

**Content**

**MODULE 5: Food commodities**

**Unit 5.1: Vegetables**

- Classification edible parts above ground
- Purchase
- Uses
- Garnishing: related knife skills

**Unit 5.2: Eggs**

- Types
- Sizes
- Uses of boiled eggs

**Unit 5.3: Bread- sandwiches**

- Types
- Usage
- Storage
- Sandwiches and fillings

**Unit 5.4: Fruit**

- Identify and classify
- How to select fruit when purchasing
- Storage of fruit

**Practical lesson 1: Performance Test– Preparation of Vegetable Salad: Test Knife Skills – Vegetables Salad**

**Practical lesson 3 Performance Test (Term 2): CLOSED Fashion sandwiches with egg filling**

**Practical lesson 1: Performance Test: Fried Fruit Fritters**

**Skills Test 2: Open Fashion Sandwiches or Canapés**

## MODULE 5: FOOD COMMODITIES

### Unit 5.1: Vegetables

- classification of edible parts above the ground
- purchase
- cleaning of vegetables
- garnishing: uses and related knife skills

### Unit 5.2: Eggs

- types
- sizes
- uses of boiled eggs



### CAREERS

Vegetable Farmer  
Greengrocer  
Botanist  
Home Industry owner  
Caterer / Chef  
Artisan Bread Baker

### ENTREPRENEURSHIP

Self-employment – grow vegetables / sell at local market  
Making own preserves at home & sell  
Rearing chicken & eggs for sale  
Home baking Business

### Unit 5.3 Bread- sandwiches

- Types
- usage
- storage
- sandwiches & fillings

### Unit 5.4: Fruit

- Identify and classify
- How to select fruit when purchasing
- Storage of fruit

### KEY CONCEPTS

edible parts  
garnishes  
knife skills  
vegans

boiling temperature  
commercial bread

sandwiches  
fillings  
classification  
storage

Halaal  
allergies  
gluten intolerance  
diabetes

### SOFT SKILLS

teamwork  
communication  
creativity

problem-solving  
multi-tasking  
Cleanliness  
Efficiency

patience  
organisational  
skills

resilience  
self-confidence  
Attention to detail

stress management skills  
Numeracy  
Innovation  
Social Skills

Time Management		Temperature control	Culinary expertise	
-----------------	--	---------------------	--------------------	--

## MODULE 5: Food commodities



### Unit 5.1: Vegetables

- Classification edible parts above ground
- Purchase
- Cleaning of vegetables
- Garnishing: uses and related knife skills

#### INTRODUCTION

This unit investigates the basic commodities that learners in grade eight must learn in order to develop the skills and knowledge for basic food preparation. The following food commodities will be studied vegetables, eggs, commercial bread, fruit and street vending food. These food commodities sections with practical will enable a learner to produce a variety of garnishes to master knife skills, prepare interesting and healthy dishes using bread and creative dishes using fruit. Learners will also be exposed to food suitable for vegans, Halaal, allergies (gluten intolerance) and dietary concerns (diabetic).

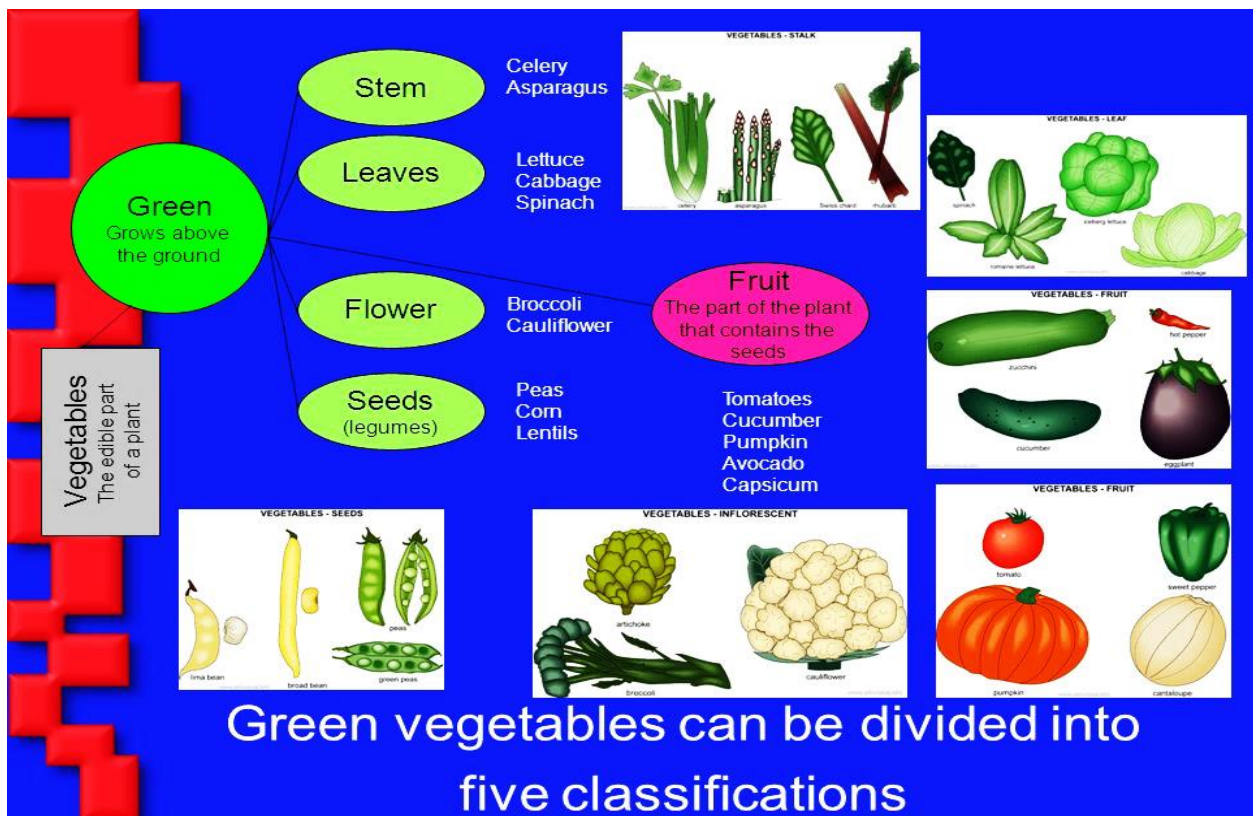


Source: Iowa State University Extension & Outreach

### **5.1.1 The classification of vegetables according to their edible parts:**

Vegetables found below the ground are divided into three classes:

- Roots, e.g. carrots
- Bulbs, e.g. onions
- Tubers, e.g. potatoes and sweet potatoes



**Other:** Fungi (mushrooms) is also classified as a vegetable that grows above ground. Remember that only certain wild mushrooms are edible and others are extremely poisonous. Never pick wild mushrooms for consumption unless you know for certain that they are edible.

### Examples of edible mushrooms



### 5.1.2. Guidelines for purchasing vegetables:

- Buy products that look fresh. Vegetables should not be wilted, bruised or damaged.
- The colours of the vegetables should be bright and characteristic of the type
- Be mindful not to buy overripe vegetables.

- Consider buying vegetables in season.
- You will pay less, and the quality will be better.

### 5.1.3 Uses of vegetables

- Leafy vegetables such as lettuce and cabbage, outer leaves must be removed.
- Green leafy vegetables are washed under cold running tap water.
- A colander is used to rinse the leaves and drain in colander or salad spinner.
- Use paper towel to dry the leafy vegetables.
- For vegetables with a peel use a soft, clean produce brush to scrub the vegetable under running water and dry with paper towel.
- Ideally mushrooms should be wiped with a clean damp cloth, or wash quickly in cold water and dry with paper towel because soaking too long in water causes water absorption and mushrooms spoils quicker.



[source: [www.shutterstock.com](http://www.shutterstock.com)]



[source: [www.recipetips.com](http://www.recipetips.com) ]

### The use of overripe tomatoes (non-examinable)

Overripe tomatoes are not always suitable for salads or eating raw, but they are packed with flavour, health benefits juicy goodness. They even tend to be sweeter and juicier than its unripe counterpart. There are endless opportunities to turn overripe tomatoes into tasty and nutritious dishes.



