

K to 12 TECHNOLOGY AND LIVELIHOOD EDUCATION

**HOME ECONOMICS – COMMERCIAL COOKING
(Exploratory)**

Content Standard	Performance Standard	Learning Competencies	Project/ Activities	Assessment	Duration
LESSON 1: USE OF STANDARD MEASURING DEVICE, KITCHEN TOOLS AND EQUIPMENT					
<p><i>Demonstrate understanding of/on:</i></p> <ul style="list-style-type: none"> • Standard measuring devices' kitchen tools and equipment • Checking and sanitizing measuring devices, kitchen tools and equipment • Calibrating measuring devices, kitchen tools and equipment. 	<ol style="list-style-type: none"> 1. Standard measuring devices, kitchen tools and equipment are identified. 2. Devices and tools for measuring are properly checked, sanitized and calibrated prior to use. 	<p>LO 1. Identify standard measuring devices and kitchen tools</p> <p>LO 2. Review the procedures in using standard measuring devices and tools.</p>	<p>Activity 1.1</p> <p>Individual Activity</p> <p>Making an album of the different kitchen tools and equipment properly labeled and classified according to use.</p> <p>Activity 1.2</p> <p>Group Activity:</p> <ol style="list-style-type: none"> 1. Class grouping and listing of different kitchen tools, utensils and equipment according to classification assigned. (Each group should be able to identify and explain their function.) 	<ul style="list-style-type: none"> • Portfolio Assessment • Written test 	<p>4 hours</p>

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LESSON 2: MENSURATION AND CALCULATIONS					
<p><i>Demonstrate understanding of/on:</i></p> <ul style="list-style-type: none"> • Measuring devices, tools and equipment for: <ul style="list-style-type: none"> - Dry and liquid ingredients - Special ingredients - Tables of weights and measures • Conversion of weights and measures from English to Metric and vice versa. 	<ol style="list-style-type: none"> 1. Calculation needed to complete work tasks are performed using the four basic processes of addition (+), subtraction (-), multiplication (x) and division (÷). 2. Calculations involving fractions, percentages and mixed numbers are used to complete tasks. 3. Numerical computations are self-checked and corrected for accuracy. 4. Identified and converted systems of measurement according to recipe requirements. 5. Measured ingredients according to recipe requirement 	<p>.</p> <p>LO 1. Select measuring devices, tools and equipment needed for each task.</p> <p>LO 2. Follow procedures in using measuring devices and instruments</p> <p>LO 3. Identify tables and conversion systems required of the task.</p> <p>LO 4. Carry out measurements and calculations in a required</p>	<p>Activity 2.1</p> <p>Group Activity</p> <p>Selecting and listing appropriate tools, devices and/or equipment to measure ingredients and materials presented to class.</p> <p>Activity 2.2</p> <p>Group Activity:</p> <p>Practical application of mensuration, and calculation of dry, liquid and special ingredient.</p> <ul style="list-style-type: none"> • Calibrate specific equipment according to manufacturer's manual • Gather, calculate and check data. 	<ul style="list-style-type: none"> • Written test • Performance Test 	<p>12 hours</p>

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		task.	<ul style="list-style-type: none"> Present data for critiquing. 		
LESSON 3: MAINTENANCE OF TOOLS AND EQUIPMENT					
<p><i>Demonstrate understanding of/on:</i></p> <ul style="list-style-type: none"> Maintaining and storing kitchen tools, utensils and equipment according to specification and job requirement. Labeling and storing tools, utensils and equipment according to specifications. 	<ol style="list-style-type: none"> Tools and equipment are identified according to classification/specification and job requirements. Non-functional tools and equipment are segregated and labeled according to classification. Safety of tools and equipment are observed in accordance with manufacturer's instructions. Conditions of Personal Protective Equipment (PPE) are checked in accordance with manufacturer's instructions. 	<p>LO 1. Check condition of tools and equipment.</p> <p>LO 2. Perform basic preventive maintenance</p> <p>LO 3. Label and store tools and equipment properly.</p>	<p>Activity 3.1</p> <p>Group Activity</p> <p>Practical application of basic maintenance, labeling and storing of tools and equipment.</p>	<ul style="list-style-type: none"> Written/ Performance test 	4 hours
LESSON 4: INTERPRETATION OF PLANS AND DRAWINGS					
<ul style="list-style-type: none"> Kitchen types and layouts 	<ol style="list-style-type: none"> Types of kitchens and appropriate layouts are 	<p>LO 1. Analyze types of kitchen and</p>	<p>Activity 4.1</p>	<ul style="list-style-type: none"> Portfolio 	12 hours

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<ul style="list-style-type: none"> Drawing symbols, lines and signs Trade mathematics in kitchen plans/drawing/layout. 	identified. 2. Sign, symbols, and data are identified according to job specifications. 3. Sign, symbols and data are determined according to classification or as appropriate in drawing.	layouts. LO 2. Read/interpret blueprints and plans. LO 3. Perform freehand sketching.	Individual Activity 1. Collecting sketches/plans of the different types of kitchens. 2. Selecting one(1) dream kitchen of your own. 3. Drawing your dream kitchen specifying signs, symbols and data accordingly.	Assessment <ul style="list-style-type: none"> Direct observation Written test/critiquing. 	
LESSON 5: OCCUPATIONAL SAFETY AND HEALTH					
<i>Demonstrate understanding of/on:</i> <ul style="list-style-type: none"> Health, safety and security procedures in the workplace Hazards and risk identification and control Personal Protective Equipment (PPE) and personal hygiene 	1. Correct health, safety and security procedures are complied with. 2. Effects of hazards/risks are determined. 3. Contingency measures are recognized and established in accordance with company procedures.	LO 1. Apply health, safety and security procedures in the workplace. LO 2. Identify hazards and risks in the workplace. LO 3. Control hazards/risks in the	Activity 5.1 Group Activity 1. Viewing film/s on hazards/risks in the workplace 2. Making/drawing signage or posters appropriate in the kitchen. Activity 5.2 Implementing/practicing	<ul style="list-style-type: none"> Written/oral examination Performance Test Portfolio Assessment 	4 hours

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		workplace. LO 4. Maintain occupational health and safety awareness.	emergency drills		