

## CURRICULUM FOR A SHORT COURSE IN BASIC COOKERY AND KITCHEN OPERATIONS (SBCK)

### Introduction

This course is designed to equip the learner with skills and knowledge of food production and service for both domestic and commercial purposes

### General objectives

1. To equip the learner with knowledge of food materials
2. To enable the learner, understand how to prepare different food materials
3. To equip the learner with knowledge on hygiene and sanitation while handling food
4. To train the students on the art of dealing with variety of food materials during cooking/production
5. To enable the learner, know how to package and serve cooked food items
6. To assist the students to learn how to handle both raw and cooked food in the production areas.

Day	COURSE TITLE	Hours
Day one	SBCK 001: Introduction to kitchen, Layouts/Designs	5.0
	SBCK 002: Kitchen Equipment	
	SBCK 003: Kitchen personnel	
Day two	SBCK 004: Kitchen Hygiene and Safety	5.0
	SBCK 005: Types of fuels	
Day three	SBCK 006: Introduction to Food Commodities and Measurements	5.0
Day four	SBCK 007: Menu planning and costing	5.0
Day five	SBCK 008: Food preparation techniques and knife handling	5.0
	SBCK 009: Cooking methods	
Day six	SBCK 010: Food production I Stocks, Soups and accompaniments	5.0
Day seven	SBCK 010: Food production II Salads and dressings, Egg dishes and savory sauces	5.0
Day eight	SBCK 010: Food production III Rice dishes, Pasta dishes, Meat dishes, Vegetable dishes	5.0

Day nine	SBCK 010: Food production IV Potato dishes, Fish dishes, Poultry dishes and Vegetable dishes	5.0
Day ten	SBCK 010: Food production V Breakfasts, appetizers and snacks.	5.0
	SBCK 011: Food Holding and storage	
	SBCK 012: Food service techniques	5.0
	<b>Total hours</b>	<b>55</b>

### **COURSE CONTENTS**

#### **SBCK 001: INTRODUCTION TO KITCHEN, LAYOUTS/DESIGNS**

Definition of the kitchen, different types of kitchens, layouts, and designs, considerations for planning and designing of kitchens, sections of the kitchen, and their purposes.

#### **SBCK 002: KITCHEN EQUIPMENT**

Different types of kitchen equipment including small, large, and mechanical equipment, handling and care of different kitchen equipment. Uses of various kitchen equipment. Considerations for purchasing kitchen equipment.

#### **SBCK 003: KITCHEN PERSONNEL**

Different types of personnel working in the various sections of the kitchen and their roles, qualities, and skills of a professional cook, etiquette for kitchen personnel, and uniform for kitchen personnel.

#### **SBCK 004: KITCHEN HYGIENE AND SAFETY AND SECURITY**

Definition of terms, hygiene, and safety, the importance of hygiene and safety, personal hygiene, sanitation of work areas, common pests in the food production areas, common foodborne diseases, and their implications to consumers. Principles of HACCP, Common hazards in the kitchen, first aid for common accidents in the kitchen, waste disposal, Legal issues relating to food hygiene and safety. Security in the kitchen areas.

#### **SBCK 005: KITCHEN FUELS**

Types of fuel, Method of distribution and use of the fuel, Conservation of energy, Effects of heat on various food items, and Safety precautions when using fuels.

#### **SBCK 006: INTRODUCTION TO FOOD COMMODITIES AND MEASUREMENTS**

Assortment of food items; meats, vegetables and legumes, starch-based items, fruits, Herbs and spices, cereals and pulses. Measurement tools, measurement units for various food items, conversion weights, and measures.

#### **SBCK 007: MENU PLANNING AND COSTING**

Definition of menu, different types of menus, importance of menu planning, considerations in menu planning, principles of menu planning, influences on menus, and recipes for food production. Principles of costing menus. Costing of the menu.

### **SBCK 008: FOOD PREPARATION TECHNIQUES AND KNIFE HANDLING**

Food preparation approaches; washing, peeling, cutting, shredding etc.; Holding a knife during food preparation, various vegetable cuts.