Source: Picture - [www.vanguardngr.com](http://www.vanguardngr.com)

PRODUCT	Tasty -----	ILLUSTRATION
---------	-------------	--------------

<b>Relish (a pickle/piquant sauce)</b>	Tomatoes, onions, curry powder, mustard powder, cayenne pepper, vinegar	
<b>Tomato sauce</b>	Tomatoes, onions, olive/sunflower oil	
<b>Chutney (a spicy sauce)</b>	Tomatoes, onions, chilli, vinegar, brown sugar	 
<b>Tomato jam</b>	Tomatoes, sugar, orange and lemon juice	
<b>Dried tomatoes</b>	Tomatoes (seeds removed), dried in the oven at 66° for 3-4 hours	

## KNIFE SKILLS

### 5.1.4 Different vegetable cuts and garnishing: uses and related knife skills

A vegetable garnish can be used as a decoration or accompaniment to a prepared food dish. The garnishes can be used in a variety of ways, a tray of sandwiches can be garnishes with carrot roses or carrot star, cucumber ribbons can be used to hold vegetables on a plate.

#### ➤ CHOPPED

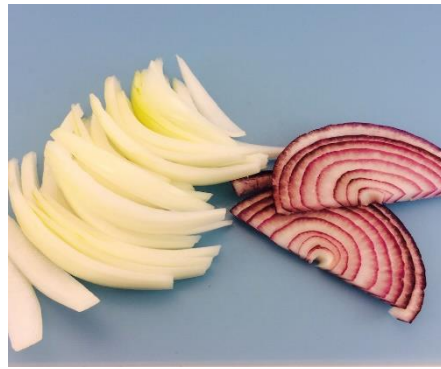
This means putting your finger and your thumb at the very back of the knife and wrapping your fingers around the handle. It gives you a **firm grip and more control** when you're chopping: When you actually start chopping, don't lay all of your fingers flat.



Source: [www.cnbc.com](http://www.cnbc.com)

#### ➤ SLICED

Slice. When you slice something, you are doing exactly as **it sounds and slicing your vegetables** means **to cut across the grain into thin, uniform pieces**.. You are leaving them in long strips, and some recipes will designate thin slices or wide slices. But typically, you are just cutting vertically on the vegetables. Almost every fruit or vegetable can be sliced, as well as other ingredients like cheese and bread.

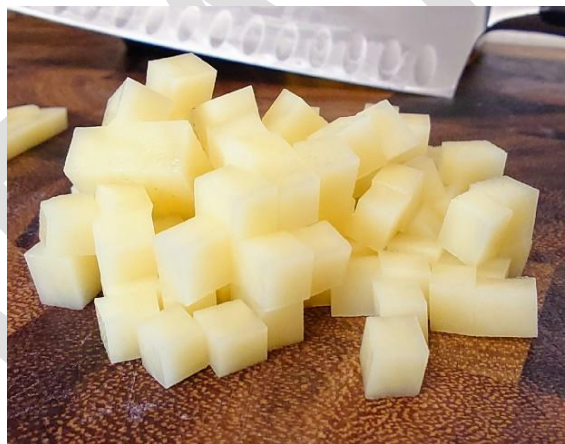


Source: [freeimageslive.co.uk](https://www.freeimageslive.co.uk) & [eatbydate.com](https://eatbydate.com)

### ➤ BRUNOISE (FINE DICE)

A **brunoise** cut, or a **fine brunoise** cut, is a traditional French vegetable / fruit cut that produces small, regular cubes (1/8th inch and 1/16 inch respectively). Typically reserved for special use cases and as an aromatic garnish, this type of cut creates exceptionally uniform pieces and provides an excellent boost to a plate's presentation. Foods that are commonly brunoised include turnips, onions and carrots.

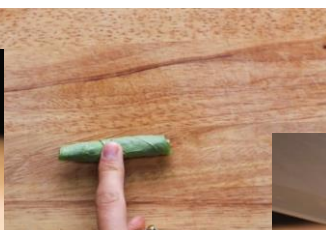
Can be used in Soups and stocks, as a Garnish or to add texture in a dish



Source: [medium.com](https://medium.com)

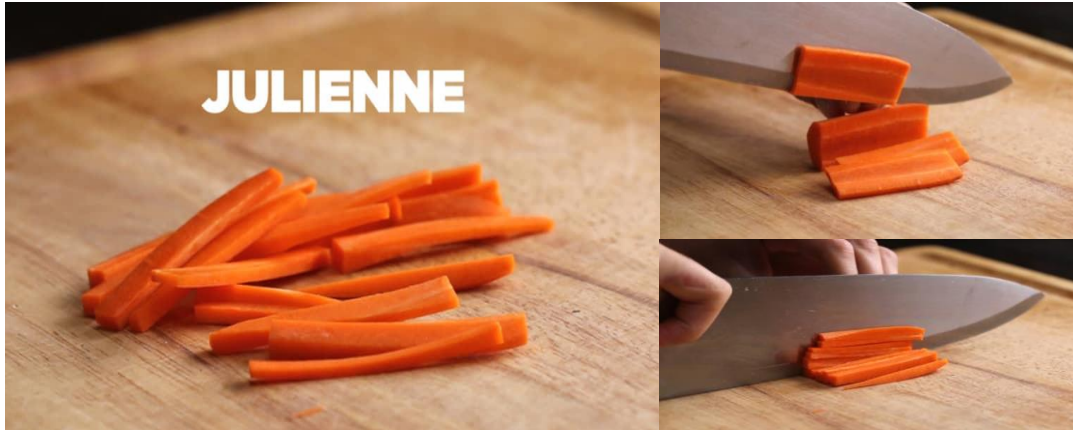
### ➤ CHIFFONADE (SHREDDING)

Used on leafy vegetables and herbs. Some examples include, spinach, lettuce, basil herbs and cabbage. This is accomplished by first cutting the food into long strips, and then cross cutting them in the preferred thickness.



### ➤ JULIENNE (MATCHSTICK CUTS)

Cut foods into long, thin matchstick like pieces. This is a cutting style used for zucchini, carrots, celery and capsicum, but it can be used on virtually any type of vegetable.



Source: [www.cnb.com](http://www.cnb.com)

### ➤ WEDGES

Wedges are **irregular wedge-shaped slices of Vegetable / fruit**, often large and unpeeled, that are either baked or fried. They are sold at diners and fast-food restaurants. In Australia, potato wedges are a common bar food, that are almost always served with sour cream and sweet chilli sauce.



Source: [Erren's](#) kitchen.

#### 5.1.4 Vegetable Garnishing's

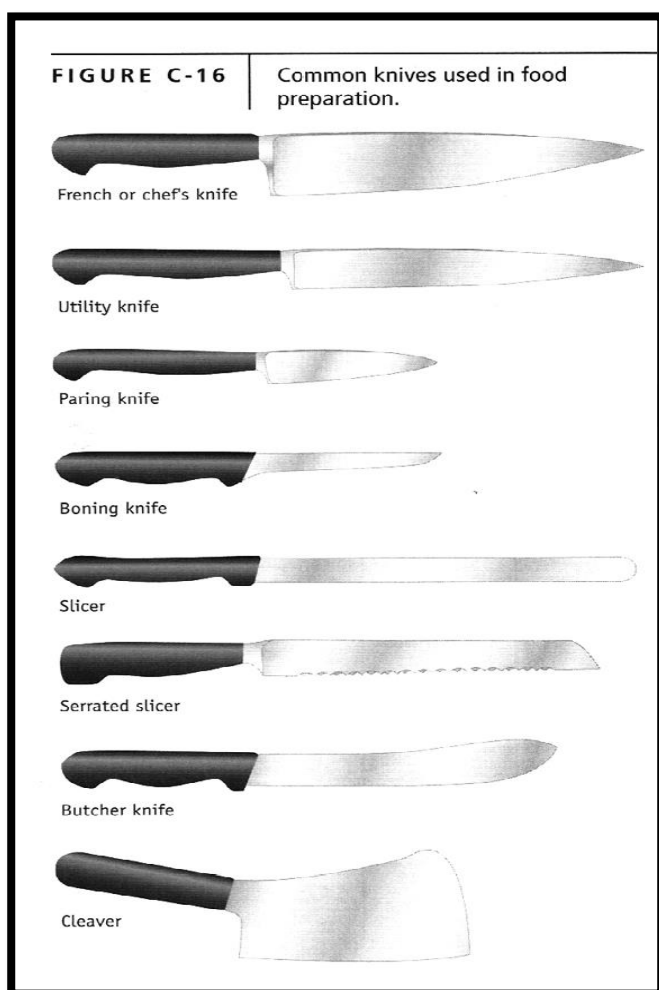


Source: [pinterest.com](https://www.pinterest.com) & [radacutlery.com](https://www.radacutlery.com) & [YouTube.com](https://www.youtube.com)

The use of knife skills related to garnishing



Source: [creativesafety.com](http://creativesafety.com)



**Chef's Knife:** largest; serves as an all-purpose knife for cutting meats and for mincing, dicing and slicing fruits & veggies; side of blade can be used to crush garlic cloves and ginger slices.

