

101305T4FBC

FOOD PRODUCTION (CULINARY ARTS) LEVEL 5

HOS/OS/FP/CR/13/5/A

Prepare beverages

Nov/Dec 2024



**TVET CURRICULUM DEVELOPMENT, ASSESSMENT AND CERTIFICATION
COUNCIL (TVET CDACC)**

PRACTICAL ASSESSMENT

3 HOURS

INSTRUCTIONS TO CANDIDATE:

1. You are required to perform the following tasks
 - i. Prepare and present a Mango Frappe
 - ii. Prepare and present a spiced Dawa
 - iii. Prepare and present a lemon iced tea
2. You have **30 minutes** to review the recipes, collect equipment, identify and weigh ingredients and organize your workstations and **Two hours and a half (2 ½)** to prepare, produce and present **four (4) portions** of each of the three tasks
3. You are provided with the following resources for the activities:
 - Fully equipped and safe kitchen
 - Timer/ watch
 - Recording sheet and pen
 - Ingredients and other requirements
 - Recipes for:
 - i. Mango Frappe (Appendix I)

- ii. Spiced Dawa (Appendix II)
- iii. Lemon iced tea (Appendix III)

NOTE: A candidate who does not prepare, produce and present quantities for **four (4)** of each dish will be disqualified

Appendix 1: MANGO FRAPPE RECIPE

INGREDIENTS

Ingredients	Quantity (4 portions)
Apple mangoes	6 fruits
Sugar	120grams
Milk	500mls
Ice cubes	700grams
Whipped cream	100grams

PROCEDURE

1. Peel and cut mango into cubes and freeze for 2 hours
2. In a blender jug add frozen mangoes, sugar, milk, ice cubes and blend well
3. In a mason jar/glass, add mango frappe and garnish with whipping cream, mango cubes and serve chilled

Appendix II: SPICED DAWA

DAWA RECIPE

Ingredients	Quantity (4 portions)
Water	5 cups
Cinnamon sticks	4 pieces
Cloves seeds	15 pieces
Imported lemons (yellow lemons)	8 fruits
Minced ginger	4 heaped tablespoons
Honey	4 table spoons

Procedure

1. Start with cold water, add some whole clove and cinnamon sticks and bring it to a boil.

2. Allow to simmer for 10 minutes
3. As it simmers, wash the lemons and squeeze the juice
4. Once the water has come to a boil, add the freshly squeezed lemon juice and freshly minced ginger.
5. Sieve and serve the beverage

Appendix III: LEMON ICED TEA

LEMON ICED TEA RECIPE

Ingredients	Quantity (4 portions)
Water	4 cups
Sugar	200 grams
Baking soda	5grams
Black Teabags	6 sachets
Imported Lemon	7 fruits
Ice cubes	300grams

Procedure

1. Squeeze lemon juice from 6 fruits
2. Measure sugar and place in large mixing bowl with 1 cup lemon juice and ¼ teaspoon baking soda. stir to blend
3. Bring water to a boil in a saucepan
4. Remove from heat and place tea bags in the pan to steep for not more than 5 minutes
5. Remove the bags and discard
6. Pour hot tea into sugar/lemon mixture and stir to mix well
7. Transfer into a water pitcher/jug and add 300ml of cold water
8. Refrigerate for 30 minutes and serve over ice and slices of lemon

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