14. c
15. a

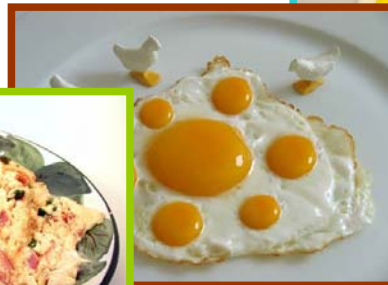
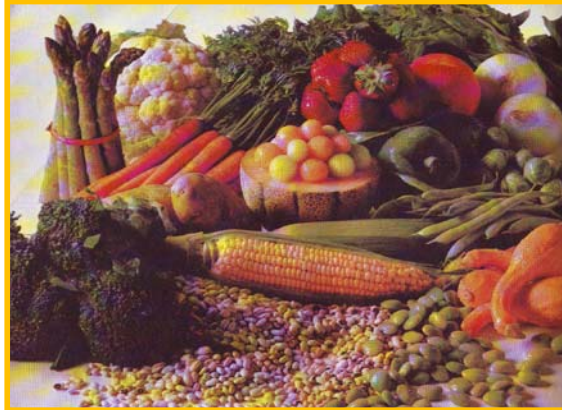




Republic of the Philippines  
Department of the Education  
**PUBLIC TECHNICAL-VOCATIONAL  
HIGH SCHOOLS**



# COMPETENCY-BASED LEARNING MATERIALS SECOND YEAR



## Food Trades NC II

**Unit of Competency: PREPARE VEGETABLES, FRUITS  
AND EGGS DISHES**

**Module No.: 6**

**Module Title: PREPARING VEGETABLES,  
FRUITS AND EGGS DISHES**

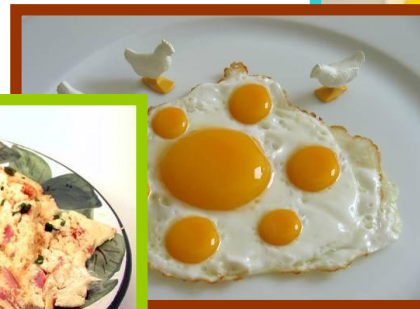
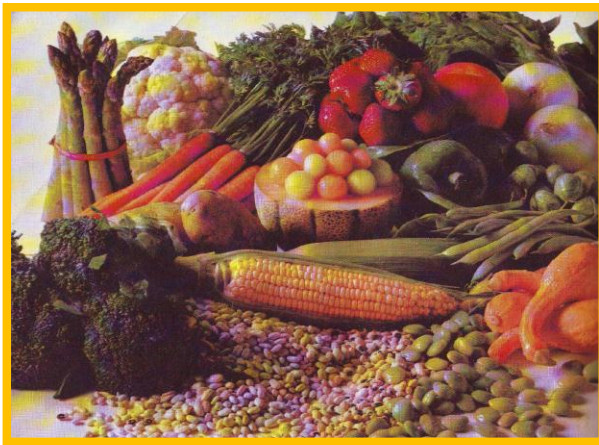
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## MODULE 6

QUALIFICATION TITLE	:	<b>FOOD TRADES NC II</b>
UNIT OF COMPETENCY	:	<b>PREPARE EGGETABLES, FRUITS AND EGGS DISHES</b>
MODULE TITLE	:	<b>PREPARING VEGETABLES, FRUITS AND EGGS DISHES</b>
NOMINAL DURATION	:	<b>80 Hours</b>



# FOOD TRADES NC II

## **WHAT IS THE MODULE ABOUT?**

The module covers the knowledge, skills and attitudes required in preparing various vegetables, fruits and egg dishes in a commercial kitchen or catering operation.

## **WHAT WILL YOU LEARN?**

After completing the module, you should be able to:

- a. prepare vegetables and fruit dishes.
- b. prepare and cook egg-based dishes.
- c. store fruits, vegetables, and eggs properly.

## **WHAT DO YOU ALREADY KNOW?**

### **Pre-test**

Read each of the following items carefully and choose the letter of the correct answer. Write your answer in your test booklet.

1. How can you avoid loss of nutrients during vegetable preparation?
  - a. wash them before paring and cutting.
  - b. soak in lukewarm water after cutting.
  - c. blanch them first before paring and slicing.
  - d. rub the surface with plenty of salt after paring.
  
2. Squash contains Vit. A, which is a fat-soluble vitamin, therefore it is better to cook it as
  - a. bulanglang
  - b. ginisang kalabasa
  - c. pinakbet
  - d. sautéed Squash with Tofu
  
3. Why do camote tops turn brownish green when added to fish or pork sinigang?
  - a. it is an indication that the vegetable is overcooked.
  - b. it is a normal reaction of the chlorophyll with the acetic acid in vinegar.
  - c. the compounds in vegetables react with the medium where it is cooked.
  - d. the brownish green color indicates that the chlorophyll content is enhanced.

4. Cabbage develops strong flavors when cooked because of the sulfur compounds that give it a unique characteristics. To avoid this, you should
  - a. add fats to the recipe
  - b. not overcook the vegetable
  - c. lengthen the cooking time of the food.
  - d. use plenty of water in cooking the vegetable.
5. What must be done to inactivate the enzyme and avoid browning of fruits like santol after paring?
  - a. soak in water with alum.
  - b. blanch for a few minutes.
  - c. boil until the tissue softens.
  - d. cool in the refrigerator for several minutes before paring.
6. Tomatoes and red bell pepper can be grouped together because they
  - a. are both rich in Vitamin C
  - b. are best cooked in fats
  - c. have the same calorie content
  - d. have the same coloring pigment, anthocyanins.
7. Which must be observed when cooking vegetables?
  - a. starchy vegetables should be cooked until mushy.
  - b. rub ingredients against a rough or indented surface.
  - c. legumes like monggo should be cooked initially in low heat.
  - d. other vegetables like ampalaya should be coked until tender but still slightly crisp.
8. The best known flavoring component in fruit is
  - a. acid
  - b. sugar
  - c. sulfur compound
  - d. tannin
9. Which of the following statements is true about the flavor components of fruits and vegetables?
  - a. as the fruit ripens, acidity frequently increases.
  - b. onions and garlic develop strong flavor when cooked.
  - c. acid in green leafy vegetables like cabbage is called oxalic acid.
  - d. the flavor of ripe bananas is attributed to sulfur compounds.
10. Which among the food nutrients listed below are mainly present in fruits and vegetables?
  - a. carbohydrates and fats
  - b. protein and minerals
  - c. vitamins and carbohydrates
  - d. vitamins and minerals

11. Which must NOT be practiced when handling and preparing foods?
  - a. wear apron before starting to work.
  - b. use hairnets to avoid hair from falling into the food.
  - c. clean hands and trim fingernails before starting to work.
  - d. take your meals while preparing foods to save time.
  
12. Which part of the egg is considered the rich source of cholesterol?
  - a. air cell
  - b. shell
  - c. white
  - d. yolk
  
13. How can you facilitate ease in removing the shell of hard boiled eggs?
  - a. dip in cold water.
  - b. immerse in vinegar.
  - c. coat the shell with some cake flour.
  - d. put inside the refrigerator for 3 minutes.
  
14. The main function of eggs among baked products is to
  - a. promote tenderness
  - b. enhance their flavor.
  - c. bind the ingredients together.
  - d. prolong their keeping quality.
  
15. In food storage, FIFO rule or the first in, first out rule means to
  - a. use the oldest products first.
  - b. consume first the most expensive products.
  - c. use the most recently purchased supplies first.
  - d. consume the products stored at the innermost part of the cabinet.
  
16. Why is instituting the FIFO rule important in all establishments particularly in restaurants?
  - a. to avoid waste of supplies.
  - b. to facilitate ease in working.
  - c. to maintain sanitation in the workplace.
  - d. to win and attract more customers.
  
17. The starch added in Pinakbet is used as \_\_\_\_\_ agent.
  - a. gelling
  - b. stabilizing
  - c. thickening
  - d. filling

18. Which of the following is the most appropriate way of thawing frozen foods?
- a. thaw foods at room temperature to hasten the melting process of ice.
  - b. thaw foods inside the refrigerator to avoid growth of microorganisms.
  - c. wrap the frozen foods in clean cheesecloth and exposed in air.
  - d. unwrap the frozen foods and soak it in a basin with lukewarm water
19. Why is it NOT advisable to store eggs together with strongly odored foods like onions?
- a. the nutritive value of eggs tend to lessen
  - b. the eggshells are porous and can absorb odor well.
  - c. sulfur compounds in onions can hasten food deterioration.
  - d. none of the above
20. Which starch properties and reactions is described in pineapple pie filling cooked with reduced viscosity?
- a. dextrinization
  - b. hydrolysis
  - c. retroradation
  - d. syneresis



## **LESSON 1**

### **PREPARING VEGETABLE AND FRUIT DISHES**

#### **WHAT IS THE LESSON ABOUT?**

The lesson deals with the classification of plant parts in market forms. It includes the different terms related to the preparation of fruits and vegetables.

#### **WHAT WILL YOU LEARN?**

At the end of the lesson, you should be able to:

1. select the right varieties and classification of fruits and vegetables;
2. describe the past and current trends in preparing fruits and vegetables;
3. apply the principles of right selection in cooking fruits and vegetables; and
4. prepare fruit and vegetable dishes properly

#### **LET US STUDY**

1. Vegetables – the edible parts of plant including the leaves, tubers, bulbs, stems and stalks, shoots, roots and flowers.
2. Preserve - to keep safe, free from spoilage
3. Frozen - processed to prolong self life, covered with ice to prevent spoilage and the growth of micro organism temperature of 0°F (8°C) or below.
4. Appetizers - a portion of food or drinks served before main course
5. Braise - to cook slowly in a covered utensils in small amount of liquid
6. Broil - to cook directly over a live coal
7. Garnish - to decorate dishes with pieces of colorful and contrasting food, using fruits and vegetables

Fruits and vegetables give color, flavor and texture to our meals. In addition, fruits and vegetables are also important source of vitamins and minerals needed for growth and normal physiologic functioning of the body. The diverse and interesting flavors of fruits and vegetables make our meals even more appetizing

## **CLASSIFICATION OF VEGETABLES**

Vegetables are classified according to parts of plant used, chemical composition, and nutritive value.

### **According to Parts of Plant Used**

1. Roots are underground parts of the plant. Example: cassava, sweet potato, taro, radish, yam beans, toge and ube.
2. Tubers are short thickened, fleshy parts of an underground stem like potato.
3. Bulbs are underground buds that send down roots and are made up of very short stem covered with layers. Example : garlic, onion, leeks, chives and shallots
4. Seeds are parts from which a new plant will grow. Example mungbean, garbanzos, cow pea, kidney bean, soy bean, white bean.
5. Stem and shoots are stalks supporting leaves, flowers, and fruits
6. Leaves include alugbati, ampalaya leaves camote tops, kangkong, celery, spinach, cabbage, mustard, petchay, pepper leaves.
7. Fruits include ampalya upo, sayote, cucumber, eggplant, bread fruit , okra, patola, squash, tomato and sweet pepper.
8. Flowers exemplified by cauliflower, squash flower and caturay.

### **According to Chemical Composition**

1. Carbohydrate-rich – such as seeds, roots and tubers
2. Protein-rich - include seeds such as legumes and pulses
3. Fat-rich – such as nuts, olives and avocado
4. High moisture content – such as mushrooms, tomatoes, celery, cauliflower, radish, lettuce, and cabbage

### **According to Nutritive Value**

1. Minerals
2. Vitamins
3. Other carbohydrates

### **OTHER CLASSIFICATION OF VEGETABLES**

#### **According to pigment or color**

1. Green color pigment – CHLOROPHYL – peas, asparagus, green bean, cabbage, spinach, broccoli, green pepper
2. Yellow and Orange pigment – CAROTENOIDS – carrots, yellow camote, squash, ripe papaya, corn.
3. Red color pigment – ANTHOCYANINS– (red, blue and purple) red cabbage, beets, red pepper, pamintom, tomatoes, red water melon.
4. White color pigment – ANTHOXANTHINS – potatoes, yellow skinned onions, cauliflower.

**Flavonoids** are pigments widely distributed in plants and include ANTHOCYANINS and ANTHOXANTHINS.

#### **According to flavor and aroma**

1. mild
2. strong
3. pungent

### **TEXTURE AND CHARACTERISTICS OF VEGETABLES AND FRUITS**

1. Toughness
2. Stringiness
3. Slicing quality
4. Crispness

### **MAJOR FLAVOR COMPONENT OF FRUITS AND VEGETABLES**

- a. Sugar
- b. Acids
- c. Sulfur compound
- d. Tannins
- e. Some volatile constituents

## **STANDARDS FOR COOKED VEGETABLES**

1. Cooked vegetables which are not starchy should be tender but still slightly crisp.
2. The starchy vegetables such as potato should be soft throughout.
3. Cooked vegetables should be flavored and pleasant to the taste.
4. Seasonings and sauces should not dominate the natural flavor of the vegetables but complement it.
5. Color is very important to the appearance of vegetables.
6. Cooking of vegetables should depend upon the natural color.

## **REMINDERS IN THE PREPARATION OF VEGETABLE DISHES**

1. The best vegetables to serve are those that have fresh garden look and taste
2. Cook vegetables whole or big pieces, Use a little amount of water unless it is soup or sauce, and cover the pot while cooking.
3. Cook legumes like monggo, garbanzos, and sweet peas, initially in high heat. When the water is already boiling, lower the heat to simmering point.
4. You may combine legumes with meat and other vegetables or they maybe cooked in a syrup and served as dessert.
5. Vegetables that are eaten raw, like lettuce and tomatoes, should be well washed even though they do not look dirty.

## **COOKING ROOT CROPS AND CEREALS**

Minimize the starch taste that is commonly present in root crops, such as ube, sweet potatoes, togue, potatoes and many others like cereals.

- Cook these until the starch and carbohydrates present are cooked.
- When cooked, the shape and size vary, rice for instance, when cooked becomes swollen, soft and opaque. Don't overcook cereals so it will not become mushy, watery or soggy.