**Utility Knife:** geared toward lighter duties such as cutting tomatoes, carving meat or preparing julienne slices.

**Paring Knife:** smaller & shorter; used for more delicate jobs that require close control such as peeling fruits & veggies.



### INFORMAL ACTIVITY

Comparative price and quality study use for Purchasing – fresh tomato vs economical use of overripe tomatoes (e.g., relish, jams, chutney)

## VEGETABLES

### **Comparative price and quality study use for purchasing – fresh tomato vs economical use of overripe tomatoes (e.g., relish, jams, chutney)**

Some research was conducted at outlets located within the surrounding area where you live. A comparative study was done on the price of tomatoes.

**Study the information below and answer the questions that follow.**

STORE	PRICE PER KILOGRAM FOR FRESH HALF RIPE TOMATOES	PRICE PER KILOGRAM FOR OVERRIPE TOMATOES
Local Spaza shop in town	R3.80	R1.75
Supermarket around the corner	R4.20	R1.75
Hypermarket in town	R5.10	R2.50

### QUESTIONS:

1. Where will you buy the cheapest half-ripe tomatoes?
2. Which store would you support when buying the overripe tomatoes? Give a reason for your answer.
3. Your friend delivers a case of overripe tomatoes at your house. Do some research and give FOUR suitable dishes/products that you will prepare from the overripe tomatoes to prevent that anything gets wasted.

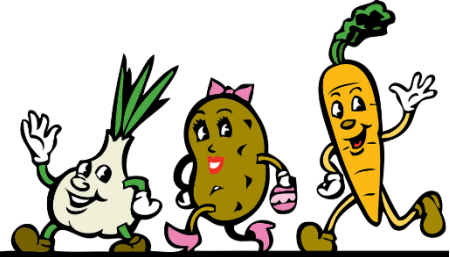




### PRACTICAL LESSON 1: PERFORMANCE TEST

#### Preparation of a vegetable Salad:

- Practice different knife skills (chopped, sliced, brunoise, julienne, wedges)
- Use cut vegetables for the salad

### KNIFE SKILLS AND VEGETABLE GARNISHES

Surname: _____ Name: _____ Gr.8-_____		
<b>MODULE</b> Food Commodities  	<b>OBJECTIVES:</b> Learners will be able to: <ul style="list-style-type: none"> <li>• Analyse the given recipe</li> <li>• Complete the mise en place form</li> <li>• Execute correct knife skills</li> </ul>	<b>SOFT SKILLS to strengthen hard skills:</b> <ul style="list-style-type: none"> <li>• Analytical skills</li> <li>• Decisiveness</li> <li>• Critical Thinking</li> </ul>


CHARACTERISTICS OF THE PRODUCT			
Appearance	Texture	Taste	
<b>KNIFE SKILLS</b> Chopped Sliced Brunoise Julienne Wedges  <u>Extra Options</u> Carrot stars Cucumber boats, Slice, Discs, Boats, Ribbons Squiggles	Crisp crunch	Distinct vegetable taste	 

ASSESSMENT										
Personal hygiene			“Clean as you go”		Prep shee	Final product			Questions	TOTAL
5			4			5			5	5
Hair	2		Sink (2)			Appearance	2			
Nails	1					Texture	2			
Apron	2					Station (2)		Taste		

## INTRODUCTION (5 minutes)


A. Perform a teacher-led demonstration on knife skills and vegetable garnishes.

The following knife skills to be demonstrated and learners to do individually

<p>Pecan Nuts / Red Onions</p>	<p>Chopping</p>  <p><a href="https://www.ftcdn.net/_f/220x172/231507823-kWFY3pGUF9W1BTyYIKGLF6YahVIT5XRf.jpg">220_F_231507823_kWFY3pGUF9W1BTyYIKGLF6YahVIT5XRf.jpg (220×172) (ftcdn.net)</a></p> <p>Source: <a href="http://www.cnbc.com">www.cnbc.com</a></p>
<p>Cucumber / Appels</p>	<p>Sliced</p>  <p><a href="https://pixabay.com/_apple-453447_960_720.jpg">apple-453447_960_720.jpg (621×720) (pixabay.com)</a></p> <p>Source: <a href="http://freeimageslive.co.uk">freeimageslive.co.uk</a> &amp; <a href="http://eatbydate.com">eatbydate.com</a></p>
<p>Cheddar Cheese</p>	<p>Bruinoise</p>  <p><a href="#">This Photo</a> by Unknown Author is licensed</p> <p>Source: <a href="http://medium.com">medium.com</a></p>
<p>Spinach</p>	<p>Chiffonade</p>  <p>Source: <a href="http://www.cnbc.com">www.cnbc.com</a></p>

Sweet Peppers	Julienne  Source: <a href="http://www.cnbc.com">www.cnbc.com</a>
Avocado / Potatoes	Wedges  Source: <a href="#">Erren's kitchen</a>

Study the recipe carefully and complete the mise en place form provided.

<b>SALAD</b> <b>Yields: 2</b>	
<b>PREP TIME</b> 10 mins <b>TOTAL TIME</b> 10 mins <b>SERVINGS</b> 8	
<p>Spinach Salad Ingredients and expected Cuts</p> <ul style="list-style-type: none"> <li>• <b>Spinach (Chiffonade cut)</b>– fresh spinach leaves are packed with vitamins and minerals! The perfect base to the salad!</li> <li>• <b>Apples (Sliced)</b> – I love adding in thinly sliced apples for sweetness and a slight crunch. Honeycrisp are my favorite, but any variety will work.</li> <li>• <b>Avocado (Wedges)</b>– avocado makes everything better, including this salad!</li> <li>• <b>Red onion (Chopped)</b>– thinly sliced!</li> <li>• <b>Pecans (Chopped)</b>– you can use candied pecans or regular pecans.</li> <li>• <b>Cheese (brunoise)</b>– crumbled feta cheese or goat cheese! If you need the salad to be vegan or dairy-free, you can omit the cheese.</li> <li>• <b>Sweet peppers (Julienne)</b> – you can use red, green or yellow peppers (seeds removed)</li> </ul> <p><b>INGREDIENTS</b></p> <p>For the salad:</p> <ul style="list-style-type: none"> <li>• 250 g fresh spinach, chiffonade cut</li> <li>• 2 large apples, cored and thinly sliced</li> </ul>	

[Easy Spinach Salad - Two Peas & Their Pod \(twopeasandtheirpod.com\)](http://twopeasandtheirpod.com)

- 1 large avocado, wedges
- 1/4 red onion, chopped
- 1 cup roughly chopped candied pecans or pecans, can use walnuts or almonds (optional)
- 3/4 cup crumbled cheddar cheese, brunoise blocks

#### Salad Dressing

- 1/4 cup olive oil
- 2 tablespoons balsamic vinegar
- 1 tablespoon pure maple syrup
- 1 teaspoon Dijon mustard
- 1 clove garlic, minced
- Dash of salt and ground black pepper

#### How to Make Spinach Salad

- First, make the dressing. You can whisk all the ingredients together in a small bowl or you can put all the ingredients in a jar, put the lid on tightly, and shake it up.
- FYI, the dressing can be made in advance. Keep in the refrigerator for up to one week. Whisk or shake before using.
- To assemble the salad, place the spinach, apple slices, avocado, red onion, pecans, and cheese in a large bowl. When ready to serve, drizzle with dressing and toss.
- Alternatively, you can plate the salads and serve the dressing on the side.

