



Republic of the Philippines
Department of Education
National Capital Region
Schools Division Office – Muntinlupa City

SPECIAL PROGRAM FOR TECHNICAL VOCATIONAL EDUCATION (SPTVE)
Cookery Grade 8 Quarter 3 Week 3

I. Topic: Preparing Food for Service

II. Objectives: At the end of this module, you are expected to:

1. identify basic menu food products;
2. garnish foods for menu items
3. use appropriate sauces.

III. Brief Introduction of the Lesson

Menu is list of specific foods or dishes that fit the meal pattern selected. In a restaurant, the menu is a list of food and beverages offered to customers and the prices. A menu may be à la carte – which presents a list of options from which customers choose – or table d'hôte, in which case a pre-established sequence of courses is offered.

The term *organizing* and *preparing* also refer to as “mise en place”. It also includes basic preparation procedures prior to serving food, which may involve cooking components of dish but does not include the actual presentation.

Types of Menu

- Light Menu
- Moderate Menu
- Moderate Menu

Below are examples of types of menu for breakfast

Light Breakfast:

soft boiled egg
2 slices of toasted bread
milk

Moderate Breakfast:

slice of ripe mango
dried fish
rice
coffee with milk

Heavy Breakfast

papaya with calamansi
longanisa
scrambled egg
rice
chocolate

Characteristics of food used for menu items

- market forms (fresh, frozen, preserved, pre-prepared, standard cuts, a variety of food and food types)
- texture (basic structure and compositions)
- flavor and aroma (distinctive taste of food)
- color

Sauce is a flavoured liquid blend of ingredients that adds and enhances the flavour and appearance of foods.

Uses of sauce

- Enhances the taste of the food to be served.
- Adds moisture or succulence to foods that are cooked dry.
- Enhances the appearance of a dish by adding luster and sheen.
- Brings out the flavour of the food.
- Deepens and enriches the overall taste and texture of foods.





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Grand sauces (French Sauce)

- Demi-glaze – term used to describe a mixture of half brown stock and half brown sauce reduced by half.
- Veloute – made by thickening a veal sauce; chicken stock or fish with a white or golden roux; also known as a bland sauce
- Béchamel –made by thickening milk with a white roux and adding seasonings; also known as a cream sauce and a white sauce.
- Tomato Sauce – sauce made by sautéing mirepoix and tomatoes; white stock is added a then thickened with a roux
- Hollandaise – made from an emulsification of butter, egg yolks and flavourings (esp. lemon juice); also known as Dutch sauce

Garnishing is a way of decorating food using additional food items.

Rules to follow in garnishing food

- Balance is achieved through careful arrangement of colors, shapes, texture, flavors, and portion size. Use garnishes that give variety and contrast to the food
- Avoid using very strong flavors on food.
- Use plain dinnerware for colorful foods.
- Observe proportion. Use bigger plates for bulky foods.
- Always display the best side of the food forward and less attractive part face away from the guest.
- Observe temperature. Always serve hot foods hot and cold foods cold.
- Only edible ingredients should be presented.
- Always use fresh foods like fruits and vegetables in garnishing foods.

Practical tips in meals preparation

- Strain lumpy sauces for a velvety texture.
- Refresh green vegetables in ice water.
- Cut vegetables in different shapes and sizes for contrast.
- Accentuate the foods with appropriate garnishes.
- Always observe cleanliness and proper sanitation





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IV. Activities

Activity 1:

Directions. Create a menu for breakfast according to their type. Use the items inside the box.

fried rice	longanisa	scrambled egg
soft boiled egg	plain rice	chocolate drink
plain pasta	slice of ripe papaya	dried fish
Milk	coffee with milk	2 slices Toasted bread
slice of ripe mango		

Light Breakfast	Medium Breakfast	Heavy Breakfast
1.	1.	1.
2.	2.	2.
3.	3.	3.
	4.	4.
		5.

Activity 2: Construct a collage of food products for menu items.

Directions: Cut pictures of food from old magazine or print from the computer. Use short bond paper where you can paste the picture/make your collage. You can add design to improve your work using art materials (crayons, color pen/pencil and others).

Criteria	
Creativity	- 30
Resourcefulness	- 25
Content	- 25
Neatness	- 20
Total	- 100%

Example of food collage



Activity 3. Performance Task:

Directions: With the help of members of the family, garnish a certain available dish at home. Observe the rules in garnishing food. Provide a picture of your work to be submitted to your teacher thru messenger.

Criteria: balance – 40%, proportion – 40%, presentation -20%; total =100%





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V. Assessment:

Directions: Encircle the letter of the correct answer. Please avoid erasures.

1. Riza prepared the following foods for her breakfast; Banana, Beef Tapa, Scrambled Egg, Rice and Hot Chocolate. What type of breakfast did she prepare?
A. light B. heavy C. moderate D. regular
2. It refers to a way of decorating food using additional food items.
A. assembling B. beautifying C. garnishing D. improving
3. It is a French culinary phrase which means organizing and preparing.
A. aayojan aur taiyaaree C. mise en place
B. mesa in atto D. none of the above
4. In garnishing food, balance is achieved by
A. using simple and low-cost food items.
B. putting the foods in an elegant-looking platter.
C. combining foods with temperatures and flavours.
D. varying and arranging sizes, shapes, colors, textures carefully.
5. It is one of the uses of sauce.
A. Brings out the flavour of the food. C. Adds color to the food.
B. Adds aroma to the food. D. Naturalize the taste of the food.

VI. Reflection:

What significant learning did I gain from the lesson?

How do I apply in actual situation the knowledge and skills that I gained from this lesson?

References:

Books

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Websites

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<https://en.wikipedia.org/wiki/Menu>

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