



TECHNOLOGY AND LIVELIHOOD EDUCATION

FCS - FOOD PREPARATION

Grade 9 or 10

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

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FCS
Grade 9 and Grade 10

Three-Term Budget Of Work
For Learning Competencies

Please note that each sector under TLE: FCS is studied for one term. This is applicable under Grades 9 and 10.

Term	
Sector	Food Preparation
Performance Standard	The learners prepare salad and soup following the safety standards. The learners prepare bread following the safety standards. The learners conceptualize business ideas in baking.
Content Standard	• Demonstrate an understanding of the concepts and principles of hot and cold kitchens. • Demonstrate an understanding of the concepts and principles of preparing quick bread and yeast bread. • Demonstrate an understanding of the concepts and principles in business ideas.
Week	Learning Competency
1	• Differentiate a hot kitchen from the cold kitchen. • Discuss the kitchen brigade system. • Explain the importance of occupational safety and health in kitchen operations. • Familiarize themselves to each component/element of a recipe.
2	• Perform recipe costing.
3	• Perform cutting techniques following the occupational safety and health standards. • Prepare salad and salad dressing following the safety standards.

4	• Discuss stocks (fond). • Identify the types of stocks. • Discuss the steps of preparing stocks.		
5	• Prepare soup following the safety standards.		
6	• Discuss types of baked products. • Familiarize themselves with the different baking ingredients and their substitutes.		
7	• Identify oven temperature requirement for each baked product. • Explain the mixing methods used in baking.		
8	• Discuss the different types of bread.		
9	• Prepare bread product.		
10	• Conceptualize business ideas in baking.		
<table border="1"> <tr> <td style="vertical-align: top; width: 20%;">Suggested Activities</td><td> • Kitchen Operations and Basic Culinary Preparation ◦ Learn the functions of hot and cold kitchens, safety practices, kitchen brigade roles, recipe components, and basic costing, and will prepare salads, stocks, and soups while applying proper cutting techniques and safety standards. • Basic Bread and Baking Techniques ◦ Learn the types of baked products, baking ingredients, oven temperatures, mixing methods, and types of bread, and will prepare a simple bread product following proper procedures. • My Baking Business Concept ◦ Create a business idea for a baking venture, including the type of product, target market, pricing, and marketing plan. ◦ Apply creativity, entrepreneurship, and recipe knowledge in a real-world context. </td></tr> </table>		Suggested Activities	• Kitchen Operations and Basic Culinary Preparation ◦ Learn the functions of hot and cold kitchens, safety practices, kitchen brigade roles, recipe components, and basic costing, and will prepare salads, stocks, and soups while applying proper cutting techniques and safety standards. • Basic Bread and Baking Techniques ◦ Learn the types of baked products, baking ingredients, oven temperatures, mixing methods, and types of bread, and will prepare a simple bread product following proper procedures. • My Baking Business Concept ◦ Create a business idea for a baking venture, including the type of product, target market, pricing, and marketing plan. ◦ Apply creativity, entrepreneurship, and recipe knowledge in a real-world context.
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