## B. Mise en place

NAME OF RECIPE:		
Ingredients	Quantity	Mise en place - Ingredients (2)

Mise en place- Apparatus	(1)	Cooking method	
		Time/Temperature	
		Garnish	
		Course	
			(4)
Technique:			(1)
Description of Technique			(2)
		10÷2 = 5	(5)

**C. Answer the following questions**

1. Name TWO knives used in vegetable cut preparation. (2)
2. Discuss THREE points to consider on correct choices of vegetables. (3)

**TOTAL: 25 MARKS**



**RESOURCES**

**VIDEOS FOR EXTRA RESOURCES:**

[http://youtube.com/watch?v=oRyxD\\_IWebQ](http://youtube.com/watch?v=oRyxD_IWebQ)

<https://youtu.be/J4glWZ3Ezls>

[http://youtube.com/watch?v=K-Sk2uu\\_HS8](http://youtube.com/watch?v=K-Sk2uu_HS8)



vegetable  
garnishes.mp4



cleaning  
vegetables.mp4



vegetables garnishes  
2.mp4

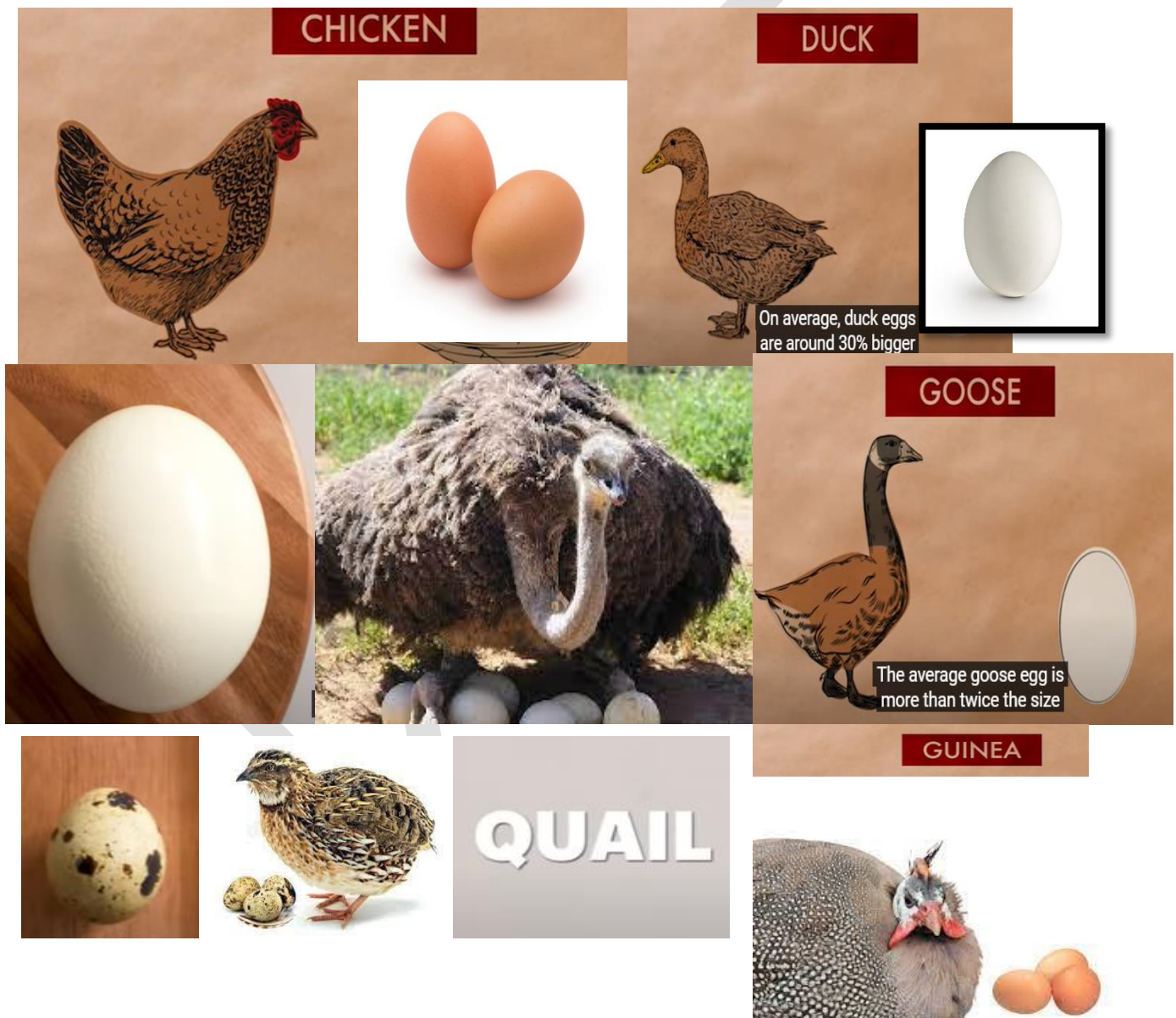
## Unit 5.2: Eggs



- Types
- Sizes
- Uses of boiled eggs

### FUNKY FACTS ON EGGS

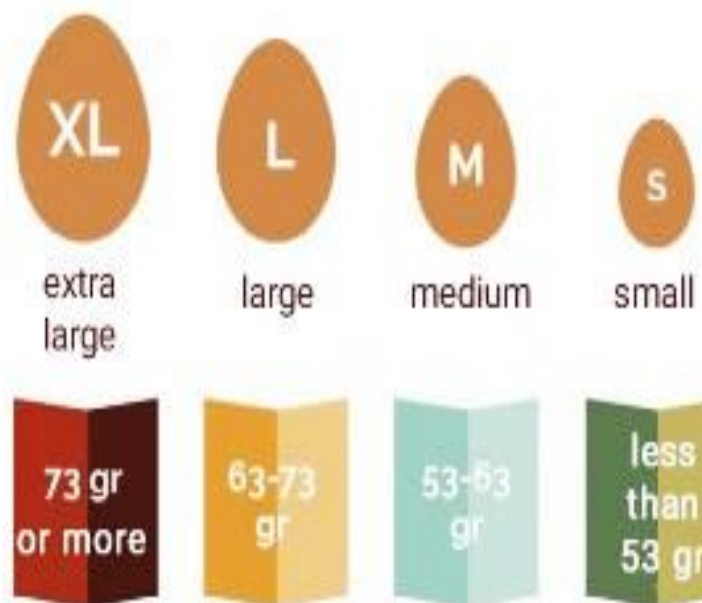
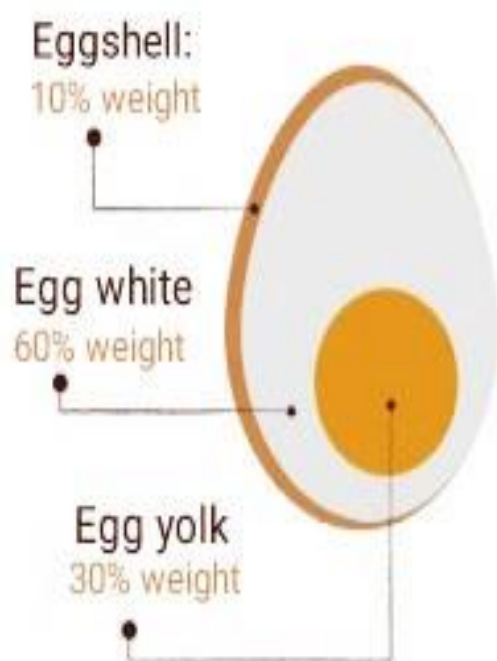
#### 5.2.1 TYPES OF EGGS



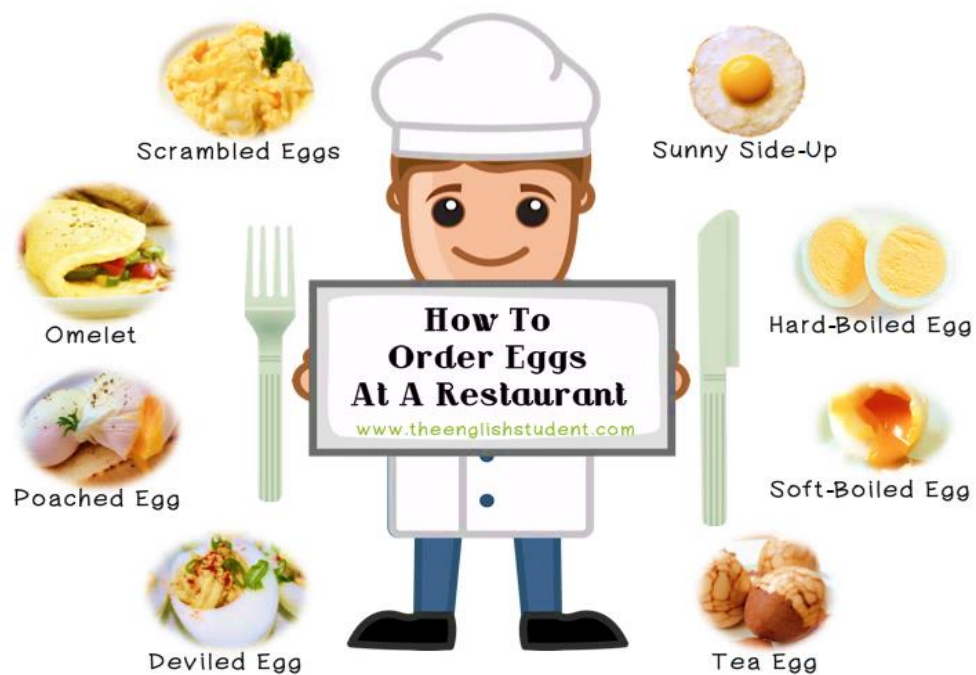
Source: Unsplash & YouTube.com & safariostrich.co.za & egg-machine.com & howdypets.com

### 5.2.2 Sizes of eggs

## EGG CLASSIFICATION ACCORDING ITS SIZE IN



[Source: [www.huevosmonterde.com](http://www.huevosmonterde.com)]



[Source: [www.theenglishstudent.com](http://www.theenglishstudent.com)]

### 5.2.3 USES OF EGGS

#### DID YOU KNOW?

Eggs can be served in numerous ways

Boiled Eggs on Toast



Spring Hens



Salads



Potato-Egg Salad



Deviled Eggs



Pickled Eggs



Boiled egg on bread



[sourced: [parentingsquad.com](http://parentingsquad.com)]

[sourced: [www.vietworldkitchen.com](http://www.vietworldkitchen.com)]

Garnish on Biryani



Curry dish



As a dish-Scotch Eggs





Creative ways of incor

## INFORMAL ACTIVITY

### Creative ideas with boiled eggs

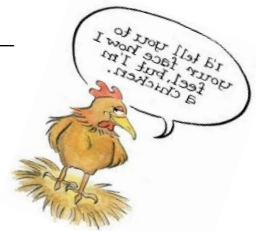
Learners involved in investigating creative ideas of incorporating boiled eggs into food preparation.