## **BASIC FOODS THAT MUST BE EATEN EVERYDAY**

- Yellow and leafy green vegetables – some are cooked and some are raw; one big serving daily
- Other vegetables – potato, okra, beans, cucumber, amorgoso, sayote, carrots; one big serving daily
- Orange, tomatoes, pineapple,- at least one serving
- Other fruits like guyabano, atis, santol, sineguelas, duhat, pomelo, banana, kamias, balimbing at least one serving
- Eggs -3 or 4 pieces a week, cook anyway you choose or as an ingredient of the dishes.

## **BUYING FRUITS AND VEGETABLES**

High quality fresh fruits and vegetables is firm and heavy for its size but must be matured to a stage where ripening is assured. The color of high quality of fruits and vegetables is bright and the skin is unmarked and without blemishes.

## **WAYS OF PREPARING, COOKING AND PRESENTING VEGETABLES**

1. Boil – preferably simmer vegetables in minimum amount of water.
2. Fry –in either shallow fat or in deep fat – stir fry, uses small amount of fat and the vegetable are cooked mainly to steam held in with a cover.
3. French fry in hot fat deep enough to cover or float the vegetables, allow 132°C -190 ° F (360°C -375°F) for raw vegetables, and 199°C-390°F for cooked vegetables.
4. Broil – cooking over direct heat like that of cooking “inihaw na talong.”
5. Braise – place in a covered pan or skillet with about 2 tbsp. butter or moist drippings 1 or 2 tbsp. water.
6. Steam – the vapor into which water is changed when heated to the boiling point.
7. Pressure cook – it has been shown that the nutrients are often conserved by this method due to short time required and the use of small amount of cooking liquid.

## **FRUITS**

These are the fleshy, juicy seed containing part of plant usually taken as dessert at the end of the meal or as an ingredient.

### **FACTORS TO BE CONSIDERED IN SELECTING FRUITS**

1. Variety of the fruits, example: Saba banana, lakatan
2. Maturity or degree of ripeness
3. Freshness
4. Size

### **MARKET FORMS OF FRUITS**

1. Fresh
2. Canned
3. Frozen
4. Dried

### **METHODS OF COOKING /PREPARING FRUITS**

1. Baking
2. Broiling
3. Sautéing
4. Stewing

### **USES OF FRUITS**

1. Salads and spreads
2. Juices and jams
3. Ice cream
4. Candies
5. Preserves
6. Wine-making
7. Marmalades
8. Desserts
9. Pickle
10. Candy

## EXAMPLE OF MIXED FRUITS and VEGETABLES DISHES

### CHOPSUEY

#### **Ingredients:**

- ¼ kilo pork, cubed
- 2-3 stalks celery, chopped 1 inch long
- ¼ kilo chicken giblets and liver
- ¼ kilo snow peas (sitsaro)
- 2-3 chicken wings, cut into small pieces.
- 10 pieces habitchuelas
- ¼ kilo fresh shrimps, shelled
- 2 pieces bell pepper, red and green big slices
- 2 large onion quartered
- 2 cups chicken or meat broth
- 3 gloves garlic crushed
- 1 tbsp. MSG
- 1 piece medium sized carrot, round thin slice
- 2 tbsp. fish sauce (patis)
- ¼ kilo cabbage, chopped 1-1/2 squares
- 1 tbsp. cornstarch, dissolved in ¼ c. water
- ¼ kilo cauliflower broken into flowerets
- 2 tbsp. cooking oil
- 2-3 stalk leeks, chopped 1 inch long
- 2 tbsp. sesame oil (optional)



#### **Procedure:**

Sauté garlic until brown. Add onions, when half-cooked. Stir in pork, giblets, liver, chicken and shrimps. Sauté for 2 minutes and pour in fish sauce. Boil then season with salt and MSG; add all of the vegetables. Cook until half done. Thicken with dissolved cornstarch. Do not over cooked vegetables. Serve hot.

## GUYABANO JUICE

### **Ingredients:**

- 1 fully ripe guyabano
- 1 cup white sugar
- ½ cup warm water
- ½ cup calamansi juice

### **Procedure:**

1. Wash the guyabano and divide it into two equal parts.
2. Get all the pulp and crush in about 5 cups of water
3. Strain to remove all the seeds and the hard portion
4. Add the rest of the water .Mix with calamansi juice and sugar
5. Chill and serve cold or with ice.

### **LET US REMEMBER!**

Inadequacy of the diet is one of the first step towards poor nutrition; thus, continuous check of diet especially fruits and vegetables are an important measure in the maintenance of good nutrition.

### **HOW MUCH HAVE YOU LEARNED?**

Directions: Answer this question on a separate sheet of paper.

1. What are the factors to consider in choosing fruits and vegetables to be cooked?
2. How are fruits and vegetables classified?
3. How can you preserve the nutritive value of fruits and vegetables during preparation and cooking?

### **APPLY WHAT YOU HAVE LEARNED!**

Assemble and prepare your materials and ingredients needed to prepare Papaya Ale and Pinakbet.



## Papaya Ale

### **Ingredients:**

- 1 cup mashed ripe papaya pulp
- ½ cup white sugar
- 3 tbsp. calamansi juice
- 3 cups cold water

### **Procedure:**

1. Strain the mashed papaya. Add the sugar, calamansi and water
2. Mix well and chill.
3. Serve cold

## PINAKBET

### **Ingredients:**

- ¼ kilo pork with fat, cut into small pieces
- 2 pieces ampalaya, sliced to bite size
- 2 pieces eggplants, sliced to bite size
- 5 pieces of okra, cut in two
- 1 head garlic, minced
- 2 onions, diced
- 5 tomatoes, sliced
- 1 tablespoon ginger, crushed and sliced
- 4 tablespoons bagoong isda or bagoong alamang
- 3 tablespoons oil
- 1 ½ cup water
- Salt to taste



### **Procedure:**

- In a cooking pan, heat oil and fry the pork until brown, remove the pork from the pan and set aside.
- On the same pan sauté garlic, onion, ginger and tomatoes.
- In a casserole boil water and add bagoong, add the pork.
- Mix in the sautéed garlic, onion, ginger and tomatoes. Bring to boil and simmer for 10 minutes.
- Add in all the vegetables and cook until the vegetables are done, be careful not to overcook.
- Salt and pepper to taste.
- Serve hot with plain rice.

### Evaluation Checklist of Finished Product

EVALUATION CHECKLIST	Yes	No
1. Basic principles of cooking were followed in preparing food		
2. Food was prepared within the allotted time		
3. Expenses were kept within the food budget.		
4. The dish prepared looked good and palatable.		
5. The dish was toothsome and appetizing.		
6. Ingredients were properly combined.		
7. Foods were arranged attractively on serving plates.		
8. The dish satisfied the diners' appetite.		
9. Preservation of food nutrients in preparing the food was considered.		

Numerical Value:

9- Very good

6- Fair

3- Poor

#### RESOURCES:

Kitchen utensils, equipment and tools

Ingredients

Net surfing

#### REFERENCES:

De Leon, Chavez, Claudio Guzman, Basic Foods for Filipinos, 3<sup>rd</sup> edition

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## LESSON 2

### PREPARING STARCH DISHES

#### WHAT IS THE LESSON ABOUT?

The lesson deals with the preparation of the varieties of starch-rich food, and the different sauces and accompaniments appropriate to starch-rich dishes.

#### WHAT WILL YOU LEARN?

At the end of the lesson, you should be able:

1. determine the varieties and characteristics of starch rich food;
2. classify nutritional value of starch dishes, particularly the food values and the effects of cooking on the nutritional value; and
3. prepare starch-rich dishes.

#### LET US STUDY

- Starch – a nutrient carbohydrates found notably in corn, potatoes, wheat and rice, and is commonly prepared as a whole tasteless powder.
- Viscosity – define and the resistance to flow when sheer is applied.
- Gel – jelly like mixture formed when the particle of a colloidal become relatively large.
- Gelatinization – a point when jelly is form.
- Amorphous – lacking definite organization or form.

**Starch** exists in nature as the main component of cereals and tubers. In manufactured and processed foods, it plays an important role in achieving the desired viscosity in manufactured and processed foods like corn starch pudding, sauces, pie filling and gravies. Starch is the source of up to 80% of calories worldwide.

### **Starchy foods**

- rice
- corn
- cassava
- wheat
- potato

### **Uses of Starch**

- natural starch cereal
  - to stiffen cloth as in laundering
- Used in food manufacturer
  - cosmetics
  - pharmaceuticals
  - textiles
  - paper
  - construction materials/ industrial use
  - other industries

### **Common source of manufactured food starch**

1. corn
2. potato
3. tapioca (cassava)

### **Starches are named after its plant sources**

- corn starch from corn
- rice starch from rice
- tapioca from cassava

### **Classification of Starch**

1. Native Starch refers to the starches as originally derived from its plant source.
2. Modified Starches are those with structures altered by treatment with physical or chemical agents.

### **Starch Properties and Reactions**

**1. Gelatinization.** Native starch granules are insoluble solids. When suspended in water, one gram of starch can associate with 0.5 to 1.0 g water, swelling very slightly.

**2. Viscosity.** When the newly gelatinized starch is stirred, more swollen granules break and more starch molecules spill causing increase in viscosity. This increase in viscosity is a characteristic of gelatinized starches.

### **Characteristic of complete gelatinization**

1. Loss of birefringence, which is evident only when viewed with a polarizing microscope.
2. Increase in viscosity is readily observed.
3. Increase in clarity, also easily observed.

High viscosity – gel is firm and resists flow.

Low viscosity - gel flows

The type of sugar influences the temperature and rate of gelatinization. The effect of sugar is attributed to competition for water. It was observed that sugar actually interacts with the amorphous areas of the starch granules.

### **Different sweeteners added to starch gel preparation.**

1. honey
2. molasses
3. panutsa or granulated sugar

### **Factors Affecting Starch Paste Viscosity and Starch Gel Strength**

1. Stress (Stirring) – granules in gelatinized cornstarch dispersion break apart due to stirring.
2. Kind and Amount of Starch – kind of starch will influence paste viscosity and gel strength. With “native starches” the greater the amount of amylopectin the more viscous the starch paste, whereas, the greater the amount of amylose the firmer the gel (greater gel strength).
3. Heating rate – The faster starch-water dispersion is heated, the thicker it will be at the identical endpoint temperature.
4. Endpoint Temperature
  - Each type of starch has a specific endpoint temperature at which it will undergo optimum gelatinization.
  - Incompletely gelatinized starch will not attain optimum starch paste viscosity or gel strength.
  - Over gelatinization, results in decreased starch paste viscosity and gel strength because the swollen granule fragmented with stirring and/or imploded due to the extensive loss of amylase from the granule.

5. Cooling and storage conditions
  - If cooled too fast, the amylose will not have time to form the vital micelles necessary for the three dimensional structure.
  - If cooled too slowly, the amylose fractions will have a chance to align too much and become too close together and the liquid portion will not be trapped in the micelles. In both instances there will be weeping and syneresis.
  
6. Ingredients added (acid, enzyme, sugar, fat and emulsifiers)
  - a. Addition of acid or enzyme can also cause dextrinization.
    - Dextrin – a pale powder obtained from starch, used mainly as an adhesive.
    - In making *kalamansi* pudding or pie, if the juice is added early in the gelatinization process, dextrinization of the starch will occur resulting in decreased viscosity and gel strength.
    - Sugar will delay or inhibit gelatinization of starch.
    - Starch pudding with excess sugar will be less viscous or form less firm gel.
    - A cake may collapse as the structural contribution of starch is delayed or inhibited.
    - Decreased starch paste viscosity and gel strength results because the sugar competes for water won't be available for gelatinization. The kind of sugar used also affect viscosity.
    - Fat and surfactants, will serve to “waterproof” the starch granules so that water will not penetrate as readily during the gelatinization process.

**3. Retrogradation** when cooled, gelatinize amylose-containing starches set into a rigid gel.

**4. Retrogradation** is defined as the reassociation of the linear amylose chains by hydrogen bonding.

The rate of staling is dependent on the product formation, the baking process and the storage conditions.

**5. Syneresis** is characterized by the expulsion of moisture from the gel.

This reaction occurs in all kinds of gels:

- puddings
- jellies
- custards
- gelatin
- agar

## 6. Dextrinization

Dextrin – are partially hydrolyzed starches that are prepared by dry roasting starch. In home kitchens, *dextrinization* is achieved by toasting of flour for *polvoron*, rice flour for *kare-kare* sauce and bread slices for breakfast.

## 7. Hydrolysis

Starches undergo hydrolysis during cooking or processing and during storage of food.

- a. Prolonged heating of starches with acid will promote hydrolysis. This can happen when cooking an acidic food, such as:
  - Pineapple pie resulting in reduced viscosity or firmness of the pie filling.

**Modified Starches** – are starches that have been altered physically or chemically to modify one or more of its key chemical and/or physical property.

## Functional Properties of Starches

Starch plays various roles in food, a typical multi-tasker.

1. Thickeners in gravies, sauces and pudding. It absorbs water and become a gel when cooked.
2. Colloidal stabilizers
3. Moisture retainer
4. Gel forming agents
5. Binders
6. Package
7. Flavor carriers

**Flavor carriers** – its ability to trap oils and fats, which absorb flavoring substances more efficiently.

**Starches** – are added to processed meats (luncheon meats, hot dogs, sausages, etc.) as a filler, binder, moisture, retainer, and fat substitute.