### **SBCK 009: COOKING METHODS**

Principles of cooking, importance of cooking food; cooking methods; wet and dry heat cooking methods; cooking temperatures for various food items.

### **SBCK 010: FOOD PRODUCTION I**

Stocks, Soups and accompaniments

### **SBCK 010: FOOD PRODUCTION II**

Salads and dressings, Egg dishes and savory sauces

### **SBCK 010: FOOD PRODUCTION III**

Rice dishes, Pasta dishes, Meat dishes, Vegetable dishes

### **SBCK 010: FOOD PRODUCTION IV**

Potato dishes, Fish dishes, Poultry dishes and Vegetable dishes

### **SBCK 010: FOOD PRODUCTION V**

Breakfasts, appetizers and snacks.

### **SBCK 011: FOOD SERVICE TECHNIQUES**

Introduction to food service, equipment for food service, Service sequence, food service methods, food hygiene and safety during food service. Preparation of service areas, specialized service for food. Attributes of a server,

### **SBCK 012: FOOD HOLDING AND STORAGE**

Food holding areas and equipment, food storage areas and equipment, food handling and storage conditions, Preservation of food, labelling food items for holding and storage, risks in food holding and storage.

### **ENTRY REQUIREMENTS**

- 18 years of age and above
- No prior culinary experience is required
- No minimum academic requirements applicable
- English proficiency

### **MODE OF DELIVERY**

#### **Weekday program**

- **Duration:** 5 hours sessions for 11 days (55 Hours-Mon-Fri)
- Offered between April and August

- **Application Fee:** Ksh 1,000
- **Course Fee:** Kshs 60,000.00 (inclusive of materials and Certificate of Achievement)

#### **Weekend program**

- **Duration:** 5 hours sessions for 11 days (55 Hours-Saturdays only)
- Offered throughout the year
- **Application Fee:** Ksh 1,000
- **Course Fee:** Kshs 60,000.00 (inclusive of materials and Certificate of Achievement)

#### **Fees are Inclusive of:**

- Chuka University-branded apron
- All training equipment
- Certificate of Achievement

#### **TEACHING METHODS**

Class discussion, practical demonstrations, and participation

#### **References**

1. Hunter, G., Tinton, T., Carey, P., & Walpole, S. (2011). *Professional Chef*. Cengage Learning EMEA.
2. Foskett, D., Paskins, P., Pennington, A., & Rippington, N. (2021). *The theory of hospitality and catering* (14th ed.).
3. Foskett, D., Rippington, N., Paskins, P., & Thorpe, S. (2019). *Practical cookery* (14th ed.)
4. Foskett, D., Paskins, P., Rippington, N., & Thorpe, S. (2014). *Practical cookery for the level 3 NVQ and VRQ diploma*.
5. Ramsay, G. (2012). *Gordon Ramsay's ultimate cookery course*. Hachette UK.
6. The Culinary Institute of America. (2011). *The professional chef, study guide*. John Wiley & Sons.

#### **List of Academic Staff**

Name	Qualification
Prof. Fwaya, E. O. (Ph.D.)	Ph.D. in Hotel Mgt, Masters in Hotel Mgt & Bachelors Hotel and Institutional Mgt, (Maseno University)
Dr. Muriuki, L.M. Ph.D.	Ph.D in Tourism Mgt. (Chuka), MTM, BTM, Moi University
Ngacha, J. W.	Msc. in Hospitality Mgt, Kenyatta University, MBA (Mgt) Baraton, BSc. Hotel and Institutional Mgt, (Maseno University)
Musyoki, J. M.	Master of Hospitality Management, Bachelor of Hotel and Hospitality Mgt (Moi University),
Kinyua, C. W.	Masters in Hospitality Management, Bachelor of Hotels and Hospitality Mgt (Moi University)
Kihui, J.	Master in Hotel Management, Bachelors in Hotel and Catering Management
Ms. Judy Mwikali	Bsc. Hospitality and Tourism Management (KU); Diploma in Catering and Accommodation Management (TUK).