- Unscramble the words in the worksheet provided to discover the different ways that boiled eggs can be included in different dishes. Finally use the correctly unscrambled letter associated to the number sequence and complete the sentence at the end of the worksheet

NAME: \_\_\_\_\_ GRADE: \_\_\_\_\_

DATE: \_\_\_\_\_

### USES OF BOILED EGGS



D	S	4. L	A	A	S
---	---	---------	---	---	---

\_\_\_\_\_

D	E	L	D	V	I	E
---	---	---	---	---	---	---

\_\_\_\_\_

I	C	1. K	P	D	E	L
---	---	---------	---	---	---	---

\_\_\_\_\_

S	E	G	G		2. N	O		O	3. T	A	T	S
---	---	---	---	--	---------	---	--	---	---------	---	---	---

\_\_\_\_\_

G	N	I	R	P	S		N	E	H
---	---	---	---	---	---	--	---	---	---

Eggs are \_\_\_\_\_ to eat.

\_\_\_\_\_

## PRACTICAL LESSON 3: PERFORMANCE TEST

### Closed Fashion Sandwiches

Prepare and present fashion sandwiches with an egg filling:

- Boil eggs to make filling
- Prepare at least 2 different types of closed sandwiches e.g., layered, skewered, spiral and rainbow
- Include a minimum of 2 different shapes



### FASHION SANDWICHES

Surname: \_\_\_\_\_ Name: \_\_\_\_\_ Gr.8-\_\_\_\_\_

#### MODULE

Food Commodities

#### OBJECTIVES:

Learners will be able to:

- Analyse the given recipe
- Complete the mise en place form

#### SOFT SKILLS to

strengthen hard skills:

- Analytical skills
- Decisiveness
- Critical Thinking

#### CHARACTERISTICS OF THE PRODUCT

##### Appearance

Colour full  
Dainty triangles

##### Texture

Soft  
Creamy filling  
Uneven texture of bread

##### Taste

Savoury creamcheese  
Sweet jam and jelly layers




### ASSESSMENT

Personal hygiene			“Clean as you go”		Prep sheet	Final product			Questions	TOTAL
5			4			5				
Hair	2		Sink (2)			Appearance	2			
Nails	1					Texture	2			
Apron	2		Station (2)			Taste	2			

## INTRODUCTION (5 minutes)

A. Perform a teacher-led demonstration on preparation and serving of rainbow sandwich.

Study the recipe carefully and complete the mise en place form provided.

FASHION SANDWICHES	Yields: 6
<b>Ingredients</b> 30ml cooked beetroot grated 30ml avocado with salt and pepper 30ml grated carrots with 5ml cream cheese mixed 1 egg grated with salt pepper and 15ml mayonnaise mixed 90ml Whipped cream cheese 12 slices white sandwich bread	
<b>Method</b> <ol style="list-style-type: none"><li>1. Lay out six slices of white sandwich bread.</li><li>2. Spread whipped cream cheese on each of the</li><li>3. slices from edge to edge.</li><li>4. Lay out the remaining six slices of bread and spread each cooked beetroot grated, avocado with salt and pepper, grated carrots with cream cheese mixed and boiled egg grated with salt pepper and mayonnaise.</li><li>5. Top each cream cheese-spread slice with a filling.</li><li>6. Cut off the edges. Then, slice the sandwiches into four squares each.</li><li>7. Serve laid out in rainbow or half-rainbow order.</li><li>8. Garnish with parsley.</li></ol>	

## B. Mise-en-place

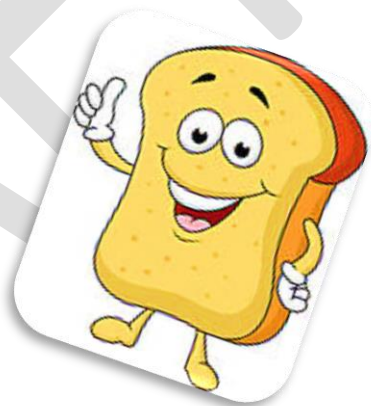
NAME OF RECIPE: FASHION SANDWICHES		
Ingredients	Quantity	Mise en place - Ingredients (2)





### Unit 5.3: Bread- sandwiches

- Types
- Usage
- Storage
- Sandwiches and fillings



[sourced: clipart-library.com]

#### 5.3.1 Types of bread

Various types of bread are used to prepare sandwich.

White bread



Brown bread




French loaf / Baguette



Pitta bread



Seeded bread	
Buns and rolls	
Whole wheat bread	

### 5.3.2 Uses of bread

A sandwich is a dish consisting of two or more slices of bread with one or more fillings between them, or one slice in the case of an open sandwich. Sandwiches are a common type of lunch food often eaten as part of a packed lunch. There are many types of sandwiches, made from a diverse variety of ingredients.



**Bread can be served once baked, toasted or served in a variety of interesting ways:**

- Bread can be dipped into liquids such as gravy, olive oil, or soup.
- It can be topped with various sweet and savoury spreads.
- Prepare sandwiches containing meats, cheeses, vegetables, and condiments.
- Bread is used as an ingredient in other culinary preparations, such as the use of breadcrumbs to provide crunchy crusts or thicken sauces.
- Used to prepare sweet or savoury bread puddings.
- Serves as a binding agent in sausages and other ground meat products.

### 5.3.3 Storage of bread



Source: [www.thespruceeats.com](http://www.thespruceeats.com)

### 5.3.4 Sandwich fillings

#### EXAMPLES OF SHAPES OF SANDWICHES





[source: <https://unsplash.com/s/photos/sandwich>]

## TYPES OF SANDWICHES

## DIFFERENT KINDS OF BREAD

©[WWW.THEENGLISHSTUDENT.COM](http://WWW.THEENGLISHSTUDENT.COM)



White bread



Wheat bread



Whole grain bread



Rye bread

**Pocket Sandwich e.g., Pita**

Made using a single piece of folded or hollowed bread, such as a pita, tortilla which is made from dough cooked with fillings inside

**Dagwood Skewered Sandwich**

A thick sandwich with a variety of different fillings



### Open Sandwich

A single piece of bread with a savoury topping



### Closed Sandwiches

The filling is between two slices of bread.



### Bread Canape Sandwiches

An hors d'oeuvre, a bite-sized open-faced **sandwich** made of thin **bread** or toast topped with savoury garnish.



### **Fashion Sandwiches**

The filling, commonly consisting of avocado and salmon or prawn/ crab, is contained on either side, which is then covered by a layer of rice, usually coated in sesame seeds.



### **Skewered Sandwiches**

A thin metal or wood stick used to hold the sandwich together.



### **Rainbow Sandwiches**

A variety of colourful fillings used in between the bread to indicate the colours of the rainbow.



### **Pinwheels**

Crusts are removed and the filling is smeared onto the bread are cut into thin strips and then rolled.



[source: <https://unsplash.com/s/photos/sandwich>]



### **INFORMAL ACTIVITY**

Learners make a collage of bread and sandwich pictures.

Design a suitable packaging for a sandwich.

1. Design a collage of different bread fashion sandwiches.

2. Identify (through pictures) different suitable recyclable packaging for fashion sandwiches that will keep the bread fresh.

Label each picture to indicate type of material used and what type of bread was used for the making of the sandwich.


--	--



## SKILLS TEST 2

**Prepare and present a range of Fashion Sandwiches, incl. OPEN sandwiches / canapés.**

Assessment of preparation of sandwich topping / filling, knife skills (julienne, brunoise and slices) to prepare a garnish for the sandwich, appearance of sandwich.