## Functions of Starch and Application in Filipino Dishes

Functions of Starch	Type of Food Preparation	Recipes
Thickening	Sauces, Gravies, Pie fillings and soups	Sauces: Sweet sour, lechon, lumpia, kare-kare, palabok Pie filling: mango, buko, apple, pineapple Soups: Arroz caldo, cream soups.
Gelling	Puddings, kakanin	Bread pudding, maja blanca, sapin-sapin, kutchinta, cassava bibingka
Binding and filling	Meat loaves and meat emulsions	Luncheon meat, hot dogs, Vienna sausage, chicken nuggets, chicken balls, Ukoy, tempura
Stabilizing	Beverage, syrup, salad dressing	Chocolate drinks, fruits drinks, yogurt drinks, cooked dressings
Moisture retaining	Cake fillings, candies	Cake rolls, cream fillings
Coating or ducting	Breads, confectionery, pastries	Pan de sal, Biscuits, cansies, espasol
Diluent	Baking powder,	Cupcake
Coloring	Toasts, bread crumbs	Polvoron, Lechon sauce, Kare-kare sauce, breadings

### Common Problems in Starch Cookery

1. **Thinning of Gel.** This problem is usually encountered when using acid or acid ingredients such as lemon or vinegar.
2. **Weak Gel.** Weak gel results if there is too much liquid in relation to the starch
3. **Skin Formation.** Skin formation is due to loss of water from the starch and protein molecules near the surface of the mixture. To reduce this problem, cover container of the starch gel with a waterproof cover.
4. **Scorching.** This can be avoided by temperature control and constant stirring so the starch granules do not settle at the bottom of the cooking pan.
5. **Raw Starch Flavor.** This is due to ungelatinized starch.



## Nutritional Significance of Noodles and Pasta

The Physiological function of noodles and pasta will depend on its starch and other constituents. Since it is basically a starchy food, the nutritional significance discussed for starches also applies. In addition to starches, including resistant starches I(RS), noodles and pasta may contain other fibers and some proteins and fat as well.



*Nutrients contain:*

- Water
- Protein
- Fat
- Carbon
- Calcium
- Phosphorous
- Iron
- Thiamin
- Riboflavin
- Niacin

*Dried Noodles and Pasta*

- Macaroni
- Spaghetti
- Pancit Canton
- Bihon
- Sotanghon
- Miswa
- Miki
- Chicken Mami
- Linguini
- Lasagna

### HOW MUCH HAVE YOU LEARNED?

Answer the following questions. Write your answer in a separate sheet of paper.

1. What are the common problems in starch cookery?
2. How can these problems be remedied?
3. What are the factors affecting starch paste viscosity and gel strength?

### APPLY WHAT YOU HAVE LEARNED

Assemble and prepare your materials/ cooking outfit and ingredients needed to prepare:

## CORN MAJA

### **Ingredients:**

- 3 cups grated fresh young corn
- 1 cup rice flour
- 5 cups coconut milk
- 2 cups sugar



### **Procedures:**

Combine all ingredients and pass through a strainer. Cook over low fire, constantly stirring until thick. Pour and let cool. Serve with toasted sweetened shredded coconut.

### **Evaluation Checklist**

Evaluate your work properly by marking the appropriate column that will best describes your output.

<b>EVALUATION CHECKLIST</b>	<b>GOOD</b>	<b>FAIR</b>	<b>POOR</b>
Shape – follow the shape of the molder			
Color – appealing to the eyes			
Texture – fine, smooth			
Flavor – aroma arouse the appetite			

### **RESOURCES:**

- Drawing materials
- Kitchen utensils
- Cooking materials, supplies and ingredients

### **REFERENCES:**

Sonia Y. De Leon, Lilia L. Chavez, Virginia S. Claudio, Matilde P. Guzman, BASIC FOODS FOR FILIPINO, 4<sup>TH</sup> Edition, Copyright 2006, pp. 158-175

Rosario P. Nam Singhs, Cookbook Recipes and Nutrition Tops, pp. 228 - 235

## **LESSON 3**

### **PREPARING AND COOKING EGG-BASED DISHES**

#### **WHAT IS THE LESSON ABOUT?**

The lesson deals with the preparation and cooking egg dishes based on the standard recipes and the use of different methods in preparing eggs as food, garnishes and as ingredients.

#### **WHAT WILL YOU LEARN?**

At the end of the lesson, you should be able to:

1. identify past and current trends in preparing egg dishes;
2. classify nutrients related to egg dishes; and
3. prepare egg-based dishes.

#### **LET US STUDY**

- Boiling – cooking in liquid at a temperature of 200°F.
- Poaching – cooking in an open pan at simmering points with sufficient seasoned liquid to cover.
- Frying – the process of cooking food in hot fat or oil.
- Scramble – to cook egg while stirring together white and yolk
- Baked (Shirred) – cooking in the oven by dry heat.
- Bind – to fasten or encircle
- Setting – putting in a particular place or position
- Coating – covering food which is to be fried with flour, eggs or bread crumbs
- Enrich – improve quality, productivity, decoration or nutritive value.
- Emulsify – to disperse uniformly
- Glaze – to cover with a smooth surface or coating
- Clarify – to make clean, trim impurities
- Garnishing – is a way of decorating food by the addition of other items.
- Thicken – to make and to become thick or thickens.



**Eggs** are poultry products from chicken, ducks and quail that are eaten as food. Chicken eggs is the most widely consumed type of eggs in the world, while duck egg is the next most popular.

### **Nutritive Value of Egg**

1. Eggs are protein foods
2. Fresh eggs contain all the Vitamins except Vitamin C.
3. Important sources of iron, phosphorous and trace minerals
4. It contains low calcium and found in the shell which is not edible.
5. It is also a source of Vitamin D
6. Egg yolk has iron and riboflavin

### **Preparing and cooking egg according to standard recipes**

#### **I. Grading**

##### *a. Marketing*

- sorting
- characteristics – quality and weight

##### *b. Grading according to*

- egg shell color
- characteristics – quality and weight
- quality – grouping and sorting

#### **II. Cookery Method**

##### *a. Preparation of egg and uses*

- food
- garnishes
- ingredients

## CLASSIFICATION OF EGG COOKERY



1. Egg cooked in the shell – a good cooked egg is tender. The yolk is well centered, completely coagulated and has no yolk darkening. It is easy to peel.

a. Boiled Egg as garnish

- pansit
- paella
- embutido
- sarciado
- relyeno
- morcon
- tamales

Note: Peeling ability of eggs is improved by bringing egg temperature to room temperature prior to cooling and cooking. The cooked egg is immediately placed in tap running water.

2. Egg cooked out of the shell

- Peeled eggs are broken out of the shell and carefully dropped into boiling water.

3. Fried eggs – sometimes called eggs cooked sunny side up. The eggs are broken out of the shell and pan fried in a small amount of cooking oil without breaking the yolk.

4. Scrambled eggs – prepared by whipping the whole egg out of the shell and then pan frying just like fried egg.

- As thickening agent (like in custard)

- Leche plan



- Pudding



- Masapan



## **FUNCTIONS OF EGGS**

- a. food color
- b. leavening agent

### *Preparation:*

- slightly beaten egg white
- shift foam
- stiff egg

## **STORAGE OF EGGS**

*Preservation* – During the dry season, when there is an abundance of eggs, preservation measures to prolong keeping quality, maybe applied through the following:

1. Refrigeration – involves a temperature of 4°C (40°F).
2. Salt curing – preserved in saturated salt solution for 2 weeks, the salt gradually penetrates the egg through its porous shell.
3. Pickling – hard cooked eggs are placed in glass jars and garnished with green and red pepper, pickling solution consists of vinegar, refined sugar, salt and juices are added.
4. Oil coating – involves clogging the egg shell pores by submerging the eggs in mineral oil to prevent moisture loss during storage.

### **More Tips about Eggs**

1. Overcooking toughens eggs. Cook them under low to medium heat. But if you want sunny-side-ups that are curved up at the edges drop them into boiling hot oil.
2. “Balut” and ordinary chicken eggs have the same nutrient. Although balut has more vitamin A and calcium. Open your “balut” at the rounded end and get its full sumptuous taste by putting it whole in the mouth.
3. Eggs are easy to digest and so may be eaten even by infants, Some babies, though, may have an allergy, so don’t give them too early.
4. Dip hard boiled eggs immediately in cold water to peel the shell easily. This also prevents a dark ring from forming around the yolk.
5. People with hypertension should limit or avoid the yolk where the fat is.

### **LET US REMEMBER**

Eggs can be used in different ways and can be used in preparing nutritious and delightful recipes. Primarily eggs are used as food, as garnishing, thickening agents and as ingredients. There are rules to be followed to ensure egg safety quality and factors to consider in the preparation of any egg-based recipes, in order to achieve high grade quality of products.

### **WHAT DO YOU ALREADY KNOW?**

Answer the following questions:

1. What are the important functions of eggs particularly in baking?
2. How can we prolong the shelf life of eggs?
3. Why should eggs and egg-dishes be avoided by people with hypertension?

## LET US APPLY WHAT YOU HAVE LEARNED!

Plan for a laboratory work; prepare:

- a. Poached egg
- b. Fried egg

## SAMPLES OF EGG RECIPES

### Egg-Tomato Salad

#### **Ingredients:**

- 3 salted eggs, chopped coarsely
  - 1 onion, chopped
  - 3 large tomatoes, sliced finely
  - 1 tbsp. vinegar
  - 1 tbsp. salad oil
  - 1 tsp. sugar
  - ½ tsp white pepper
- } whisk together

#### **Procedure:**

Combine all ingredients and arrange in a platter. Serve the cold salad for eight people.

### Leche Plan (Custard)

#### **Ingredients:**

- 2 cups evaporated milk
- 8 egg yolks
- 1 tsp. lemon rind or vanilla
- 1 cup sugar
- ½ cup caramel syrup



#### **Procedure:**

Scald the milk in a double boiler for 15 minutes. Beat egg yolks. Add the sugar, milk and flavoring. Pour into mold lined with caramelized baine-marie sugar. Place this in a bigger pan half-filled with water. Steam or bake for about 1 hour or until mixture becomes firm. Cool before removing from the molder. Serve.



## Royal Stuffed Eggs

### Ingredients:

- 6 hard – cooked eggs, shelled, halves
- ½ cup canned tuna fish, drained and flaked
- ½ cup finely chopped celery
- 1 tbsp. chopped green pepper
- 2 tbsp. mayonnaise
- Baguio lettuce

### Procedure:

Mash the boiled egg yolk then mixed it with tuna fish, flavored with chopped green pepper and chopped celery and add mayonnaise. Stuff halved egg whites the mixture.

Line a serving dish with baguio lettuce. Arrange stuff eggs attractively.

## Crab-stuffed egg

### Ingredients:

- 4 hard boiled eggs
- 1 tbsp. mayonnaise
- ½ tsp. salt
- 1 tbsp. lemon or calamansi juice
- 1 cup fresh cooked crab meat
- 2 slices bread, quartered and toasted
- ¼ cup grated cheese

### Procedure:

Remove egg from shell and cut in halves lengthwise, carefully remove yolks and press through a sieve. Add mayonnaise, salt and lemon juice to sieve yolks and blend thoroughly. Add crab meat. Lightly lift crab mixture back into egg whites and place on slices of toast. Arranged in a single layer in a Pyrex baking dish. Pour tomato sauce over. Sprinkle with cheese. Bake in a moderate oven (375°F) for 15 to 20 minutes.

**After the preparation, make your evaluation using the criteria:**

Appearance	-----	30
Taste	-----	25
Preparation	-----	20
Cost	-----	15
Time	-----	<u>10</u>
<b>TOTAL</b>	-----	<b>100</b>

## **RESOURCES**

- Tools and equipment for cooking egg
- Ingredients
- Pictures of the finished products

## **REFERENCES**

S.Y. De leon, Ph. D. M.P. Guzman, L.L. Chavez, V.S. Claudio, Basic Food for Philippines, 3<sup>rd</sup> edition, Copyright 1990, pp. 275-295

Mary Frey Ray, Evelyn Jane Lewis, Exploring Professional Cooking Revised, pp. 298

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## **LESSON IV**

### **STORING VEGETABLES, FRUITS, EGGS AND STARCH FOOD STUFFS**

#### **WHAT IS THE LESSON ABOUT?**

The lesson deals with the proper storage of vegetables, fruits, eggs, and starch foodstuffs to prolong their shelf life.

#### **WHAT WILL YOU LEARN?**

At the end of the lesson, you should be able to:

1. give the techniques and procedures in storing of fresh, processed fruits, vegetables and eggs;
2. describe the proper handling and storing of fresh, processed fruits, vegetables, eggs and starch; and
3. store vegetables, fruits, eggs, and starch food stuffs properly.

#### **LET US STUDY**

1. techniques – a method of accomplishing a desired product
2. quality – essential character; nature, degree or grade of excellence.
3. enterprise – a business organization, especially when directed toward profit.
4. fresh – not stale or spoiled.
5. package – a commodity or a unit of product; uniformly wrapped or sealed.
6. freeze –to become frozen; to make extremely cold.

## GENERAL RULES FOR STORING FOOD

1. All foods must be cleaned first before they are stored.
2. Hot foods should be cooled before covering and storing.
3. Food must be placed in appropriate containers, properly wrapped and packed using plastic bags, aluminum foil or wax paper.
4. Strong flavored food should be carefully covered or wrapped if placed in the refrigerator to avoid contaminating other foods. Odor absorbent should be placed inside like a piece of charcoal or hard pan de sal.

## PROPER FOOD STORAGE

Proper food storage includes maintaining proper food temperature and storing food in such a way as to keep it clean and safe prior to the time it is served to the customer.

- Why should I use a food thermometer? A food thermometer checks the internal temperature of food to find out if it is cooked properly inside-out.
- Using food thermometer can help you prevent food borne illness.



- A. Keep cold foods cold and hot foods hot.
  - Keep hot food above 140 °F and cold foods below 41 °F
  - Don't let foods stand at room temperature
- B. Do not thaw frozen meats at room temperature
  - Thaw foods in refrigerator; in a micro wave; under a steady stream of cold, running water or through cooking
- C. Store all bulk foods in a clean, dry storage area.
  - Once opened, bulk foods should be transferred to clean, labeled containers with tight fitting lids.
- D. Protect foods from sneezer, customer handling, and dust
  - All food should be kept covered or otherwise protected from contamination.
- E. Wash, rinse, and sanitize all dishes
  - All dishes, glasses, and utensils should be sanitized in chlorine, iodine, and quaternary ammonium solutions.

- F. Keep kitchen, dining rooms and storage rooms free from rats, mice and insects.
  - Maintain a vigorous program to prevent the entry of vermin.
- G. Provide adequate storage for non-food items.

### **THREE CATEGORIES OF STORAGE EQUIPMENT**

1. Refrigeration and freezing storage
2. Heated cabinets and serving counter for cooked foods.
3. Refrigerated and heated carts and trucks used to deliver prepared food from a central production unit of various facilities or units where food is served.

