



KITCHEN OPERATIONS

TECHNICAL-PROFESSIONAL

Grade 12

Three-Term Budget Of Work (BOW)
for Learning Competencies

**TECHNICAL PROFESSIONAL
HOSPITALITY AND TOURISM
Grade 12**

**Three-Term Budget of Work
For Learning Competencies**

Please note that each Tech-Pro elective is completed within one term if delivered at Grade 12.

Elective	Kitchen Operations
Prerequisite	None

Performance Standard	The learners demonstrate fundamental skills in culinary arts.
Content Standard	The learners demonstrate an understanding of the fundamentals of culinary arts.

Week	Learning Competency	Suggested Activities
1	Discuss the fundamentals of culinary arts	Activity 1: Culinary Foundations Concept Map - Task: Create a concept map showing the major branches of culinary arts (history, kitchen hierarchy, standards, tools, safety). Activity 2: Culinary Principles Reflection - Task: Write a short reflection explaining why culinary principles (mise en place, sanitation, accuracy) are essential in kitchen operations.

	Perform knife skills	Activity 1: Knife Cuts Demonstration - Task: Perform and document 5 basic knife cuts (julienne, brunoise, dice, chiffonade, batonnet). Activity 2: Knife Identification & Use - Task: Match different knives to their correct uses and explain why each knife is suited for its task.
2	Perform conversion and food costing of provided recipe	Activity 1: Recipe Conversion Exercise Task: Convert a 4-serving recipe into 8 and 12 servings. Activity 2: Food Costing Worksheet Task: Compute food cost, cost per serving, and profit margin for a selected recipe.
	Discuss presenting, packaging, labeling and storing of the products	Activity 1: Food Presentation Analysis Task: Evaluate 3 plated dishes and describe the presentation techniques used. Activity 2: Packaging & Label Design Task: Create a simple food label including product name, ingredients, date, and storage instructions.

Performance Standard	The learners prepare a variety of stocks, soup and sauces.
Content Standard	The learners demonstrate an understanding of preparing, presenting and storing stocks, soup and sauces.

Week	Learning Competency	Suggested Activities
3	Prepare a variety of stocks, soups, and sauces	Activity 1: Stock Preparation Task Task: Prepare one type of stock (white, brown, or vegetable) and record the process. Activity 2: Soup and Sauce Pairing Task: Prepare one soup and match it with an appropriate sauce, explaining your choice.

Suggested performance task	Individual Performance Task: Stock Preparation Practice Task: Prepare one basic stock (vegetable, chicken, beef, or fish). Demonstrate proper techniques such as simmering, skimming, and straining. Group Task: Soup and Sauce Trio Challenge Task: As a group, prepare one soup and one sauce, each using the stock prepared earlier. - Examples: - Soup: Cream soup, clear soup, broth - Sauce: Velouté, tomato sauce, béchamel, gravy
----------------------------	---

Performance Standard	The learners prepare a variety of appetizers.
Content Standard	The learners demonstrate an understanding of preparing, presenting and storing appetizers.

Week	Learning Competency	Suggested Activities
4	Prepare a variety of soup and appetizers	Activity 1: Soup Creation Challenge Task: Prepare one clear or thick soup using available ingredients. Activity 2: Appetizer Assembly Task: Create 2 types of appetizers (cold and hot) and present them on a platter.
5	Prepare a variety of sandwiches.	Activity 1: Sandwich Layering Task Task: Prepare one cold sandwich and one hot sandwich with proper layering technique. Activity 2: Signature Sandwich Creation Task: Design and prepare your own signature sandwich and describe its components.
6	Prepare a variety of salads	Activity 1: Green Salad Preparation Task: Prepare a tossed green salad with homemade dressing. Activity 2: Composed Salad Plating Task: Assemble a composed salad focusing on balance, color, and texture

Suggested Performance Task	Individual Performance Task: • Simple Salad Preparation ○ Task: Prepare one basic salad (e.g., garden salad, fruit salad, coleslaw). Show proper techniques such as washing, cutting, assembling, and plating. Group Task: • Salad Variety Challenge ○ Task: As a group, prepare three different types of salads, such as: ■ Green salad ■ Protein salad (chicken, tuna, egg) ■ Dessert salad ○ Demonstrate proper preparation, portioning, and presentation.
-----------------------------------	---

Performance Standard	Prepare various types of egg, cereal, and starch dishes
Content Standard	The learners demonstrate an understanding of preparing, presenting and storing, egg, cereal, and starch dishes

Week	Learning Competency	Suggested Activities
7	• Prepare various types of egg, cereal, and starch dishes	• Activity 1: Egg Cookery Demo ○ Task: Prepare two egg dishes using different cooking methods. • Activity 2: Starch-Based Dish Task ○ Task: Prepare a cereal or starch dish (rice, pasta, or porridge) and document the steps.

Week	Learning Competency	Suggested Activities
Performance Standard	The learners prepare and cook a variety of vegetable dishes.	
Content Standard	The learners demonstrate an understanding of preparing, presenting and storing vegetable dishes.	
8	Prepare a variety of vegetable dishes following appropriate cooking methods	Activity 1: Vegetable Cooking Methods Task: Cook vegetables using two methods (steaming, blanching, sautéing, or roasting). Activity 2: Vegetable Texture Evaluation Task: Prepare a vegetable dish and evaluate texture, color retention, and doneness.
Performance Standard	The learners prepare and cook a variety of seafood dishes	
Content Standard	The learners demonstrate an understanding of preparing, presenting and storing seafood dishes.	
9	Prepare variety of seafood dishes	Activity 1: Seafood Preparation Task Task: Prepare one seafood dish using proper cleaning and cooking techniques. Activity 2: Seafood Doneness Check Task: Cook a seafood item and assess doneness based on appearance and texture.
Performance Standard	The learners prepare and cook a variety of meat dishes	
Content Standard	The learners demonstrate an understanding of preparing, presenting and storing meat dishes.	

Week	Learning Competency	Suggested Activities
9	Prepare variety of meat dishes	Activity 1: Meat Tenderness Experiment Task: Cook the same cut of meat using two different methods and compare tenderness. Activity 2: Signature Meat Dish Task: Prepare a meat entrée and present it with appropriate sides.
Performance Standard	The learners prepare a variety of desserts.	
Content Standard	The learners demonstrate an understanding of preparing, presenting and storing desserts.	
10	Prepare a variety of desserts	Activity 1: Cold Dessert Creation Task: Prepare a no-bake dessert (parfait, gelatin, refrigerator cake). Activity 2: Hot Dessert Preparation Task: Bake or cook a simple hot dessert (flan, fried banana, baked goods).
Performance Standard	The learners collaborate to organize and manage a kitchenpreneur bazaar.	
Content Standard	The learners demonstrate an understanding of entrepreneurship in the food industry.	

Suggested Performance Task	Individual Performance Task: • Dessert Preparation Activity ○ Task: Prepare one type of dessert (e.g., fruit salad, gelatin, cake, pudding, or pastry). Apply proper techniques in preparation, plating, and presentation. Group Task: • Kitchen Entrepreneur Food Bazaar Simulation ○ Task: As a group, plan and manage a mini food bazaar featuring your prepared food products. You must: ■ Assign roles (manager, cashier, food prep, server, marketing) ■ Set up a simple food stall ■ Sell and present your products ■ Apply basic customer service and hygiene practices
-----------------------------------	---