- Measuring of ingredients

Surname, Name: GR:8		
OPEN SANDWICHES / CANAPES	<b>OBJECTIVES:</b> Learners will be able to: <ul style="list-style-type: none"> <li>• Prepare and present a range of open sandwiches.</li> <li>• Identify and name knife skills</li> <li>• Garnish sandwiches</li> </ul>	<b>SOFT SKILLS to strengthen hard skills:</b> <ul style="list-style-type: none"> <li>• Classification</li> <li>• Application</li> <li>• Critical Thinking</li> <li>• Creativity</li> <li>• observation</li> </ul>



#### CHARACTERISTICS OF THE PRODUCT

Appearance	Texture	Taste	
Variety of colours Small individual portions	Different textures	Fish Vegetables Salty Spicy	

#### ASSESSMENT

Personal hygiene		"Clean as you go"	Prep sheet	Final product		Questions	TOTAL
5		4	5	5		5	25
Hair	2	Sink (2)		Appearance	2		
Nails	1			Texture	2		
Apron	2	Station (2)		Taste	2		

#### A. INTRODUCTION (5 minutes)

B. Study the recipe carefully and complete the mise en place form provided.

#### CANAPES 1

Portion size 4

Mussels and cucumber

#### INGREDIENTS:

4	2cm thick slices	Cucumber	
250	ml	Chives cream cheese	
8	tinned	Mussels	drained
1	Fresh	Chive	Julienned
4	Fresh	Edible flower	

Method:



- Slice Cucumber in 2 cm thick slices.
- Remove the middle with an apple corer
- Pipe cream cheese into the centre.
- Place 2 mussels onto.
- Garnish with chives and edible flower.

## CANAPES 2

### Egg Mayonnaise

Portion size 4

#### INGREDIENTS:

2	Slices	White bread	4 rounds cut out of them
40	ml	Olive oil	
4	each	Eggs	Boiled
40	ml	Mayonnaise	
3	ml	Salt and pepper	
3	ml	Aromat	
2	sprigs	Parsley	Finely chopped
		Paprika	To sprinkle over

#### METHOD:

1. Boil eggs, when cooked shell them and press them fine with a fork.
2. Drizzle olive oil over cut out pieces of bread, toast in griddle pan till lightly toasted.
3. Add salt, pepper and aromat to eggs, add mayonnaise and mix through properly.
4. Place filling on top of toasted bread pieces, sprinkle paprika over and garnish with parsley.



## C. Mise en place

### NAME OF RECIPE: OPEN Canapes

Ingredients	Recipe Amount	Mise en place of ingredients [2]

Mise en place-apparatus [2]		Mise en place of additional equipment not found at your work station [1]
		Number of portions: [1]
Technique Applied:		[1]
Description of dish:		[1]
Oven/temperature control on stove:		[1]
Cooking Method:		[1]
		<b>TOTAL = 20</b>

#### D. ANSWER THE FOLLOWING QUESTIONS

1. Explain the term canapé and give an example of a topping that is not in your recipes. [3]
2. Discuss the following cooking methods:
  - 2.1 Boiling [1]
  - 2.2 Steaming [1]

**TOTAL: 25 MARKS**



#### RESOURCES

Recipe books and magazines

Video – Tricolour Sandwich Recipes and How to make finger sandwiches

[Ribbon Sandwich recipe / Rainbow Sandwich recipe / Rainbow pinwheel / Party recipe ideas/Kids party - YouTube](#)

[https://en.wikipedia.org/wiki/List\\_of\\_breads](https://en.wikipedia.org/wiki/List_of_breads)

Video – How to store bread.

[How to Store Bread. ✓ Tips And Nuances - Beezly](#)

[HOW TO: Freeze & Store Bread \(July 2020\) - YouTube](#)

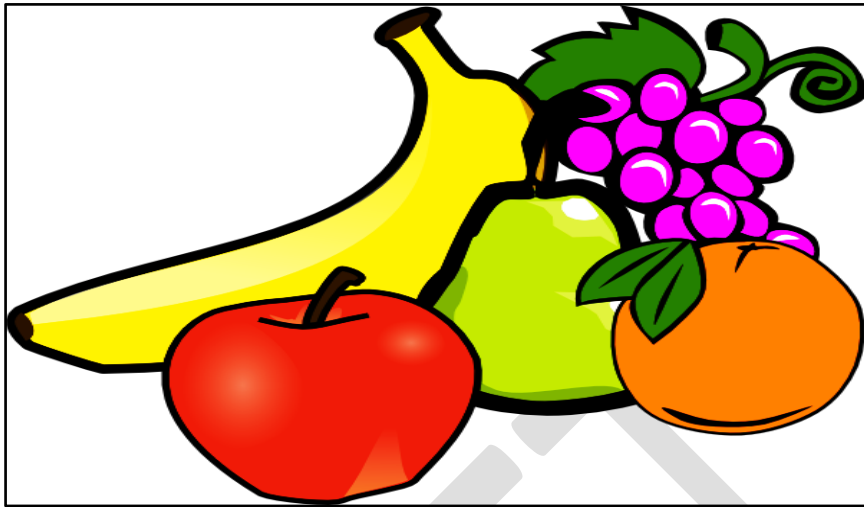


### **Unit 5.4: Fruit**

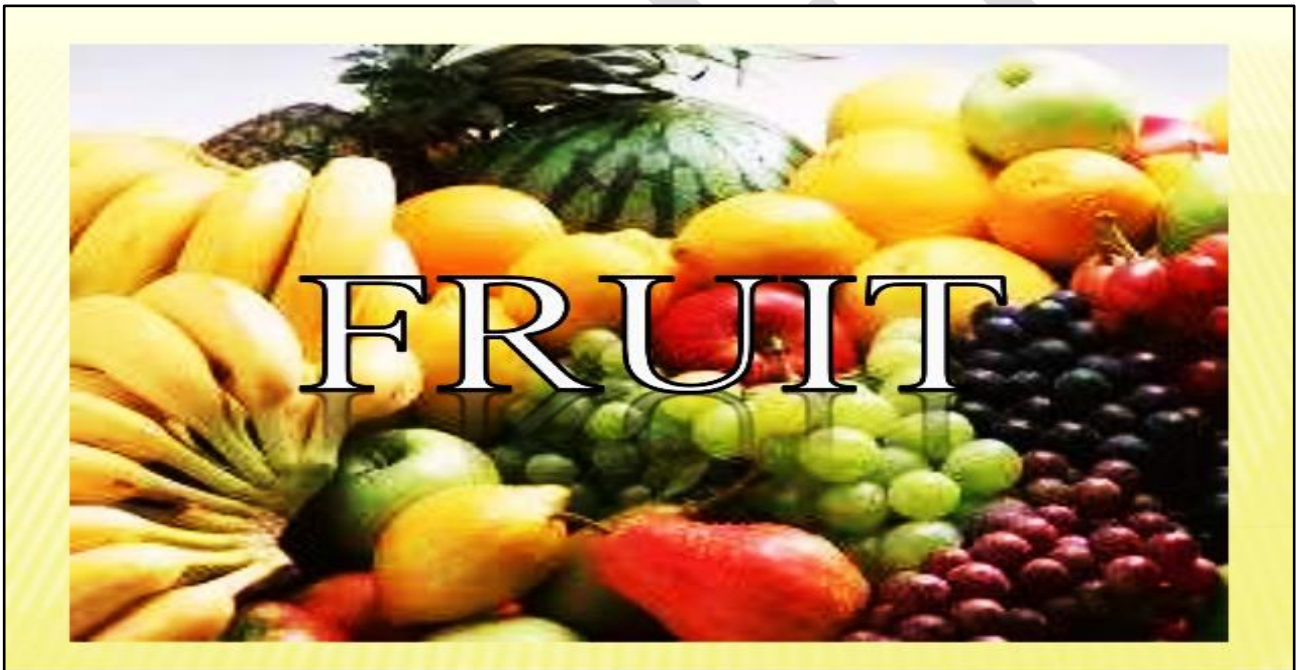
- Identify and classify
- How to select fruit when purchasing
- Storage of fruit

#### **INTRODUCTION**

Fruits are the sweet and fleshy produce of a tree or other plant that contains seed and can be eaten as food.