### **PROPER FOOD HANDLING**

Proper food handling includes protecting food from possible contamination during the processing storage prior to serving.

1. Keep hands clean and touch food with hands as little as possible.
  - Make sure that food workers wash hands in warm soapy water before handling food.
2. Separate the preparation of meats (potentially hazardous foods) from other foods.
  - To prevent cross – contamination – do not prepare fruits and vegetables on surface used for the preparation of uncooked meats, poultry or fish.
  - To prevent bacterial growth, frequently clean preparation surface and utensils with a sanitizing solution.
3. Do not let anyone with skin infection, open sore or illness handle food.
  - If food workers are sick, send them home or assign them to non-food related duties.

Great tasting fruits and vegetables begin with proper storage at home. Use the FIFO rule. (First In, First Out). Use whatever is oldest first and continually rotate your stock to ensure freshness and reduce waste.

## **FIFO RULES APPLY TO ALL TYPES OF FOODS**

- 1. FRESH FOODS** – are best used the day of purchase or within several days, like potato, carrots, which can be kept longer if stored properly.

Different requirements in the storage of fresh products items.

- a. peaches, plums and nectarines, can be left at room temperature while ripe, are refrigerated until ready to use.
- b. tomatoes, should never be refrigerated, because cold damages texture and ultimately taste.

- 2. FROZEN FOODS** – should be stored at 0°F or less.

The maximum length of storage for frozen items varies, but for most fruits and vegetables, a good rule is six months.

- 3. CANNED FOODS** – have a shelf life of about two years. If they are stored at a constant temperature of about 75°F, and as long as the can is not leaking or bulging. Check canned foods periodically, rotate stock using the FIFO rule and discard any leaking, bulging dented cans (dent - depression in a surface made by pressure or below)

- 4. DRIED** foods should be stored in cool, dark areas.

Storing in airtight containers in the refrigerator is a great option. Recommended storage times for dried foods range from 4 months to 1 year. Because food quality is affected by heat, the storage temperature helps determine the length of storage. The higher the temperature, the shorter the storage time.

## **PROPER FOOD STORAGE TIPS**

- Organize fruits and veggies  
We often store fruits and vegetables into crispers together, but apples and some other fruits produce juice called ethylene, that speeds ripening in vegetables. Store them separately so that vegetables will not ripen too fast.
- Know which food needs room temperature.  
We tend to keep most of our fruits and vegetables in the refrigerator. But cold temperatures can actually damage some produce like squash, tomatoes and oranges.
- Use oven packaging. This flimsy package from the butcher protects your meat from freezer burn. Put it in a vacuum sealed or, sip lock bag with the air squeezed out.

- Protect your dry goods.  
Dry kitchen products like flour, cornmeal and other grains can attract bugs that make them unusable. Instead, store them in the refrigerator or in the freezer where they will be safe from pests.
- Chill your banana. Most of us keep our bananas on the counter. But it seems like they spoil almost as room as they ripen. Instead, store them in your refrigerator once they have ripened. The skin will turn brown but their inside lasts a lot longer.
- Shield leftovers from the air.  
Many of us end up throwing out leftovers because they went bad. To prevent it, don't just cover the top of the bowl with foil and plastic wrap. Instead, transfer your leftovers to an airtight food storage container to keep them fresh.

Eggs are stored according to the processors recommendations. The safe internal temperature of egg is 71°C.

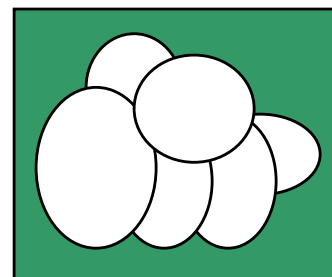
### **STORAGE OF EGGS**

1. Egg whites solids are kept dry, as stable during storage even at room temperature.
2. Spray dried egg white with glucose removed has an almost infinite shelf life.
3. Dried whole egg and yolks solids should be kept cool, less than 10°C to maintain quality.
4. Once containers of egg solids have been opened, they should be resealed tightly to prevent contamination and absorption of moisture.
5. If dried eggs are combined with any ingredients and held for storage, they should be sealed tightly in a closed container and stored in the refrigerator at 0° to 10°C.

Reconstituted eggs should be used immediately.

### **SAFE STORAGE OF EGGS AT HOME**

Take eggs straight home and store them immediately in the refrigerator at 40°F or slightly below. Store them in the grocery carton in the coldest part of the refrigerator, not at the door. Do not wash eggs, because it could remove the protective mineral oil coating on the shells.



## **FREEZE EGGS FOR LONGER STORAGE**

Eggs should not be frozen in their shells. To freeze whole eggs, beat yolks and white together. Egg whites and yolks can also be frozen until needed. Defrost in refrigerator. Discard any with cracked shells.

## **Pasta and Noodles Safety**

1. As borne out by the cases presented and by personal observations, problems occur when the pasta and noodles are prepared way ahead of the service. Advance preparation is absolutely necessary; precook the pasta to less the point of dryness. Pre-cooked is much good for 2 minutes boiling than 15 minutes.
2. In making pasta salad with chicken, it is a usual practice to hand shred the chicken to be used. After shredding the chicken put in an steamer and heat for about 10 minutes. This way whatever contamination from the workers hands will be eliminated before mixing salad.
3. Do not soak sotanghon and bihon in cold or warm water; instead boil the noodles straight from the pack. This way you are sure that each of the strands are lush through. There is no texture advantage to presoaking in water before cooking. The presoaking in cold water swells the starch granules in the noodles and lessens the cooking time.

## **Storing Starch Food stuff**

- Seal and place it in a room temperature which is free from any chemical elements that cause spoilage.

## **For Starch Foodstuff**

- Transfer the foodstuff in a clean container and cover the container with a foil or wrap it with a foil then place it inside the refrigerator for storage.

## **LET US REMEMBER**

Proper food handling and storage is important to ensure the cleanliness, freshness and safety of the food to be served.



## **HOW MUCH HAVE YOU LEARNED?**

Answer the following questions below in a separate sheet of paper.

1. What are the proper ways of storing the following foodstuffs?
  - a. fruits and vegetables
  - b. eggs and starch dishes
2. Why is instituting FIFO rules important?

## **APPLY WHAT YOU HAVE LEARNED**

1. Bring fresh fruits, vegetables and eggs. Prepare your materials needed in wrapping and sealing foods ready to be stored.
2. Demonstrate the wrapping and sealing process and to be presented to your teacher for evaluation.

## **RESOURCES:**

- Learning materials
- Supplies/ Materials/ Equipment
- Personal protective equipment

## **REFERENCES:**

Joseph Linford A. Ditar, Fundamental of Food and Beverage and Service Operation, Copyright 2007,  
pp. 25 – 31

S.Y. The Lion, L.L Chaves, V.S. Claudio, M.P. Guzman, Basic Food for Filipinos 3<sup>rd</sup> Edition, Copyright 1999,  
pp. 292 – 293 and 479 – 484

WWW.Sbephd or glehsl proper, htm...

## Post-test

Read each of the following items carefully and choose the letter of the correct answer. Write your answer in your test booklet.

1. How can you avoid loss of nutrients during vegetable preparation?
  - a. wash them before paring and cutting.
  - b. soak in lukewarm water after cutting.
  - c. blanch them first before paring and slicing.
  - d. rub the surface with plenty of salt after paring.
  
2. Squash contains Vitamin A, which is a fat-soluble vitamin, therefore it is better to cook it as
  - a. bulanglang
  - b. ginisang kalabasa
  - c. pinakbet
  - d. sautéed Squash with Tofu
  
3. Why do camote tops turned brownish green when added to fish or pork sinigang?
  - a. it is an indication that the vegetable is overcooked.
  - b. it is a normal reaction of the chlorophyll with the acetic acid in vinegar.
  - c. the compounds in vegetables react with the medium where it is cooked.
  - d. the brownish green color indicates that the chlorophyll content is enhanced.
  
4. Cabbage develops strong flavors when cooked because of the sulfur compounds that give it a unique characteristics. To avoid this, you should
  - a. add fats to the recipe
  - b. not overcook the vegetable
  - c. lengthen the cooking time of the food.
  - d. use plenty of water in cooking the vegetable.
  
5. What must be done to inactivate the enzyme and avoid browning of fruits like santol?
  - a. soak in water with salt after paring .
  - b. blanch for a few minutes before paring.
  - c. boil until the tissue softens after paring.
  - d. cool in the refrigerator for several minutes before paring.
  
6. Tomatoes and red bell pepper can be grouped together because they
  - a. are both rich in Vitamin C
  - b. are best cooked in fats
  - c. have the same calorie content
  - d. have the same coloring pigment, anthocyanins.

7. Which must be observed when cooking vegetables?
- starchy vegetables should be cooked until mushy.
  - rub ingredients against a rough or indented surface.
  - legumes like monggo should be cooked initially in low heat.
  - other vegetables like ampalaya should be cooked until tender
8. The best known flavoring component in fruit is
- acid
  - sugar
  - sulfur compound
  - tannin
9. Which of the following statements is true about the flavor components of fruits and vegetables?
- as the fruit ripens, acidity frequently increases.
  - onions and garlic develop strong flavor when cooked.
  - acid in green leafy vegetables like cabbage is called oxalic acid.
  - the flavor of ripe bananas is attributed to sulfur compounds.
10. Which among the food nutrients listed below are mainly present in fruits and vegetables?
- carbohydrates and fats
  - protein and minerals
  - vitamins and carbohydrates
  - vitamins and minerals
11. Which must NOT be practiced when handling and preparing foods?
- wear apron before starting to work.
  - use hairnets to avoid hair from falling into the food.
  - clean hands and trim fingernails before starting to work.
  - take your meals while preparing foods to save time.
12. Which part of the egg is considered the richest source of cholesterol?
- air cell
  - shell
  - white
  - yolk
13. How can you facilitate ease in removing the shell of hard boiled eggs?
- dip in cold water.
  - immerse in vinegar.
  - coat the shell with some cake flour.
  - put inside the refrigerator for 3 minutes.
14. The main function of eggs among baked products is to
- promote tenderness
  - enhance their flavor.
  - bind the ingredients together.
  - prolong their keeping quality.

15. In food storage, FIFO rule or the first in, first out rule means to
- use the oldest products first.
  - consume first the most expensive products.
  - use the most recently purchased supplies first.
  - consume the products stored at the innermost part of the cabinet.
16. Why is instituting the FIFO rule important in all establishments particularly in restaurants?
- to avoid waste of supplies.
  - to facilitate ease in working.
  - to maintain sanitation in the workplace.
  - to win and attract more customers.
17. The added starch in Pinakbet is used as \_\_\_\_\_ agent.
- gelling
  - stabilizing
  - thickening
  - filling
18. Which of the following is the most appropriate way of thawing frozen foods?
- thaw foods at room temperature to hasten the melting process of ice.
  - thaw foods inside the refrigerator to avoid growth of microorganisms.
  - wrap the frozen foods in clean cheesecloth and exposed in air.
  - unwrap the frozen foods and soak it in a basin with lukewarm water
19. Why is it NOT advisable to store eggs together with strongly odored foods like onions?
- the nutritive value of eggs tend to lessen
  - the eggshells are porous and can absorb odor well.
  - sulfur compounds in onions can hasten food deterioration.
  - none of the above
20. Which starch properties and reactions is described in pineapple pie filling cooked with reduced viscosity?
- dextrinization
  - hydrolysis
  - retrogradation
  - syneresis

## **Key to Corrections – Pre Test and Post Test**

1. a
2. a
3. b
4. b
5. b
6. d
7. c
8. b
9. c
10. d
11. d
12. d
13. a
14. c
15. a
16. a
17. c
18. b
19. b
20. b



Republic of the Philippines  
Department of the Education  
**PUBLIC TECHNICAL-VOCATIONAL  
HIGH SCHOOLS**



# **COMPETENCY-BASED LEARNING MATERIALS SECOND YEAR**



## **Food Trades NC II**

**Unit of Competency: PREPARE HOT AND COLD DESSERTS**

**Module No.: 7**

**Module Title: PREPARING HOT AND COLD  
DESSERTS**

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## MODULE 7

<b>QUALIFICATION TITLE</b>	:	<b>FOOD TRADES NC II</b>
<b>UNIT OF COMPETENCY</b>	:	<b>PREPARE HOT AND COLD DESSERTS</b>
<b>MODULE TITLE</b>	:	<b>PREPARING HOT AND COLD DESSERTS</b>
<b>NOMINAL DURATION</b>	:	<b>80 Hours</b>



# FOOD TRADES NC II

## **WHAT IS THE MODULE ABOUT?**

The module deals with the knowledge, skills and attitudes required in the preparation of a variety of hot, cold and frozen desserts in a commercial kitchen or catering operation.

## **WHAT WILL YOU LEARN?**

After completing the module, you should be able to:

- a. prepare and produce desserts;
- b. prepare sweet sauces;
- c. prepare accompaniments; and
- d. store desserts

## **WHAT DO YOU ALREADY KNOW?**

Let us find out how much you already know about preparing hot and cold desserts. Read and understand the questions carefully and choose the letter of the correct answer. Write your answer in your test notebook.

### **Pre-test**

Directions: Read the questions carefully and choose the letter of the correct answer. Write it in your test notebook.

