

## CATERING CRAFT PRACTICE

### GENERAL AIMS AND OBJECTIVES

The general objectives of the catering craft syllabus are to test candidates'

- (a) level of development of professional attitude and skills;
- (b) understanding of all food commodities in terms of cost, quality and use;
- (c) understanding of the methods of cooking and ability to produce variety of dishes and drinks for various types of occasions, establishments and individuals;
- (d) understanding of dietary adequacies and procedure for producing dishes;
- (e) understanding and application of hygienic practices in handling food;
- (f) acquisition of necessary skills required for the production of pastry and confectionery products;
- (g) application of the methods of choosing, caring for and storing kitchen equipment;
- (h) knowledge of safety precautions in catering;
- (i) enterprise skills in menu costing and planning.

### EXAMINATION SCHEME

There will be three papers, Papers 1, 2, and 3. Papers 1 and 2 will be combined in a 1½ - hour composite paper.

Paper 1: This will comprise forty multiple choice questions to be answered in 40 minutes for 40 marks.

Paper 2: This will comprise six short essay questions out of which candidates will answer five within 50 minutes for 40 marks.

Paper 3: This will be an alternative to practical test and will comprise five short structured questions. Candidates will be expected to answer all the questions in 40 minutes for 40 marks.

### DETAILED SYLLABUS

TOPIC	CONTENTS
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<p>I.THE CONCEPT OF CATERING (1) Hospitality industry/catering</p>	<p>(a) Definitions: (i) Hospitality (ii) Catering (b) Components industry of hospitality</p>
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<p>(2)Types of catering establishments</p> <p>(3) Culinary terms</p> <p>(4) Safety precaution in catering</p> <p>(5)Sanitationand Hygiene in catering.</p>	<p>(a) Types of catering establishment e.g. hotel, restaurant, hospitality catering, outdoor catering, school, mobile catering etc.</p> <p>(b) Functions of catering establishments.</p> <p>(a) Culinary terms commonly used in catering</p> <p>(b) Glossary of culinary terms.</p> <p>(a) Types and causes of accidents.</p> <p>(b) Prevention/management.</p> <p>(c) First aid</p> <p>(d) Fire fighting equipment</p>
<p>II. FOOD COMMODITIES AND METHODS OF FOOD PREPARATION</p> <p>(1) Study of food commodities and principles of cooking methods.</p> <p>(2) Principles of cooking methods and practical demonstrations</p>	<p>Types of sanitation and hygiene such as:</p> <p>(i) Water sanitation</p> <p>(ii) Environmental sanitation</p> <p>(iii) Food safety practices</p> <p>(iv) Kitchen hygiene</p> <p>(v) Personal hygiene</p> <p>(a) Food commodities e.g. poultry, game, meat, fish, vegetables, fruits, dairy products, pulses, cereals, herbs, flavourings etc.</p> <p>(b) Methods of cooking:</p> <p>(i) Boiling e.g. stock, soups and sauces.</p> <p>(ii) Roasting e.g. fish, beef and poultry.</p> <p>(iii) Grilling e.g. fish, meat etc.</p> <p>(iv) Baking e.g. pastry and confectionery.</p> <p>(a) Principles of cooking methods</p>

<p>III SERVICE OF FOODS AND DRINKS</p>	<p>(b) Preparation of the various food commodities.</p> <p>(c) Standard/local measurements.</p>
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<p>(1) Food and beverage service personnel.</p> <p>(2) Types of food service and table laying/setting.</p> <p>(3) Types of alcoholic and non alcoholic drinks.</p> <p>(4) Costing and control in catering.</p>	<p>(a) Personnel in the foods and beverage area.</p> <p>(b) Functions of food and beverage personnel.</p> <p>(a) Different types of food service e.g. Gueridon, silver service, waiter service, vending, buffet and banquet service.</p> <p>(b) Types of covers</p> <p>(c) Types of table laying/setting</p> <p>(a) Bar</p> <p>(b) Alcoholic beverages</p> <p>(c) Non alcoholic beverages</p> <p>(a) Cost/sales</p> <p>(b) Dish costing</p> <p>(c) Portion control</p>
<p>IV. KITCHEN EQUIPMENT AND THEIR USES</p>	
<p>(1) Types of kitchen equipment and their uses.</p> <p>(2) Care and maintenance of kitchen equipment.</p>	<p>(a) Kitchen equipment</p> <p>(b) Uses of kitchen equipment.</p> <p>(a) Care of various kitchen equipment</p> <p>(b) Maintenance of kitchen equipment</p>
<p>V. MENU PLANNING</p>	
<p>(1) Principles of menu planning.</p> <p>(2) Types of menu and demonstrations.</p>	<p>(a) Meaning and scope of menu.</p> <p>(b) Factors that affect menu planning.</p> <p>(a) Types of menu e.g. table d’hote, a la carte, and special occasions.</p>

<p>(3) Special menu and</p>	<p>(b) Others: - breakfast, tea, dinner, supper, luncheon, carte du jour, plate du jour etc.</p> <p>(a) Meals plan for vegetarians</p>
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demonstrations.  (4) Accompaniments	(b) Meals plan for the vulnerable group. (c) Meals plan for manual, sedentary workers etc. (a) Food accompaniments. (b) Table accompaniments.
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#### RECOMMENDED TEXTS

1. Restaurant and catering operations by:  
Doyin Akin-Bankole  
Pub. Diamond Publications Surulere, Lagos. Nigeria.
2. Basic Certificate Catering. A Hand book for basic schools: by Mrs. Jessie Osei Kofi Pub.  
Rainbow Publications Limited, Kumasi – Ghana.
3. The Theory of catering by Cesrain&Kinton's.
4. Practical Cookery by Foskett, Ceserani&Kinton.
5. Food and Beverage Service by:-  
Dennis Lillicrap and John Cousins
6. O - Level and CSE Cookery Angela Creese.
7. The Kingsway Book of Cookery – Dora Seton.
8. The students Cookery Book by: Ehid O'Reilly – Wright.
9. Catering – A guide to Teachers and students by Igboanbusi, J.N.
10. Essentials of Catering Management by: Omozuwa O.