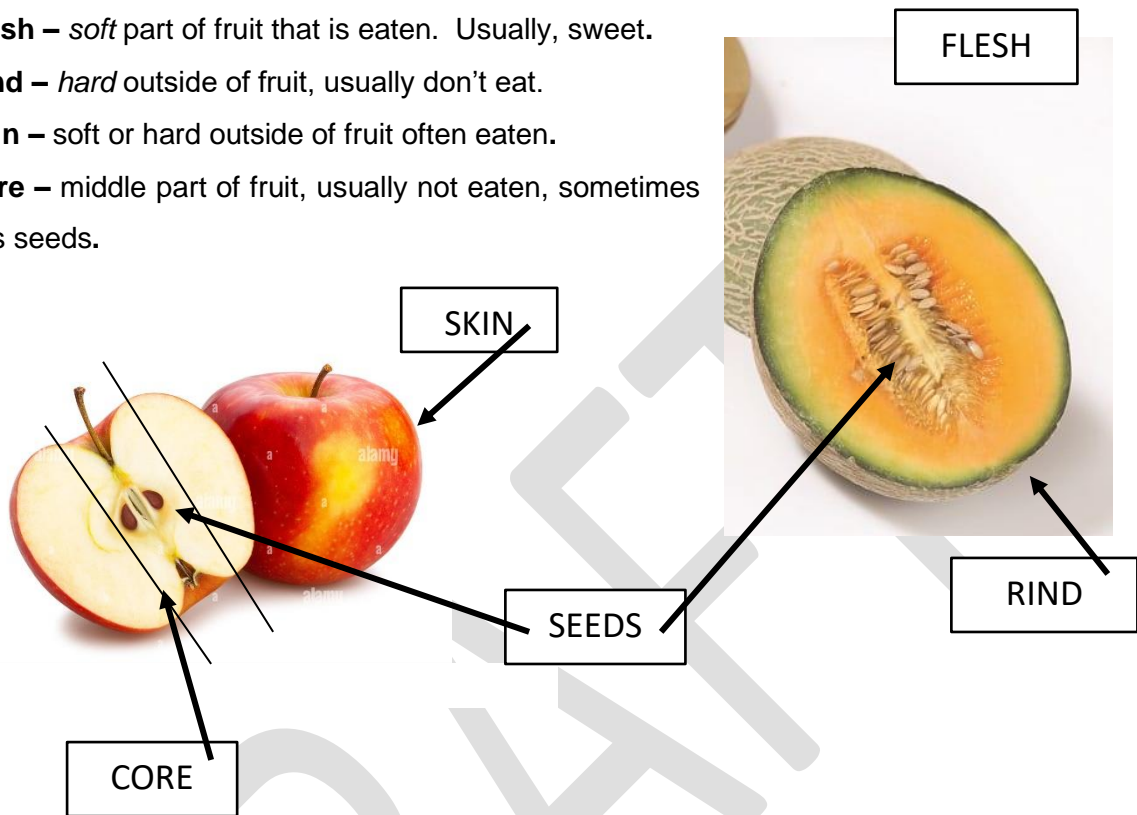
[Source: [www.slideshare.net](http://www.slideshare.net)]



## Basic Vocabulary

### Parts of Fruit

- **Seed** – part new fruit grows from. Some are okay to eat, some are not.
- **Flesh** – *soft* part of fruit that is eaten. Usually, sweet.
- **Rind** – *hard* outside of fruit, usually don't eat.
- **Skin** – soft or hard outside of fruit often eaten.
- **Core** – middle part of fruit, usually not eaten, sometimes has seeds.



Source: Alamay & The Gardener & The slide player

### 5.4.1 Classification of fruit

**Pomes**- smooth skin and an enlarged fleshy area that surrounds the core.



**Drupes-** contain a single seed, or pit, surrounded by juicy flesh.



**Berries-** fragile cell structure; pulpy and juicy; tiny seeds embedded in flesh.



**Melons-** hard outer surface that is smooth or netted; juicy flesh.



**Citrus-** grow in warm regions, firm rind and pulpy flesh.



**Tropical-** grow in very warm climates; differ in skin composition and seed.






source: [www.slideshare.net](http://www.slideshare.net)




## INFORMAL ACTIVITY

Identify the following types of fruit and classify them

Picture	Classify	Identify fruit
 <p><a href="#">This Photo</a> by</p>		
 <p><a href="#">This Photo</a> by Unknown Author is licensed under <a href="#">CC</a></p>		
 <p><a href="#">This Photo</a> by Unknown Author is licensed under <a href="#">CC BY-NC</a></p>		

### 5.4.2 Top tips for purchasing fruit

Buy fruits that are:	Avoid Fruits that are:
<ul style="list-style-type: none"> <li>Firm to the touch</li> </ul>	<ul style="list-style-type: none"> <li>Too Soft</li> </ul>
<ul style="list-style-type: none"> <li>Before selecting, give produce a light squeeze. If it is ripe, it should give a bit under pressure.</li> </ul>	<ul style="list-style-type: none"> <li>Too hard</li> </ul>
<ul style="list-style-type: none"> <li>The right colour</li> </ul>	<ul style="list-style-type: none"> <li>Green or under-ripe</li> </ul>
<ul style="list-style-type: none"> <li>Well-Shaped</li> </ul>	<ul style="list-style-type: none"> <li>Damaged or bruised. It's a great place for bacteria to hide and spread rapidly to the rest of the fruit or vegetable. Damaged produce is less nutritious and less tasty.</li> </ul>
<ul style="list-style-type: none"> <li>Heavy for the size. Choose smaller pieces of fruit. Smaller fruit is typically sweeter</li> </ul>	<ul style="list-style-type: none"> <li>Rotten or Mouldy</li> </ul>
<ul style="list-style-type: none"> <li>Smell good. A sweeter fragrance indicates ripeness in your fruit.</li> </ul>	<ul style="list-style-type: none"> <li>Discoloured</li> </ul>
<ul style="list-style-type: none"> <li>In good condition</li> </ul>	
<ul style="list-style-type: none"> <li>Choose vibrant, colourful produce. Different coloured fruits have varying nutritional benefits.</li> </ul>	
<ul style="list-style-type: none"> <li>Buy produce seasonally. Not all fresh produce grows year-round. Fruits and vegetables that are in season are both better quality and less expensive.</li> </ul>	
<ul style="list-style-type: none"> <li>Compare the price. Check the difference in price between loose produce and pre-packaged produce.</li> </ul>	

source:www.wikihow.com

### 5.4.3 Storage of fruit

Storing fruit is quick and easy! You can either freeze, refrigerate, or even keep them on the countertop depending on the fruit.



[Source: [www. www.goodshomedesign.com](http://www.goodshomedesign.com)]

#### 1. IN A COOL, DRY PLACE

- Keep bananas, tomatoes, lemons, and limes in a cool, dry area, not in the fridge.

#### 2. IN THE FRIDGE

- Store your apples in the fridge. They soften ten times faster at room temperature.
- Most fruits can be stored in the refrigerator.
- A crisper drawer will help protect your produce and keep the moisture in to maintain freshness for longer.
- Plastic bags with tiny vents help keep produce fresh longer by releasing moisture. They are great for grapes, blueberries, cherries or strawberries.
- Store berries in the fridge and wash gently before eating or using.

### 3. IN THE FREEZER

- Freezing fruits at home is a fast and convenient way to preserve produce at their peak maturity and nutritional quality.



[Source: [www. www.fruitsinfo.com](http://www.fruitsinfo.com)]

### 4. AT ROOM TEMPERATURE

- Mangoes, plums, peaches, and pears can be ripened at room temperature in a brown paper bag and should then be refrigerated for longer storage.
- Store pineapple upside down for a day or two at room temperature or in the fridge to allow the sweetness to spread throughout the fruit.
- Keep whole melons at room temperature.

### General rules for preparation and cooking fruits



- Remember to prepare fruits just before cooking.
- Avoid discolouration caused by enzymatic browning.
- Use lemon juice on fruit to prevent browning.
- Keep fruit pieces uniform in size for even cooking.
- Do not overcook fruit.

## 1. Moist-heat methods: poaching

Pears, apples, peaches, nectarines, plums and apricots are commonly poached fruits.

Figs, grapes, quince and bananas will also poach nicely. Use just enough liquid to cover the fruit. Let fruit rest in poaching liquid for 20 minutes after cooking to allow the flavour to be absorbed.



## 2. Dry-heat methods: Frying, grilling or broiling, roasting or baking, and sautéing.

The less time fruit is exposed to heat, the better it retains its shape. Suitable fruits include apples, apricots, bananas, pineapples, peaches, plums, pears, cherries and figs are excellent fruits for dry cooking.

Frying requires fruit to be covered in a protective coating from being overcooked e.g. Batter before frying.