1. Which does NOT belong to the group?
  - a. rich sauce
  - b. light sauce
  - c. hot fudge
  - d. sweet
  
2. The purpose of storing dessert is to
  - a. increase volume
  - b. soften food tissues
  - c. improve the palatability
  - d. enhance freshness and quality
  
3. Which of the following packaging materials is NOT used for storing desserts?
  - a. aluminum foil
  - b. plastic cellophane
  - c. glass jars
  - d. ceramic bowls

4. What must be done with the vegetables and fruit carvings used in garnishing in order to look fresh?
  - a. soak in iced water for at least 10 minutes
  - b. refrigerate for 5 minutes
  - c. sprinkle with clean tap water
  - d. immerse in a salt solution
  
5. How can we prevent apples from turning brown?
  - a. soak in water with sugar
  - b. rinse in diluted lemon juice
  - c. refrigerate overnight
  - d. wash with lukewarm water
  
6. Which sauce will you prepare if the dessert available is a simple dessert?
  - a. cold
  - b. light
  - c. hot fudge
  - d. rich
  
7. The following are thickening agents used in preparation of sauce, EXCEPT
  - a. baking powder
  - b. cornstarch
  - c. cream
  - d. flour
  
8. Which of the following is considered the simplest dessert?
  - a. custard
  - b. fruits
  - c. gelatin
  - d. puddings
  
9. All of the following are characteristics of good fruit desserts, EXCEPT
  - a. appetizing aroma
  - b. slightly chilled temperature
  - c. simple and attractive
  - d. moderately sweet
  
10. A good baked custard has
  - a. irregular shape
  - b. smooth texture
  - c. soft texture
  - d. thin syrup

## **LESSON I**

### **PREPARING AND PRODUCING DESSERTS**

#### **WHAT IS THE LESSON ABOUT?**

The lesson deals with the different types of desserts, their characteristics, ingredients and equipment used in preparing and producing desserts.

#### **WHAT WILL YOU LEARN?**

At the end of the lesson, you should be able to:

- a. identify the types of desserts and their characteristics;
- b. classify the suitable ingredients for desserts;
- c. use appropriate equipment for dessert; and
- d. prepare desserts based on standard recipes.

#### **LET US STUDY**

- dessert - the last course of a meal; usually sweet such as pies, cakes, chocolates, puddings, and fruits.
- Blancmange- a French milk pudding or custard usually flavored with almonds..

The choice of a dessert depends on the type of a meal. A light meal is to be followed by a substantial dessert such as blancmange with chocolate sauce and a heavier meal by fruit or a fruit dessert.

## **Types of Desserts and Their Characteristics**

### **I. FRUITS**

The simplest dessert and one of the best are fruits because they are nutritious, appetizing, and easy to prepare and serve.

#### **Characteristics of good fruit desserts:**

- a. appetizing aroma
- b. simple
- c. clean washed appearance
- d. slightly chilled

### **II. CHEESE**

Cheese is another excellent dessert that is ready to serve. It is made in all parts of the world from a variety of milks from cow, goat, sheep, llama, reindeer and buffalo. Cheese differs depending on the kind of milk used. The kinds of fungi and bacteria that develop them, the kinds of cheese-making procedures used, the seasonings and the ripening processes also distinguish its variety. Each variety has a definite character, a special appeal and particular uses.

#### **The three general types based on consistency are:**

1. Soft
  - a. unripened cheese
  - b. ripened by bacteria
2. Semi – hard
  - a. ripened by mold
  - b. ripened by bacteria
3. Hard
  - a. with gas holes
  - b. without gas holes

### **III. GELATIN DESSERTS**

These are easily prepared, economical and vary in many ways. Gelatin is marketed in two forms. First, the unsweetened, granular type that must be softened in water before use, and second the fruit gelatin to which flavor, color, and sugar have already been added.

#### **IV. CUSTARDS**

Baked and soft custards vary in many ways that an endless number of desserts can be prepared. Creamy, delicate, baked custards may be served in their baking cups or may be unmolded and served with fruit garnishes or with dessert sauces. The soft or “stirred” custard is incorrectly called the “boiled” custard. The ingredients are the same as for baked custard but the cooking process is different.

##### **Characteristics of baked custard**

- a. firmness of shape
- b. smooth, tender texture
- c. rich and creamy consistency
- d. excellent flavor

##### **Characteristics of soft custard**

- a. velvety smooth texture
- b. rich flavor
- c. has pouring consistency of heavy cream

#### **V. PUDDINGS**

Puddings are relatively simple to prepare and vary with sauces. These are classified as:

1. Cornstarch pudding, sometimes called blancmange
2. Rice pudding
3. Bread pudding

##### **Characteristics of Pudding**

- a. attractive appearance
- b. excellent consistency
- c. well – blended flavor
- d. firmness of shape
- e. an accompanying sauce to add interest

#### **VI. FRUIT COBBLERS**

These are not fruit pies. They have a depth of two or three inches and are topped with biscuit dough rather than being made with pie crust. They may be served either hot or cold.

## **Equipment, Tools and Utensils for Desserts**

cooking range	saucepan
refrigerator	spatula
measuring cups/spoons	grater
bowls	knife
beater	wooden spoon
molder	strainer
fork	

## **Example of Standard Recipes for Dessert**

### **FRUIT COCKTAIL**

#### Ingredients

2 c. ripe papaya, peeled and cubed	1 tsp. citric acid
2 c. singkamas, peeled and cubed	½ tsp. almond xtract
4 slices canned pineapple, tidbits	1 tbsp. calamansi juice
⅔ c. sugar	1 tbsp. honey
1 c. water	

#### Procedure

Cook cubed papaya in syrup made of 2/3 c. sugar and ½ c. water. Add ½ tsp. citric acid. When cooked, add ¼ almond extract.

Cook singkamas similarly. Combine all the fruits and mix well. Chill before serving. For dressing, use honey-calamansi juice mixture. Add mixture to fruits before serving.

### **MOLDED FRUIT GULAMAN**

#### Ingredients

2 bars gulaman, tears into peaces	4 slices ripe mangoes (scoop the flesh)
	½ c. milk (evaporated milk or fresh)
½ c. pineapple (diced)	2 c. water
1 banana (neatly cut)	

#### Procedures:

Boil sugar and gulaman in two cups water. Remove from fire, strain through a sieve. Add milk and put half of the mixture in a wet mold. Put in a cool place to jell. When partly jelled, arrange fruits in mold and pour the remaining gulaman. Chill until firm. Serve cold.

## SOFT CUSTARD

### Ingredients:

- 3 eggs, slightly beaten (or 6 yolks)
- 3 tablespoons sugar
- 2 cups milk, scalded
- 1 teaspoon vanilla
- pinch of salt
- whipped cream ( optional)

### Utensils:

- sauce pan
- double boiler
- measuring cups
- wooden spoon
- egg beater
- spoon for testing

### Steps in Preparation:

1. Scald the milk in a sauce pan over low fire
2. Combine the eggs, salt and sugar.
3. Gradually stir in the milk and cook on top of the double boiler for 5 minutes. Stir constantly to avoid scorching.
4. Test with a spoon to see if done. If done, the spoon is well-coated with the custard. Add vanilla and cool quickly.
5. Serve in well-chilled glass dish or tall glass. Top with whipped cream, if desired.

**Note:** If you accidentally overcooked the custard and it curdles, set the pan in cold water and beat smoothly with an egg beater.



## **MAJA BLANCA**

### Ingredients:

10 young corn on the cob or 1 cup creamed corn  
3 c. sugar  
4 c. coconut cream                      1 coconut finely grated

### Procedure

1. Scrape corn kernels from the cob.
2. Pound or put through a food processor.
3. Strain and squeeze through cheesecloth.
4. Mix with coconut cream.
5. Add 2 cups sugar and cook in a saucepan.
6. Stir continuously until thick.
7. Pour into a mold.

For topping, toast grated coconut in a frying pan. Add remaining cup of sugar and cook until golden brown. Sprinkle over pudding.

\*Skip steps 2-3 if using creamed corn.

## FRESH PEACH COBBLER

### Utensils:

knife  
large saucepan  
2 mixing bowls  
measuring cups  
measuring spoons  
baking dish – 6 x 8 inches  
or 8 inches. round pan

### Ingredients:

3 c. peeled sliced peaches  
1 cup sugar  
1 cup water  
1 tablespoon cornstarch  
2 tablespoons cold water  
1 tablespoon butter  
½ teaspoon cinnamon  
(heavy cream, if desired )

### BISCUIT DOUGH

#### Utensils:

sifter  
pastry blender or knives  
wooden spoon

#### Ingredients:

1 cup sifted enriched flour  
½ teaspoon salt  
1½ teaspoons baking powder  
3 tablespoons fat  
⅓ cup milk

### Procedure

1. Set the oven at 400°F.
2. Heat the peaches, sugar and water. Blend the cornstarch and 2 tablespoons water and add to the peaches, cook about 5 minutes.
3. Place the peaches in the bottom of the baking dish, dot the mixture with butter and cinnamon.
4. Prepare the biscuit dough – sift the dry ingredients, cut in the fat until the mixture resembles cornmeal, add the milk all at once, and mix.
5. Drop the biscuit mixture on top of the peaches by spoonfuls.
6. Bake for 30 minutes.
7. Serve hot, cut into squares and top with some of the juice in the pan.
8. Serve with thick cream, if desired.

## **LET US REMEMBER**

The dessert may be heavy or light depending upon the number of dishes served during a meal. Fruit and cheese are the easiest to prepare. Puddings, custards, and gelatin desserts are relatively simple to prepare.

## **HOW MUCH HAVE YOU LEARNED?**

Answer the following questions. Write your answer on a separate sheet of paper.

1. Why are fruits considered the simplest dessert?
2. What are the characteristics of good baked custard?
3. How are cheeses classified?

## **LET US APPLY WHAT YOU HAVE LEARNED**

Students are grouped into three: Every group will prepare one dessert following the correct procedure.

- |           |   |                 |
|-----------|---|-----------------|
| Group I   | - | Fruit dessert   |
| Group II  | - | Gelatin dessert |
| Group III | - | Pudding         |

**CRITERIA FOR JUDGING THE FINISHED PRODUCT**

<b>Product</b>	<b>Good (5)</b>	<b>Fair ( 3 )</b>	<b>Poor (1 )</b>
1. Fruit a. appetizing aroma b. simple c. clean d. slightly chilled			
<b>TOTAL</b>			
2. Gelatin dessert a. attractive color b. excellent flavor c. firm, easily cut d. well-distributed fruits e. interesting shape			
<b>TOTAL</b>			
3. Pudding a. attractive appearance b. excellent consistency c. well-blend flavor d. accompanying sauce to add interest			
<b>TOTAL</b>			

## **RESOURCES**

The following resources are needed:

- cooking range
- chiller/refrigerator

### Tools/utensils

- measuring cups/spoons
- mixing bowls
- strainer/colander
- beater
- grater
- molder
- saucepan
- wooden spoon
- fork
- spatula

### Supplies and materials

- fresh fruits
- gelatin
- milk
- cheese
- eggs
- cornstarch
- rice starch
- bread flour
- sugar

## **REFERENCES**

- Lewis, Dora S. et. al, Family Meals and Hospitality, pp. 96 – 105.
- Belmonte, Leonarda R. et. al, Philippine Fiesta Recipes, pp. 114 – 122.

## LESSON 2

### PREPARING SWEET SAUCES

#### WHAT IS THE LESSON ABOUT?

The lesson deals with the kinds and variety of sauces, different thickening agents, preparing sweet sauces and storing to retain desired quality and characteristics.

#### WHAT WILL YOU LEARN?

At the end of the lesson, you should be able to:

- a. enumerate the kinds and variety of sauces;
- b. identify the thickening agents for sauces;
- c. prepare sweet sauces; and
- d. store sauces to retain desired quality.

#### LET US STUDY

- sauce - a flavored liquid blend of ingredients that adds flavor and enhances the appearance of the food.
- fudge - a soft confection made of butter, sugar, chocolate.

Sauces can give an entirely different appearance, flavor, color, and moisture to desserts.

#### **Kinds and Varieties of Sauces**

1. Rich sauce is well suited to a simple dessert.
2. Light sauce to a rich dessert.
3. Hot fudge is a delightful contrast to a cold cornstarch pudding or to vanilla ice cream.

Hot sauces – made just before they are to be used.

Cold sauces – cooked ahead of time, then cooled, covered and put in the refrigerator to chill.

## **Thickening Agents for Sauces**

Thickening agents improve the quality of the sauces.

1. starch
2. cream
3. eggs
4. rice
5. flavor
6. grains
7. cornstarch

## **EXAMPLE OF STANDARD RECIPES FOR SAUCES**

### **CHOCOLATE SAUCE**

#### **Ingredients:**

- |   |                      |
|---|----------------------|
| 4 squares (4 oz.) unsweetened chocolate | 1 ½ cups sugar       |
| 2 cups hot water                        | 1 T light corn syrup |
| 2 T cold water                          | pinch of salt        |
| 2 T cornstarch                          | 1 T butter           |
|   | 1 ½ t vanilla        |

#### **Procedure**

1. Cut the chocolate into small pieces. Melt on top of the double boiler.
2. Gradually add the hot water, stirring until the mixture is well blend.
3. Dissolve the cornstarch in cold water and combine with the chocolate mixture.
4. Add sugar, corn syrup and salt. Mix until well blend.
5. Boil for 10 minutes or until the starch is thick and smooth.
6. Add butter and vanilla.
7. Let cool. Place in a covered jar and store in the refrigerator

### **STRAWBERRY SAUCE**

**Note:** Any fruit or fruit juice may be substituted for strawberries

#### **Ingredients:**

- ¾ cup sugar
- 1 ½ tablespoons cornstarch
- 1 cup strawberries, pitted, crushed
- 2 tablespoons lemon juice

## **Procedure**

1. Combine the sugar and cornstarch.
2. Stir in the crushed fruit.
3. Bring to a boil and stir constantly. Cook until clear.
4. Remove from fire. Add lemon juice and serve hot or cold.
5. This sauce may be stored in a covered jar and placed in the refrigerator.

## **STORAGE OF SAUCES**

Sauces should be kept in airtight container and stored in a cold dry place away from moisture, oxygen, light and pests. Food made with starches that contains egg, milk, cream and other dairy products, all of which make them prone to bacterial contamination and to food-borne illness. Sauces made with these ingredients should be kept out in the temperature danger zone. Thickened sauce should also be prepared, served and stored with caution. These products should be stored in the refrigerator and never left to stand long at room temperature.

## **LET US REMEMBER!**

Dessert sauces can give on entirely different appearance and flavor to desserts. A good dessert sauce has a pouring consistency, an attractive color and a well-seasoned flavor. Well-stored sauces retain the desired quality and its characteristics.

## **HOW MUCH HAVE YOU LEARNED?**

Directions: Read the following questions carefully and choose the letter of the correct answer. Write it on your test notebook.

