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National Capital Region  
Schools Division Office – Muntinlupa City

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**SPECIAL PROGRAM FOR TECHNICAL VOCATIONAL EDUCATION (SPTVE)**  
**Cookery Grade 8 Quarter 3 Week 7**

**I. Topic: COOKING AND SERVING MENU ITEMS FOR FOOD SERVICE**

**II. Objectives:**

At the end of the lesson, you are expected to:

1. explain the classification of food service establishments;
2. use cookery methods in preparing menu items;
3. serve menu items;

**III. Brief Introduction of the Lesson**

In order to attain the goal of serving high quality food within financial limits, the caterer must understand the different steps and principles of menu planning, food storage, issuing receipt quantification and standardization.

**Commercial Equipment for Menu Preparation**

- Ovens
- Electric stoves
- Gas stoves
- Microwave ovens.

It also includes grills and griddles, blenders, slicers and mixers. Other equipment that shall be considered include saucepan, frying pan, casseroles, baking sheet, cake tins, tart tins and plates.

**Cookery Methods**

*Dry cooking methods*, the heating medium is dry heat. No water is added.

*Moist cooking methods* on the other hand, require the use of water, broth, milk or other liquids.

**Dry heat method includes the following:**

1. Broiling and Grilling – these two methods are differentiated by the source of heat for cooking. In grilling, the heat source is below the food; while in broiling the heat is above the food.
2. Barbecuing – similar to grilling but the food is basted while cooking.
3. Pan-broiling – a top-of-stove cooking; using a heavy-bottom cast iron or wrap-resistant stainless steel pan over intense heat. No fat or oil is added to the pan as fat and juices are released from the meat being cooked.
4. Roasting – traditionally, this term meant spit-roasting where it was done on a turning spit over an open fire. Nowadays, most roasting is done in an oven or rotisserie, a motor-driven metal spit that constantly turns the meat as it cooks.
5. Baking – is cooking in a pre-heated oven just like oven roasting.
6. Frying – is a cooking method that requires the use of oil in an open pan. There are several variations of frying depending on the amount of fat used in cooking, such as:





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|--------------------|------------------------|
| a) deep-fat frying |                        |
| b) sautéing        | d) pan-frying          |
| c) stir-fry        | e) dry-fry and griddle |

**Moist cooking method includes the following:**

1. Boiling – this cooking method is done by immersing food in boiling water/liquid.
2. Simmering – involves the use of temperature below the boiling point usually 85 to 96 C.
3. Poaching – uses an even lower temperature (71 to 81C) than simmering. It is used to cook very delicate foods such as eggs-out of shell and fish.
4. Blanching – is another variation of boiling. It involves brief cooking in boiling liquid after which the food, usually a fruit or vegetable is quickly immersed in cold water to stop further heating.
5. Parboiling – is a preliminary cooking method applied to meat and vegetables. The Tagalog term “sankutsa” is parboiling.
6. Steaming – a method where water is allowed to vaporize and the food is placed on a rack over a vaporizing steam.

**Standard Recipes**

It is tested and tried a number of times for a specific operation and has consistently yielded satisfactory results. It is based on portion, size and yield requirement.

**To prepare a standard recipe, one should consider the following:**

- Select and evaluate a basic family-sized recipe as to its adaptability to the operation.
- Prepare the family-sized recipe in its original amount.
- Convert measurements.
- Check tools and equipment to be used to obtain accuracy.
- Double the recipe and evaluate the results with the original recipe.
- Increase the quantity gradually, following the same procedure. The doubled recipe must preserve the original flavor, appearance, and texture of the product.

**Classification of Food Service Establishments**

Food service units are usually classified according to the type of service they render. Services other than the following are marked modifications of some successful food service operations such as smorgasbord in exclusive hotels or restaurants, cocktail lounges, in some cafeterias, sing-along in fast food units, and the like.

**Service Units**

These units are known for formal dining and serve elaborate meals.





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1. **Table de Hote.** A manner of service is comparable to those of a good home. Examples of table service units are hotel dining rooms, distinctive-atmosphere restaurants, executive dining rooms, super clubs, tea rooms, specialty restaurants, coffee shops, and drive-in-dining.
2. **Counter Service.** Counter gives rapid service with minimum number of table appointments necessary for adequate service. Examples of counter service units are general-atmosphere restaurants, coffee shops, soda fountain, grills or snack bars.
3. **Table-and-Counter.** Similar to any table service unit but less formal, with extensive menu. Examples of table-and-counter 15 service units are tearooms, general-atmosphere restaurants, hotel dining rooms, coffee shops, drive-in dining rooms, soda fountains, grills, or snack bars.
4. **Tray service.** It is unique because the patron is served in the privacy of his room or car rather than in a public dining room. Examples of tray or table service are the hotel room service, hospital patient tray service, and drive-in service.

**Self-Service Units:** This type of service is for those in a hurry. They offer a limited menu.

1. **Cafeteria.** Customers make their selection from food displayed at a service counter and assemble the food on a tray to be carried to the tables.
2. **Buffet.** Food is set out on a counter, either for self-service or to be served by an attendant. Sometimes a grill or broiler is located behind a serving counter. With this type of service, the menu is usually limited and service is informal.
3. **Take-out service.** Individual items or complete meals are packaged and taken from the take-out counter by the customers or ordered by phone and delivered to them. Almost all food service operations, offer take-out service.

**IV. Activities:** Do what is ask.

1. Differentiate from each the three kind of self service units. Provide pictures (cut-out from old magazine/print/draw) for each kind of self-service unit. Label and explain how each service unit operates. Do this in your TVE notebook.
2. Collect or draw pictures of dishes cooked in dry heat method and moist cooking method (5 for each method).
3. Prepare and serve a menu for a simple breakfast for one person composed of fruit, fried egg, tinapa (or any protein dish like tocino, longanisa or corned beef), fried rice and coffee. Take pictures while preparing the items in the menu and picture of final presentation of the menu. Send the pictures to your teacher.





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**V. Assessment:** Directions: Read the following items below and encircle the letter of the correct answer.

1. What kind of food service is used when the food is served in privacy rather than in a public dining room?  
A. buffet                      B. counter                      C. take – out                      D. tray or table service
2. Food is set out on a counter, either for self – service or to be served by an attendant.  
A. buffet                      B. cafeteria                      C. counter                      D. tray or table service
3. Which of the following is dry method of cooking?  
A. baking                      B. steaming                      C. poaching                      D. parboiling
4. This cooking method is done by immersing food in boiling water/liquid.  
A. Simmering                      B. Boiling                      C. Blanching                      D. Frying
5. What do you call the utensils used for dining?  
A. equipment                      B. table                      C. table service appointment                      D. utensils

**VI. Reflection:** Answer it on your TVE notebook.

1. What significant learning did I gain from the lesson?

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

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**References:**

Books

Principe, June B. et al, Technology and Home Economics IV. Copyright 2001, pages 65-80.

SEDP Series, Home Technology, Food Management and Service I and III pages 64-66.

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