FRYING



GRILLING



[Source: driscoli's & The spice house & Simply Recipes & Teaspoon of spice & Foodal & Life is Fare]

## Some words to remember

<b>Fruit</b>	The fleshy seed-associated structures of a plant that are sweet or sour, and edible in the raw state, such as apples, bananas, grapes, lemons, oranges, and strawberries.
<b>Ripening</b>	A process in fruits that causes them to become more palatable. In general, fruit becomes sweeter, less green (typically "redder"), and softer as it ripens.
<b>Fresh</b>	Recently obtained, in a good condition.
<b>Bruises</b>	Flesh of the fruit is injured without breaking the skin.
<b>Plump</b>	Well filled out or rounded in form.
<b>In-season</b>	Seasonal fruit is that at that time of the year it is at its peak in terms of flavour.

DRAFT



### **PRACTICAL LESSON 1: PERFORMANCE TEST**


Prepare and present fruit fritters e.g., banana / apple / pineapple.

**Practical Demonstration:** Dry; Shallow; Deep frying and Grilling

**Prepare and present fruit fritters:**

- Apply the rules for frying as a cooking method, keeping safety aspects in mind
- Include a variety of fruit for the fritters e.g., banana, apple, pineapple, berries.
- Apply correct preparation procedures for the fruit e.g., washing, removing stalks, or peeling of fruit.

## FRIED FRUIT FRITTERS


Surname: _____ Name: _____ Gr.8-_____		
<b>MODULE</b> Food Commodities	<b>OBJECTIVES:</b> Learners will be able to: <ul style="list-style-type: none"> <li>Analyse the given recipe</li> <li>Complete the mise en place form</li> </ul>	<b>SOFT SKILLS to strengthen hard skills:</b> <ul style="list-style-type: none"> <li>Analytical skills</li> <li>Decisiveness</li> <li>Critical Thinking</li> </ul>
<b>CHARACTERISTICS OF THE PRODUCT</b>		
<b>Appearance</b>	<b>Texture</b>	<b>Taste</b>
light golden brown crisp light surface	Crisp batter Soft apple inside	Sweet taste.
		

ASSESSMENT										
Personal hygiene			“Clean as you go”		Prep sheet	Final product			Questions	TOTAL
5			4			5		5		5
Hair	2		Sink (2)			Appearance	2			
Nails	1					Texture	2			
Apron	2		Station (2)			Taste	2			

### INTRODUCTION (5 minutes)

**A.** Perform a teacher-led demonstration on preparation of apple fritters

Study the recipe carefully and complete the mise en place form provided.

<b>Apple Fritters</b> <b>Yields: 4</b>	
<b>Ingredients</b>  400g cooking apples 12ml apricot sauce 50ml flour for sprinkling <b>Batter</b> 100g flour 1 egg 125 ml flour 12,5ml oil  <b>Method</b> 1. Measure out the ingredients required. 2. Sift the flour into a bowl. 3. Make a well in the centre, add the egg and milk. 4. Gradually incorporate into the flour and beat until smooth. 5. Mix in oil and allow to rest. 6. Peel and core the apples. 7. Cut the apples into ½ cm rings. 8. Pass through flour and shake off surplus flour. 9. Dip apples into the frying batter. 10. Lift with fingers and lower in hot oil. 11. Cook for 5 minutes each side. 12. Drain well, dust with sugar and glaze under the salamander. 13. Serve with apricot sauce.	



## B. Mise en place

NAME OF RECIPE:			
Ingredients		Quantity	Mise en place - Ingredients (2)
Mise en place- Apparatus		(1)	Cooking method
			Time/Temperature
			Garnish
			Course
			(4)
Technique:			(1)
Description of Technique			(2)

	$10 \div 2 = 5$	(5)

### C. Answer the following questions

1. Identify the fruit used in the recipe according to the classification. (1)
2. Name THREE guidelines to consider when buying apples. (3)
3. Name another fruit suitable to be battered and fried (1)

**TOTAL: 25 MARKS**



#### RESOURCES

Recipe books and magazines

#### VIDEOS:

1. [https://www.youtube.com/watch?v=SkapOA\\_AN98](https://www.youtube.com/watch?v=SkapOA_AN98)
2. [https://www.youtube.com/watch?v=efB\\_OvOCISM](https://www.youtube.com/watch?v=efB_OvOCISM)
3. <https://www.youtube.com/watch?v=5WY4kWyVS2U>
4. <https://www.youtube.com/watch?v=-nTVFXCnoSk>

#### BIBLIOGRAPHY

1. <https://www.foodsafetyfirst.com.au/2016/08/tips-buying-fruit-vegetables/>
2. <https://www.grocerycouponguide.com/guide-to-buying-fresh-fruits/>
3. <https://www.foodsafetyfirst.com.au/2016/08/tips-buying-fruit-vegetables/>



#### SUMMARIES

**Content summary: The Hospitality Industry**

**Module 5: Food Commodities**

**Key concepts**

**Unit 5.1 Vegetables**

- This unit investigates the classification of edible parts.
- Explores the guidelines that one must follow when purchasing vegetables.
- Correct procedures that needs to be followed when cleaning vegetables
- Basic garnishing techniques and the use of garnishes in food preparation. This is also related to knife skills.

## Unit 5.2 Eggs

- The different types of eggs used in food preparation.
- Eggs are graded according to the size. Most recipes use large chicken eggs.
- Boiled eggs are very versatile. Boiled eggs are popular as a light snack e.g. boiled and mayonnaise sandwich or can also be converted into a dish e.g. omelettes.

## Unit 5.3 Commercial bread- sandwiches

- Bread in South Africa is our second most important staple foodstuff after maize meal used apart from sandwiches as an ingredient in other food preparations such as binding agents in sausage, bread puddings and thicken sauces
- Bread storage correctly can extend the shelf life.
- Interesting sandwiches can be prepared with a variety of fillings.

## Unit 5.4 Fruits

- There are different types of fruits and they are identified and classified according to the characteristics of the fruit.
- Fruits can be an expensive commodity and one must follow correct purchasing guidelines when buying fruits.
- Buying fruit in bulk is generally cheaper and therefore correct storage practices Must be followed to extend the shelf life.



## EXAM PRACTICE QUESTIONS

## EXAM PRACTICE: THE HOSPITALITY INDUSTRY

### MODULE 4: FOOD COMMODITIES

## SECTION A: SHORT QUESTIONS

- 1.1 Various options are provided as possible answers to the following questions. Choose the correct answer and write the symbol (A - D) next to the question number (1.1.1 - 1.1.3) on the ANSWER BOOK.

1.1.1 An example of a tropical fruit is...

- A strawberry
- B peach
- C banana
- D orange

(1)

1.1.2 The cabbage is classified as a ....

- A stem
- B leaves
- C flower
- D seeds

(1)

1.1.3 This is a dish prepared from boiled eggs.

- A Scotch eggs
- B Omelette
- C Souffle
- D Quiche

(1)

(3)

## 1.2 MATCH ITEMS

Choose the description of fruit in COLUMN B to match the term in COLUMN A. Write only the symbol (A - E) next to the question number (1.2.1.1 - 1.2.1.3) on the ANSWER BOOK.

1.2.1

COLUMN A TERM	COLUMN B DESCRIPTION
------------------	-------------------------

1.2.1.1 Pomes	A Fragile cell structure; pulpy and juicy; tiny seeds embedded in
1.2.1.2 Citrus	B flesh. Hard outer surface that is
1.2.1.3 Berries	C smooth, netted with a juicy flesh.
	D Grow in a warm region, firm rind and pulpy flesh.
	E Contains a single seed, or pit with a smooth flesh. Smooth skin and an enlarged area that surrounds the core.

(3)

- 1.3.1 Identify knife safety procedures when cutting vegetables from the list below. Write only the symbol (A - F) next to the question number (1.3.1) on the ANSWER BOOK.

- A Never catch a falling knife.
- B Use any knife for cutting.
- C Store knives safely in a block or rack.
- D Chopping boards are not needed when using knives.
- E Hand knives over holding the handle.
- F Keep knife blades sharpened.

(3)

- 1.4 Give ONE word/term for each of the following descriptions. Write only the word/term next to the question number (1.4.1 – 1.4.3) on the ANSWER BOOK.

1.4.1 Eggs that are 53-63g

1.4.2 Eggs that are 63-73g

1.4.3 Eggs that are 53g

(3)

## SECTION B: LONG QUESTIONS

- 2.1 List THREE guidelines to follow when choosing vegetables to purchase.

LO

- |     |  |                         |
|-----|--|-------------------------|
| 2.2 | Design creative ways of serving fruits at a vending stall.   | (3)<br><b>HO</b><br>(2) |
| 2.3 | Study the statement below and answer the questions that follow:<br>“Bread can be served in a variety of interesting ways”<br>Motivate the above statement. | <b>HO</b><br>(3)        |

**TOTAL: 20 MARKS**

DRAFT