1. This is a flavored liquid blend of ingredients that adds flavor and enhances the appearance of the food.
  - a. Appetizer
  - b. Dessert
  - c. Sauce
  - d. Stock
  
2. Which of the following sauces is suited to a simple dessert?
  - a. cold sauce
  - b. hot fudge sauce
  - c. light sauce
  - d. rich sauce



3. This is a delightful contrast to a cold cornstarch pudding or vanilla ice cream.
  - a. Hot fudge
  - b. Hot sauce
  - c. Rich sauce
  - d. Light sauce
  
4. The following are thickening agents for sauce, EXCEPT
  - a. baking powder
  - b. cornstarch
  - c. Cream
  - d. flour
  
5. Which of the following containers is used to store sauces?
  - a. airtight jar
  - b. Plastic bottle
  - c. Medium-sized bowl
  - d. Small plastic bag

**APPLY WHAT YOU HAVE LEARNED**

Plan and prepare sauces suited to light and rich dessert.

**GOOD QUALITY DESSERT SAUCE**

Characteristics	Good (5)	Fair (3)	Poor (1)
1. Attractive color			
2. Correct consistency a. pouring consistency like heavy cream			
3. Defined, well-seasoned flavor			

## **RESOURCES:**

The following resources are needed:

### Equipment

- cooking range
- refrigerator/chiller

### Tools and Utensils

- measuring cup/spoon
- wooden spoon
- knife
- bowl
- spatula

### Supplies and Materials

- ingredients for sauces
  - flour
  - salt
  - sugar
  - cream
  - flavorings

## **REFERENCE:**

Lewis, Dora S. et. al, Family Meals and Hospitality, pp. 105 - 106.

## **LESSON 3**

### **PREPARING ACCOMPANIMENTS, GARNISHES AND DECORATIONS**

#### **WHAT IS THE LESSON ABOUT?**

The lesson deals with the different kinds of accompaniments, garnishes and decorations, and their methods of preparations.

#### **WHAT WILL YOU LEARN?**

At the end of the lesson, you should be able to:

- a. identify the kinds and varieties of accompaniments and garnishes; and
- b. prepare accompaniments and garnishes

#### **LET US STUDY**

- garnish - to decorate with flavorsome or colorful trimmings for a dish or desserts
- accompaniment – enriching or supporting the main

Accompaniments, garnishes and decorations are important to enhance taste, texture and balance sauces.

#### **SUGGESTED ACCOMPANIMENTS**

1. Rice Stuffed Avocados
2. Green Beans with Almonds
3. Butter Baked Carrot Sticks
4. Cheesy Potatoes
5. Glazed Squash
6. Cauliflower Oriental
7. Stewed Tomatoes with Yogurt
8. Cottage Cheese Soufflé – Omelet

## **GARNISHES AND DECORATIONS**

Garnishes for foods are usually derived from other foods and should preferably be edible. The keynote of any food garnish should be naturalness and simplicity.

The best place for the garnish is different for every individual dish and every food. It depends on the shape and size of the food and its relation to the shape and size of the plate. Usually the garnishing may be placed wherever there is a vacant place.

### **Here are some helpful tips in garnishing:**

- Make sure that fruits and vegetables are fresh free from bruises. They should be of good color, clear and firm for better visual presentation.
- Browning of apples can be prevented by rinsing them in salt solution or calamansi juice or diluted lemon juice concentrate.
- To curve flower petals out of vegetables, soak vegetables first in soft solution for at least half an hour. Use 1 tablespoon salt to 1 liter of water to soften the vegetable.
- Soak vegetable or fruit carvings in iced water for at least 10 minutes to give them a fresh look.

## PREPARATION OF ACCOMPANIMENTS AND GARNISHES

### Example recipes:

#### RICE STUFFED AVOCADOS (vegetable or main dish )

2 tbsp	butter	30 ml
½ cup	regular rice, cooked	125 ml
¼ cup	finely chopped onion	60 ml
¼ cup	finely chopped celery	60 ml
1 cup	boiling chicken stock	250 ml
½ tsp	salt	2 ml
1	egg beaten	1
1 cup	grated cheddar cheese	250 ml
¼ tsp	Worcestershire sauce	1 ml
½ cup	chopped parsley	125 ml
3 medium	avocados	3 medium
½ cup	fine dry bread crumbs	125 ml
2 tbsp	melted butter	30 ml

#### Procedure:

Sauté the onion and melted butter. Pour the chicken stock let it simmer, add the cook rice, beaten egg, chop celery, Worcestershire sauce, grated cheese, bread crumbs and pinch of salt. Stir together. Mould in to avocado halves. Garnish with chopped parsley.

### **ASPARAGUS ITALIAN STYLE**

8 oz.	fine noodles	225 g
1 small clove	garlic, peeled	1 small clove
1 lb	fresh asparagus	450 g
3 tbsp	cooking oil	45 ml
5-oz can	sliced mushrooms, drained	142-ml can
½ tsp	salt	2 ml
¼ cup	grated Romano cheese	60 ml

Fill a large saucepan with boiling salted water. Add noodles. Stick a toothpick in the clove of garlic. (toothpick will help you find the garlic when you want to discard it.) Cook the noodles as directed on the package or for about 5 minutes. Discard clove of garlic and rinse noodles under cold water. Drain.

Wash asparagus and snap off tough ends. Cut stalks into ½ - inch (1.25-cm) slices. Leave tips whole.

Heat oil in a large heavy skillet. Add asparagus, cover and cook over medium heat, shaking the pan often, 5 to 8 minutes or until asparagus is tender-crisp. Add noodles and mushrooms. Toss together with a fork over moderate heat. Sprinkle with salt and cheese. Serve immediately. Better serve with fried chicken.

### **BUTTER BAKED CARROT STICKS**

1 lb	carrots	450 g
2 tsp	sugar	10 ml
1 tsp	salt	5 ml
⅓ tsp	pepper	0.5 ml
2 tsp	snipped fresh dill	10 ml
¼ cup	butter or margarine	60 ml

Heat oven to 400°F (205°C). Butter a shallow baking dish about 10 x 6 x 2 inches (25 x 15 x 5 cm).

Scrape or peel carrots and cut into sticks about 2 inches long (3.75 cm.). Put in baking dish. Sprinkle with sugar, salt, pepper and dill. Dot with butter or margarine. Cover with foil. Bake about 30 minutes or until carrots are tender.

### GREEN BEANS WITH ALMONDS

¼ cup	butter or margarine	60 ml
½ cup	slivered blanched almonds	125 ml
½ tsp	salt	2 ml
2 tsp	lemon juice	10 ml
1 ½ lb	frozen French-style green beans	675 g

Heat butter or margarine in heavy saucepan or skillet. Add almonds and cook slowly until golden, stirring often. Remove from heat and stir in salt and lemon juice.

Cook beans as directed on package. Drain. Pour almond mixture over beans. Serve immediately.

### GLAZED SQUASH

(for the barbecue)

1 piece	acorn squash	1
¼ cup	butter or margarine	60 ml
¼ cup	brown sugar, packed	60 ml
¼ tsp	nutmeg	1 ml
½ tsp	salt	2 ml
⅛ tsp	pepper	0.5 ml

Cut squash lengthwise into strips about ½ inch (1.25 cm) thick. Peel each strip. Put the squash pieces on a large piece of doubled heavy-duty aluminum foil. Melt butter or margarine and stir in remaining ingredients. Pour over squash and wrap the foil loosely around the vegetable, making double folds to seal well. Cook about 4 inches (10 cm) from hot coals for 45 minutes or until tender, turning the package halfway through cooking.

**Note:** Bake in oven at 400°F (205°C) for about 1 hour, if desired.

## LET US REMEMBER

Use of accompaniments, garnishes and decoration provides a feast for the eyes as well as for the mouth. Its stimulating, satisfying and exciting forms of art stimulate the diner's appetite and enhance the presentation of the food.

## HOW MUCH HAVE YOU LEARNED?

How do garnishes differ from accompaniments?

## LET US APPLY WHAT YOU HAVE LEARNED

Group Activity:

- Each group will prepare one kind of accompaniment with garnishing and decorations.

Good quality Accompaniments	Good (5)	Fair (3)	Poor (1)
Attractive color			
Defined well-seasoned flavor			
Well curved and shaped			

## RESOURCES:

Equipment

- cooking range
- refrigerator

Tools and utensils

- knives
- bowls
- chopping board
- wooden spoon
- plates
- tray

Supplies and Materials

- ingredients for accompaniments and garnishes

## REFERENCE:

Oliver, Margo. The Good Food, copyright 1993, pp. 151 – 165



## **LESSON 4**

### **STORING DESSERTS**

#### **WHAT IS THE LESSON ABOUT?**

The lesson deals on proper storage of desserts.

#### **WHAT WILL YOU LEARN?**

At the end of the lesson, you should be able to:

- a. identify the packaging materials used to preserve the taste, and appearance of desserts; and
- b. store desserts properly.

#### **LET US STUDY**

- Chill – moderately cold
- Safeguard – protect
- Ill – ailment; sickness

#### **Packaging Materials for Storing Desserts**

1. glass container
2. plastic container
3. plastic/cellophane
4. aluminum foil
5. packaging tapes
6. boxes

#### **Equipment**

1. chiller
2. freezer
3. refrigerator

#### **Sanitary Practices When Storing Desserts**

1. Handle the food properly to prevent spoilage and contamination.
2. Wash utensils and equipment thoroughly.
3. Keep away from food when you are ill.
4. Store foods and ingredients properly.
5. Safeguard the food during distribution and service.

### **Storage Techniques**

1. Refrigerate – to keep cold or cool
2. Cold Storage – the process of storing food by means of refrigeration
3. Chilling – to refrigerate or to reduce the temperature of food

### **LET US REMEMBER**

Storing desserts is one of the most important activities after the preparation to maintain quality, appearance, taste and freshness for customer's appeal.

### **HOW MUCH HAVE YOU LEARNED?**

Answer the following items on a sheet of paper.

1. What are the sanitary practices to observe in storing desserts?
2. How do storage techniques differ from one another?

### **LET US APPLY WHAT YOU HAVE LEARNED+**

Demonstrate how to store desserts properly.

Good quality Accompaniments	Good (5)	Fair (3)	Poor (1)
Attractive color			
Defined well-seasoned flavor			
Well curved and shaped			

### **RESOURCES**

Equipment

- chiller
- refrigerator

Tools and Utensils

- packaging materials

Supplies and materials

- prepared desserts
- pictures of dessert for mock simulation

### **REFERENCE**

SEDP Series, Technology and Home Economics III pp, 65 – 66

### Post-test

Directions: Read the questions carefully and choose the letter of the correct answer. Write it in your test notebook.

1. Which does NOT belong to the group?
  - a. rich sauce
  - b. light sauce
  - c. hot fudge
  - d. sweet
2. The purpose of storing dessert is to
  - a. increase volume
  - b. soften food tissues
  - c. improve the palatability
  - d. enhance freshness and quality
3. Which of the following packaging materials is NOT used for storing desserts?
  - a. aluminum foil
  - b. plastic cellophane
  - c. glass jars
  - d. ceramic bowls
4. What must be done with the vegetables and fruit carvings used in garnishing in order to look fresh?
  - a. soak in iced water for at least 10 minutes
  - b. refrigerate for 5 minutes
  - c. sprinkle with clean tap water
  - d. immerse in a salt solution
5. How can we prevent apples from turning brown?
  - a. soak in water with sugar
  - b. rinse in diluted lemon juice
  - c. refrigerate overnight
  - d. wash with lukewarm water
6. Which sauce will you prepare if the dessert available is a simple dessert?
  - a. cold
  - b. light
  - c. hot fudge
  - d. rich
7. The following are thickening agents used in preparation of sauce, EXCEPT
  - a. baking powder
  - b. cornstarch
  - c. cream
  - d. flour
8. Which of the following is considered the simplest dessert?
  - a. custard
  - b. fruits
  - c. gelatin
  - d. puddings

9. All of the following are characteristics of good fruit desserts, EXCEPT
- a. appetizing aroma
  - b. slightly chilled temperature
  - c. simple and attractive
  - d. moderately sweet
10. A good baked custard has
- a. irregular shape
  - b. smooth texture
  - c. soft texture
  - d. thin syrup

## Key to Corrections – Pre Test and Post Test

1. d
2. d
3. d
4. a
5. b
6. d
7. a
8. b
9. b
10. b



Republic of the Philippines  
Department of the Education  
**PUBLIC TECHNICAL-VOCATIONAL  
HIGH SCHOOLS**



# COMPETENCY-BASED LEARNING MATERIALS SECOND YEAR



## Food Trades NC II

**Unit of Competency: PREPARE APPETIZERS AND  
SALADS (HOT AND COLD)**

**Module No.: 8**

**Module Title: PREPARING APPETIZERS AND  
SALADS (HOT AND COLD)**

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## MODULE 8

QUALIFICATION TITLE	:	<b>FOOD TRADES NC II</b>
UNIT OF COMPETENCY	:	<b>PREPARE APPETIZERS AND SALADS (HOT AND COLD)</b>
MODULE TITLE	:	<b>PREPARING APPETIZERS AND SALADS (HOT AND COLD)</b>
NOMINAL DURATION	:	<b>60 hours</b>



# FOOD TRADES NC II



## WHAT IS THE MODULE ABOUT?

The module deals with the skills, knowledge, and attitudes required in preparing and presenting appetizers and salads in a commercial kitchen or catering operation.

## WHAT WILL YOU LEARN?

After completing this module, you should be able to:

- a. prepare and present a variety of salads and dressings;
- b. prepare and present a range of hot and cold appetizers; and
- c. store appetizers and salads.

## WHAT DO YOU ALREADY KNOW?

### Pre-test

#### Directions:

Let us find out how much you already know about preparing, presenting and storing appetizers and salads. Read each of the following questions carefully and choose the letter of the correct answer. Write your answer in your test notebook.

1. Which one is suspended in a mixture of two immiscible liquid?
  - a. appetizer
  - b. emulsion
  - c. salad
  - d. oil and vinegar
  
2. Which of the following is used for a salad plants or greens?
  - a. appetizer
  - b. emulsion
  - c. salad
  - d. salad dressing
  
3. Which of the following types of salad dressing is popular on tossed salads?
  - a. cooked salad dressing
  - b. French dressing
  - c. thousand-island dressing
  - d. vinaigrette dressing
  
4. Which of the following types of salad contains one or a combination of fruits plus a dressing?
  - a. coleslaw
  - b. fruit salad
  - c. high protein salad
  - d. vegetable salad
  
5. Which of the following types of salad is the combination of vegetables with protein foods?
  - a. fruit salad
  - b. high protein salad
  - c. gelatin salad
  - d. vegetable salad

6. Which type of salad dressing is simple and easy to prepare?
- |                    |                             |
|--------------------|-----------------------------|
| a. cooked dressing | c. mayonnaise               |
| b. French dressing | d. thousand-island dressing |
7. Which of the following is an emulsion?
- |                    |                      |
|--------------------|----------------------|
| a. cooked dressing | c. mayonnaise        |
| b. french dressing | d. balsamic dressing |
8. Which of the following are finger foods?
- |                   |          |
|-------------------|----------|
| a. canapés        | c. salad |
| b. hors d'oeuvres | d. soup  |
9. Which are small pieces or portions of highly seasoned food, usually served before a meal?
- |              |          |
|--------------|----------|
| a. antipasto | c. soup  |
| b. canapés   | d. salad |
10. Which of the following techniques is the most commonly use in storing salads and appetizers?
- |                 |                  |
|-----------------|------------------|
| a. chilling     | c. freezing      |
| b. cold storage | d. refrigerating |
11. Which is used to measure liquid ingredients like water and oil?
- |                        |                |
|------------------------|----------------|
| a. glass measuring cup | c. mixing bowl |
| b. measuring spoon     | d. strainer    |
12. Which of the following are tiny open faced sandwiches, of bite size and usually high flavored?
- |                    |             |
|--------------------|-------------|
| a. appetizer salad | c. cocktail |
| b. canapés         | d. relishes |
13. Which of the following appetizers are served between the soup and fish course?
- |                        |                        |
|------------------------|------------------------|
| a. cold hors d'oeuvres | c. rich hors d'oeuvres |
| b. hot hors d'oeuvres  | d. relishes            |
14. Which of the following appetizers consists of shrimps, lobsters, fruit and vegetable juices?
- |             |                   |
|-------------|-------------------|
| a. canapés  | c. hors d'oeuvres |
| b. cocktail | d. relishes       |
15. What kind of appetizers are pickled herring, smoked salmon, chopped chicken livers and stuffed eggs?
- |                    |                   |
|--------------------|-------------------|
| a. appetizer salad | c. hors d'oeuvres |
| b. canapés         | d. relishes       |

## **LESSON 1**

### **PREPARING AND PRESENTING A VARIETY OF SALAD AND DRESSING**

#### **WHAT IS THE LESSON ABOUT?**

The lesson deals with the classification of salads according to use ingredients, preparation and presentation of salads, salad dressings, and sauces according to acceptable enterprise standard. It also deals with the hygiene principles and practices applied in preparing salads.

#### **WHAT WILL YOU LEARN?**

At the end of lesson, you should be able to:

- a. classify salads according to use and ingredients;
- b. prepare salads, salad dressings and sauces following correct procedure;
- c. apply the principles and practices of hygiene in preparing salads; and
- d. serve salad attractively.

#### **LET US STUDY**

- entree - main course of a meal
- diminutive – tiny or small
- whet – stimulate
- limp – lacking stiffness or rigidity
- crisp – firm and fresh
- immiscible – not capable of mixing, as oil and water

Today we find salads used as appetizers, main courses, accompaniments to the entree and as refreshments. As appetizers served at the beginning of the meal, they feature crisp greens, vegetables, or tart fruits with the added zest of a highly seasoned dressing. Salads that serve as refreshment are usually made of frozen fruits or colorful gelatin with fruits. They may be served with small sandwiches or rolls.

## **Culinary Terms on Salads**

1. Salad is a term used for a dish made of salad plants or greens, alone or in combinations with other food, plus a dressing.
2. Salad dressing is usually an emulsion. It contains acid, usually vinegar or lemon juice, fat, seasonings and sometimes other ingredients.
3. Emulsion is a mixture of two immiscible liquids which are being suspended in the other.

## **Classification of Salads**

### **1. According to use**

a. As appetizer. Ideally, an appetizer salad is light. It must whet rather than satisfy the appetite. A light tossed salad of greens with French dressing is recommended.

b. As accessory to the main dish. Salads are most often served as accessory to the main dish or entrée. A main dish which is relatively light would need a hearty accompanying salad while a heavy dinner is usually complemented with a light salad.

c. As main dish. Sometimes a salad is used as a main dish. Salads used for this purpose are usually heavy. A potato salad with chicken is an example of this kind of salad.

d. As dessert. Fruit salads or fruit gelatins are usually a favorite dessert especially in parties or dinners.

### **2. According to Ingredients**

a. Fruit salads. A fruit salad may contain one or more combination of fruits plus dressing. The dressing may be made up of evaporated or condensed milk, whipped cream, cream or cheese.

b. Vegetable salads. Almost all vegetables can be made into salads. Raw vegetable salads have become popular.

c. High protein salads. These are usually substantial salads that form the basis for a meal. High protein salads are usually a combination of vegetables with protein foods such as shrimps, fish, meat, cheese or egg.

## **Important Factors to consider in Salad Preparation**

1. Quality of ingredients. The quality of the salad can be no better than its ingredients. Quality focuses on freshness, not only in purchasing but also in preparation.
2. Eye Appeal. It should be attractive, appetizing and tasteful in appearance.
3. Simplicity. This is the basis of real beauty in salad. Don't overdo by being too elaborate or by over garnishing. Remember the rule K-I-S- KEEP IT SIMPLE.
4. Neatness. Keep salad neatly placed inside the rim of plate.
5. Contrast of Harmony. Contrast in color for your garnishing can accentuate the appearance of the salad.
6. Proper Food combinations. Pineapples and coconut go well with chicken but not compatible with tuna. Choose combination with care.
7. Foods should be identifiable. Taste of the food that you are using as a base should be identifiable when you taste the salad. In many instances, the dressing dominates the taste.
8. Keep foods properly chilled. This does not mean ice-cold. Just as fine wine loses much of its flavor when served too cold, so does salads.
9. Serve hot foods hot; cold foods cold. Cold salads should therefore be served in cold plates.
10. Keep it clean and crispy. This is done by washing greens in large quantity of water and drain well. Remove the green from the water and not vice-versa so as to allow the dirt to settle to the bottom of the container and not back to the greens.
11. Flavorful. Tempting to the palate. This is particularly important for appetizer salads. If prepared and presented properly, it will truly be stimulating to the appetite.
12. Food should be properly drained. Water or excess juices will weaken dressings and will make your salad look sloppy. Drain all the ingredients well.
13. Do not overcook food. Over cooking will destroy the color and its vitamins and minerals as well.

## ***Types of Salad Dressing***

1. French dressing is popular on tossed salads. Thin dressing is simple and easily prepared. French dressing is the separable liquid food or the emulsified viscous fluid prepared from edible vegetable oil, specified acidifying agent and seasonings.
2. Mayonnaise is the emulsified semi- solid food prepared from edible vegetable oil, vinegar or lemon juice, egg yolk or whole egg and one or more optional ingredients such as salt, paprika, a sweetening agent and monosodium glutamate.
3. Cooked dressing. Cooked dressing resembles mayonnaise. The only difference is that cooked dressing makes use of cooked starch paste to substitute part of the egg yolk. Commercially made cooked dressing is labeled “salad dressing”.

Salad dressing is the emulsified semi-solid food prepared from edible vegetable oil, an acidifying agent, one or more of the egg yolk prepared with a food starch. and cooked or partly cooked starchy paste. Salad dressing maybe seasoned with salt, sugar, mustard, paprika and monosodium glutamate.

## **STANDARD RECIPES OF SALAD**

### **VEGETABLE SALAD**

#### **“COLESLAW”**

##### ***Ingredients:***

- 1 small firm head of cabbage
- 1 cup cooked salad dressing
- Salt
- Olives or tomato wedges for garnish

##### ***Procedure:***

1. Cut the head in quarters, remove the core.
2. Shred cabbage very finely. Place the shredded cabbage in a bowl of iced water or with some ice cubes, allow to crisp for 10 minutes, if desired.
3. Drain in a dry towel just before serving. Add enough salad dressing to merely moisten it and then toss with a fork.
4. Place in the serving bowl. Garnish simply with olives or tomato wedges, if desired.

This salad is probably the least expensive. It is nutritious and one of the most popular. It is appropriate to be served with fish and meat, and is just right with sandwiches.

## “FRUIT SALAD”

### **Ingredients:**

2 cups unpeeled apples, cubed

1 cup pitted dates

1 cup celery chopped

3 tablespoons lemon juice

½ cup all purpose cream

Garnish, if desired

¼ cup nuts

Salad greens



### **Procedure**

1. Assemble all utensils and supplies.
2. Carefully wash the celery, apples and salad greens. Refrigerate the salad greens.
3. Cubed the apples in rather large pieces, and cover with lemon juice to prevent discoloration. Also chop the celery and dates in rather large pieces.
4. Combine the chopped ingredients with the dressing using a fork.
5. If desired, chill the salad in a covered bowl.
6. Serve on crisp salad greens.

This salad is suitable for refreshment plate at a party or for serving lunch or supper. It maybe prepared in advance.

## “JELLIED MEAT SALAD”

### **Ingredients:**

- 1 tablespoon gelatin
- ¼ cup cold water
- 1½ cup hot stock
- 2 tablespoon lemon juice
- ¼ teaspoon salt
- ½ cup chopped vegetables
- 2 tablespoon green pepper cut in thin shreds
- 1 cup diced meat (beef, veal, chicken)



### **Procedure:**

1. Soften gelatin in cold water for about 5 minutes.
2. Bring the broth to a boil, remove from fire and add the softened gelatin, lemon juice, and salt. Stir until the gelatin dissolves.
3. When cool, place in the refrigerator to thicken the consistency of unbeaten egg white.
4. Fold in to the thick mixture chopped meat, vegetable and green pepper.
5. Pour in to a loaf pan or individual molds and chill several hours.
6. When firm, unmold and serve on salad greens. Garnish with mayonnaise.

Gelatin salads are colorful and attractive. They are inexpensive and may use left- over fruits (except fresh pineapple), vegetable, and meats. They may be prepared in advance and kept for consumption for several days.



## Standard Recipes for Salad Dressings

### “FRENCH DRESSING”

#### **Ingredients:**

- ½ teaspoon dry mustard
- ½ teaspoon paprika
- ½ teaspoon salt
- ½ teaspoon sugar, optional
- ¼ cup lemon juice or vinegar
- ½ cup salad oil



#### **Steps in preparation:**

1. Measure the dry seasonings into a bowl, add the vinegar or lemon juice, and dissolve them.
2. Add the oil, mix well, and transfer to a jar. Shake well.
3. Just before serving shake again to blend thoroughly.

### “MAYONNAISE DRESSING”

#### **Ingredients:**

- |                    |                                     |
|--------------------|-------------------------------------|
| ½ teaspoon mustard | ½ teaspoon salt                     |
| ¼ teaspoon sugar   | pinch pepper                        |
| pinch paprika      | 1 egg                               |
| 2 cups salad oil   | 3 tablespoon lemon juice or vinegar |

#### **Steps in preparation:**

1. Measure seasonings into bowl. Blend, and add egg. Mix well.
2. Gradually add the first ½ cup of the oil, almost drop by drop, beating well. Then add the lemon juice and the rest of the oil slowly and continue beating all during these additions.
3. Transfer to the covered refrigerator jar and store.

### COOKED SALAD DRESSING

#### **Ingredients:**

- |                                |                             |
|--------------------------------|-----------------------------|
| 3 tablespoons flour            | 2 tablespoons sugar         |
| ½ teaspoon dry mustard         | 2 teaspoons salt            |
| 2 cups milk                    | 1 egg                       |
| 1/3 cup vinegar or lemon juice | 2/3 cup fortified margarine |

**Steps in preparation:**

1. Sift the flour, sugar, salt, mustard, onto the top of a double boiler.
2. Add  $\frac{1}{4}$  cup milk and stir until smooth. Carefully add the remaining milk.
3. Cook over low heat until the mixture thickens. Stir constantly.
4. Place over hot water on the bottom of the boiler. Cook for 10 minutes and stir occasionally.
5. Beat the egg well, add the lemon juice, and beat. Slowly add to the cooked mixture and cook until well blended.
6. Remove from heat, add butter. While cooling beat with the rotary beater about twice for improved texture.
7. Cool and store in a covered container.

This type of dressing is easy to prepare for the inexperienced cook. It is inexpensive and not as rich as mayonnaise.

**Principles and Practices of Hygiene in Preparing Salads and Salad Dressing**

Washing all salad vegetables is important to ensure food safety.

Washing is done in the following manner:

1. Prepare a detergent in a bowl of tap water. Dissolve very well 5g (litter) of powdered or liquid detergent in 4L (1gallon) of water. Make sure there is no undissolved powder.
2. Soak the vegetable in this solution for about 1 minute. Ingredients that have to be peeled should have their skin washed too.
3. Gently rub the vegetable surface with your finger taking care not to break tissues. Use brush vegetable; pay special attention to the stems, and areas such as between leaves that usually harbor soil, worms, insects, or tiny stones.
4. Rinse the vegetables in tap water several times to ensure that no more detergent or soap remains.
5. The vegetables may further be sanitized in a mild solution potassium permanganate or hypochlorite by soaking for about a minute, then rinsing again.
6. Spin-dry the vegetables in a salad spinner, or dry by putting them on a clean cloth or disposable paper. Make sure that the greens are dry. When greens are wet and combined with the dressing the moisture will prevent the dressing from coating the leaves. This makes the dressing very dilute and tasteless, and reduces the crispness of the salad.

Others wash salad vegetables only in lukewarm water. Cold running water is, however, preferable.

### **LET US REMEMBER**

Salads are used as appetizers, main dishes, accompaniments to the entrée and as a refreshment plates. Garnishes play the same role in a salad in as much as color accents and accessories do on others. The simple arrangements are the most attractive. A salad dressing is inexpensive, easy to prepare, and especially delicious when prepared at home.

### **HOW MUCH HAVE YOU LEARNED?**

Directions. Read each of the following items carefully and choose the letter of the correct answer. Write your answer in your test notebook.

1. A dish made of salad plants or greens, alone or in combination with other food plus a dressing is called
  - a. emulsion
  - b. salad
  - c. salad dressing
  - d. vegetable salad
  
2. Which of the following salad contains one or more combination of fruits plus a dressing?
  - a. coleslaw
  - b. fruit salad
  - c. high protein salad
  - d. vegetable salad
  
3. Which of the following types of salad dressing is popular on tossed salad?
  - a. cooked salad dressing
  - b. french dressing
  - c. thousand-island dressing
  - d. vegetable dressing
  
4. Which of the following is usually a combination of vegetable with protein foods?
  - a. fruit salad
  - b. high protein salad
  - c. gelatin salad
  - d. vegetable salad

5. A mixture of two immiscible liquids, one being suspended in the other is
  - a. emulsion
  - b. salad
  - c. salad dressing
  - d. vinaigrette dressings

**LET US APPLY WHAT YOU HAVE LEARNED**

Group Activity: Divide the class into three groups. Prepare the types of salads.

- Group I – Vegetable Salad
- Group II – Fruit Salad
- Group III – High Protein Salad

**Standard Score Sheet for Salad**

<b>Characteristics</b>	<b>Good (5)</b>	<b>Fair (3)</b>	<b>Poor ( 1 )</b>
a. Thoroughly chilled			
b. Drained ingredients			
c. Appetizing and attractive appearance			
d. Pleasant color			
e. Suitable dressing that contributes flavor			

## **RESOURCES:**

### *Tools and Utensils*

- Mixing bowls
- Measuring cups/spoons
- Colander/strainer
- Paring knives
- Cutting/ chopping board
- Casserole

### *Equipment:*

- Freezer/chiller
- Cooking range
- Working table

### Supplies and materials

- Fresh vegetables
- Fresh Fruits
- Meat
- Sauces
- Spices

## **REFERENCES**

De Leon, Sonia Y. Ph.D. Et.al, Basic Foods for Filipinos, copyright 1999, pp. 420-432

Lewis, Dora S., et.al., Family Meals and Hospitality, Copyright 1955, pp. 41-48

## LESSON 2

### PREPARING AND PRESENTING A RANGE OF HOT AND COLD APPETIZERS

#### WHAT IS THE LESSON ABOUT?

The lesson deals with the identification of ingredients used for appetizers, classifications of appetizers, equipment used in the production, preparation and presentation of appetizers attractively according to enterprise standards.

#### WHAT WILL YOU LEARN?

At the end of the lesson, you should be able to:

- a. identify the ingredients used for appetizers;
- b. classify appetizers;
- c. identify the equipment used in appetizers; and
- d. prepare and present appetizers attractively.

#### LET US STUDY

- *Hors d'oeuvres*-variety of appetizers
- Cocktail – dish of fruit, shellfish that is served before a meal
- Relishes – chop pickles
- Canapés – small pieces of bread filled
- Glaze – to add luster to a food by coating with syrup

Appetizers are small pieces or portions of highly seasoned food, usually served before a meal to induce and stimulate one's appetite. It gives relish to the food we eat.

A good appetizer, whether hot or cold should be light and served in small quantities, Fresh vegetable and salads, fruits, or meat or even fish can be made into appetizers.

## Classification of Appetizers according to Ingredients

Appetizers are classified as cocktail food, appetizers salad, *hors d'oeuvres*, canapés and relishes. They usually come in combination of meat, seafood, poultry, fruit, vegetables and dairy products and shell fish. Appetizers can be served as hot and cold depending on how it is placed in the menu.

1. Cocktail. Usually consist of shrimps, lobster, crab meat, shellfish, fruits as well as fruits and vegetables juices.
2. Appetizers Salads. Include pickled herring, chopped chicken livers, smoked salmon and stuffed eggs.
3. *Hors d'oeuvres*. While often served preceding a meal, they are served as the food at cocktail parties involving alcoholic beverages.
  - a. Hot *Hors d'oeuvres* are served between the soup and fish course. In today's shortened menus, they are often served instead of hot entrée. The size and richness depend upon the composition of menu. Many hot hors d'oeuvres are suited for serving a small ala carte dishes, and usually described as hot dish.
  - b. Cold *hors d'oeuvres* should stimulate appetite, and therefore should always be served at the first course in the menu. There are five types of cold hors d'oeuvres and they are served as follows:
    - Plate of *Hors d'oeuvres* may consist of shrimps, smoked beef, poached egg, Spanish sardines and lettuce, sauce can be served at the side
    - Grisson Platter may consist of two kinds of cold meat, such as ham, smoked beef, peppered ham. Sauce can be served at the side.
    - *Hors d'oeuvres* Platter. A well presented platter with a limited choice of simple or more expensive foods. The basic rules is "small quantity, but big in quality" and at the same time attractively served. It may consists of shrimps with jelly, asparagus tip with mushrooms, sardines with onion rings, tomatoes stuffed with salad and chicken loaf.
    - Assorted *hors d'oeuvres* can be served in special portioned platters with dishes or even from a serving cart.
    - Rich *hors d'oeuvres* - still a classical form of presentation. Lobster should always be included. The hors d'oeuvres dish system in conjunction with a silver platter can be used, but it is also possible to arrange the center pieces on a silver platter covered with meat jelly and served with accompaniments in a small separate bowls or container.

4. Canapés. They are tiny open-faced sandwiches, of bite size and usually high flavored or tangy.
5. Relishes. This includes carrots and curl lettuce, cucumber sticks, turnips, horse radish, celery hart, black olives, green olives, peanut, chips and shrimps cropeck

### **Equipment and Tools used in Preparing Appetizers**

1. Measuring spoons – are used for measuring dry and liquid ingredients in small quantity.
2. Measuring cups – is used to measure dry ingredients. They come in various sizes and volumes.
3. Glass measuring cup – container is usually transparent. It is smooth in the inside with the graduation mark on the outside to read. This is used for measuring liquid ingredients like water and oil.
4. Mixing bowls – these containers have smooth, rounded interior surfaces with no creases to retain some mixture.
5. Mixing spoon. - is used for mixing ingredients. It is made of wood in different sizes and different length of the handle.
6. Paring knife- is used to remove the skin covering of fruit and vegetables.
7. Fork is used to combine ingredients.
8. Container of different sizes and shapes.
9. Cooking range/stove
10. Refrigerator
11. Strainer/colander



## PREPARATION FOR APPETIZERS

### GREEN SALAD

#### **Recipe:**

#### **Ingredients:**

- 3 can whole green asparagus, 17 oz
- Each, vertically packed
- Lettuce leaves
- Homemade mayonnaise, or commercial mayonnaise, thinned
- Light cream
- 2 hard cook eggs, sieved

#### **Procedure**

1. Drain asparagus, trying to keep spears whole.
2. Place lettuce leaves on salad plates and arrange asparagus on lettuce leaves, or asparagus may be placed in vegetable bowl.
3. Place a spoonful of mayonnaise over asparagus.
4. Garnish with hard cooked egg
5. Chill before serving.

#### **LET US REMEMBER**

As appetizers are served at the beginning of the meal, they feature crisp green, vegetables, or tart fruits with the added zest of highly seasoned dressing. Seafood, meat, cheese salads accompanied by a soup, bread and beverage are substantial enough to provide a full meal.

#### **HOW MUCH HAVE YOU LEARNED?**

Answer the following questions on a separate sheet of paper.

1. How are appetizers classified?
2. What are the tools and equipment used in preparing appetizers?

#### **APPLY WHAT YOU HAVE LEARNED?**

Prepare and present Hot Hors d'oeuvres in an attractive manner.

## Evaluation Sheet of Finished Product

<b>GENERAL APPERANCE</b>	<b>GOOD</b>	<b>FAIR</b>	<b>POOR</b>
a. attractive and appealing to appetite			
b. good color combination			
c. ingredients cooked just right			
d. correct consistency			
e. appropriate tools and materials used.			
f. proper used of table appointments			

### RESOURCES

The following resources are needed:

- Equipment  
Gas range/ Stove
- Tools and Utensils  
Table  
Table appointments  
Measuring cup/ Spoon  
Strainer/ Colander
- Supplies and Materials  
Ingredients for appetizer

### REFERENCES

- Sandoval, Maria Teresa G., Culinary Arts 3 and 4, Copyright 1993, pp. 85-86.
- De leon, Sonia Y., Ph. D. et al, Basic Foods for Filipinos 3<sup>rd</sup> Edition, Copyright 1999, pp.420-429

## **LESSON 3**

### **STORING APPETIZERS AND SALADS**

#### **WHAT IS THE LESSON ABOUT?**

The lesson deals with storage of salads and appetizers using appropriate container to maintain freshness, quality and taste.

#### **WHAT WILL YOU LEARN?**

At the end of the lesson, you should be able to:

- a. select appropriate container for storing salads and appetizers; and
- b. store salads and appetizers properly.

#### **LET US STUDY**

- Chilling is to refrigerate or to reduce the temperature of food.
- Cold storage is the process of preserving perishable food a large scale by means of refrigeration.

Storing salads and appetizers is one of the most important activities done after preparing them to maintain freshness and avoid spoilage.

#### **Sanitary Practices when storing salads and appetizers**

1. Handle the food properly to prevent spoilage and contamination.
2. Washing of utensils and equipment thoroughly.
3. Keep off hand contact of ingredients and food to a minimum.
4. Keep away from food when you are ill.
5. Store food and ingredients properly.
6. Safeguard the food during distribution and serving.

## **Storing Techniques**

Storing foods could be done through the following techniques:

1. Refrigerate – to keep food cold or cool.
2. Cold storage – the process of preserving food by means of refrigeration.
3. Chilling – to refrigerate to reduce the temperature of food.

## **Tools and Equipment**

1. Chillers
2. Refrigerator
3. containers for salad and appetizers

## **LET US REMEMBER**

Using appropriate equipment and containers are important in maintaining quality and taste of salads.

## **HOW MUCH HAVE YOU LEARNED?**

Direction: Answer the following questions briefly. Use a separate paper as answer sheet.

1. What are the sanitary practices to observe in storing salads and appetizers?
2. Why is proper storing of salads and appetizers advantageous?

## **LET US APPLY WHAT YOU HAVE LEARNED**

Demonstrate the proper storage of salads.

## **RESOURCES**

### Equipment

- Chiller
- Refrigerator

### Tools and utensils

- Containers (plastic, glass, stainless)
- Materials

Prepared Salads and appetizers

## **REFERENCES**

Llgas, Avelina I., et al, Home Technology Food Management and Service I,  
pp. 62-63.

## Post-test

Direction: Read each of the following questions carefully and choose the letter of the correct answer. Write your answer in your test notebook.

1. A mixture of two immiscible liquid, one being suspended in the other is \_\_\_\_\_
  - a. appetizer
  - b. emulsion
  - c. salad
  - d. oil and vinegar
  
2. A term which is used for a dish made of salad plants or greens, alone or in combination with other food, plus a dressing.
  - a. appetizer
  - b. emulsion
  - c. salad
  - d. salad dressing
  
3. Which of the following types of salad dressing is popular on tossed salads?
  - a. cooked salad dressing
  - b. French dressing
  - c. thousand-island dressing
  - d. vegetable dressing
  
4. Which of the following types of salad contains one or a combination of fruits plus a dressing
  - a. coleslaw
  - b. fruit salad
  - c. high protein salad
  - d. vegetable salad
  
5. Which of the following types of salad is the combination of vegetables with protein foods?
  - a. fruit salad
  - b. high protein salad
  - c. gelatin salad
  - d. vegetable salad
  
6. This type of salad dressing is simple and easy to prepared.
  - a. cooked dressing
  - b. French dressing
  - c. mayonnaise
  - d. thousand-island dressing
  
7. The emulsified semi- solid food prepared from edible vegetable, oil, vinegar or lemon juice, egg yolk or whole egg and one or more optional ingredients.
  - a. cooked dressing
  - b. French dressing
  - c. mayonnaise
  - d. thousand island dressing
  
8. These are finger foods which include many kinds of dip eaten with small crackers, potato chips, or a piece of bread or toast.
  - a. canapés
  - b. hors d'oeuvres
  - c. salad
  - d. soup

9. These are small pieces or portions of highly seasoned food, usually served before a meal.
- |              |          |
|--------------|----------|
| a. antipasto | c. soup  |
| b. canapés   | d. salad |
10. Which of the following techniques is the most common when storing salads and appetizers?
- |                 |                  |
|-----------------|------------------|
| a. chilling     | c. freezing      |
| b. cold storage | d. refrigerating |
11. A tool which is used to measure liquid ingredients like water and oil.
- |                        |                |
|------------------------|----------------|
| a. glass measuring cup | c. mixing bowl |
| b. measuring spoon     | d. strainer    |
12. These are tiny open faced sandwiches, of bite size and usually high flavored.
- |                    |             |
|--------------------|-------------|
| a. appetizer salad | c. cocktail |
| b. canapés         | d. relishes |
13. Appetizers that are served between the soup and fish course
- |                        |                        |
|------------------------|------------------------|
| a. cold hors d'oeuvres | c. rich hors d'oeuvres |
| b. hot hors d'oeuvres  | d. relishes            |
14. Which of the following appetizers consists of shrimps, lobsters, fruit and vegetable juices?
- |             |                          |
|-------------|--------------------------|
| a. canapés  | c. <i>hors d'oeuvres</i> |
| b. cocktail | d. relishes              |
15. Pickled herring, smoked salmon, chopped chicken livers and stuffed eggs are called \_\_\_\_\_ appetizers.
- |                    |                   |
|--------------------|-------------------|
| a. appetizer salad | c. hors d'oeuvres |
| b. canapés         | d. relishes       |

## **Key to Corrections – Pre Test and Post Test**

1. b

2. c

3. c

4. b

5. d

6. b

7. c

8. a

9. a

10. d

11. a

12. b

13. a

14. b

15. c