



Republic of the Philippines  
DEPARTMENT OF EDUCATION



## **K to 12 BASIC EDUCATION CURRICULUM**

**TECHNOLOGY AND LIVELIHOOD EDUCATION**

# **CURRICULUM GUIDE**

**Exploratory Course on**

**COMMERCIAL COOKING**

K to 12 TECHNOLOGY AND LIVELIHOOD EDUCATION

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

**Curriculum Guide for the Exploratory Course on COMMERCIAL COOKING**

For you to get a complete picture of the complete TLE exploratory course on Commercial Cooking, you are hereby provided with the Curriculum Guide on Commercial Cooking.

Content Standard	Performance Standard	Learning Competencies	Project/ Activities	Assessment	Duration
<b>LESSON 1:USE AND MAINTAIN KITCHEN TOOLS AND EQUIPMENT</b>					
<ol style="list-style-type: none"> <li>Kitchen tools and equipment</li> <li>Uses of Kitchen tools and equipment</li> </ol>	<ol style="list-style-type: none"> <li>Kitchen tools and equipment are identified based on their uses.</li> <li>Kitchen tools and equipment are used in accordance to its function</li> </ol>	LO 1. Utilize kitchen tools and equipment	Students demonstration on the use of kitchen tools and equipment	<ul style="list-style-type: none"> <li>Demonstration</li> <li>Written test</li> </ul>	8 hours
<ol style="list-style-type: none"> <li>Types of chemicals for cleaning and sanitizing equipment and utensils</li> <li>Steps on cleaning and sanitizing tools and equipment</li> <li>Cleaning kitchen premises                             <ul style="list-style-type: none"> <li>Floor care</li> <li>Storage area</li> </ul> </li> </ol>	<ol style="list-style-type: none"> <li>Chemicals are selected and used for cleaning and/or sanitizing kitchen equipment and utensils</li> <li>Equipment and/or utensils are cleaned and/or sanitized safely and according to manufacturer's instructions</li> <li>Cleaning equipment are stored safely in the designated position and area</li> </ol>	LO 2. Maintain kitchen tools, equipment and working area	Group Activity  Practical application of basic maintenance, labeling and storing of tools and equipment	<ul style="list-style-type: none"> <li>Demonstration</li> <li>Written test</li> </ul>	
<ol style="list-style-type: none"> <li>Storing/stacking tools and equipment</li> </ol>	<ol style="list-style-type: none"> <li>Cleaned equipment and utensils are stored or stacked safely and in the designated place</li> <li>Cleaning equipment are used safely in accordance</li> </ol>	LO 3. Store and Stack kitchen tools and equipment	<ol style="list-style-type: none"> <li>Practical application on proper storing/stacking tools and equipment</li> </ol>	<ul style="list-style-type: none"> <li>Demonstration</li> <li>Written test</li> </ul>	

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	with manufacturer's instructions				
<b>LESSON 2: PERFORM MENSURATION AND CALCULATIONS</b>					
<ol style="list-style-type: none"> <li>Conversion of weights and measurements</li> <li>Substitution of ingredients</li> </ol>	<ol style="list-style-type: none"> <li>Numerical computations are self-checked and corrected for accuracy.</li> <li>Identified and converted systems of measurement according to recipe requirements.</li> <li>Measured ingredients according to recipe requirement</li> </ol>	LO 1. Carry out measurements and calculations in a required task.		<ul style="list-style-type: none"> <li>Demonstration</li> <li>Written test</li> </ul>	12 hours
1. Percentage mark-up	<ol style="list-style-type: none"> <li>Costs of production are computed according to standard procedure</li> <li>Computed costs of production are reviewed and validated according to enterprise production requirements.</li> </ol>	LO 2. Calculate cost of production	<ul style="list-style-type: none"> <li>Practice costing based on a given recipe</li> </ul>	<ul style="list-style-type: none"> <li>Demonstration</li> <li>Written test</li> </ul>	
<b>LESSON 3: INTERPRET KITCHEN LAYOUT</b>					
1. Drawing symbols, lines and signs	<ol style="list-style-type: none"> <li>Sign, symbols, and data are identified according to job specifications.</li> <li>Sign, symbols and data are determined according to classification or as appropriate in drawing.</li> </ol>	LO 1. Read and interpret kitchen plans		<ul style="list-style-type: none"> <li>Written test</li> </ul>	12 hours

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2. Kitchen types and layouts	3. Types of kitchens and appropriate layouts are identified.	LO 2. Create kitchen layout	<ol style="list-style-type: none"> <li>1. Collection of sketches/plans of the different types of kitchens.</li> <li>2. Sketching of kitchen using signs, symbols and data accordingly.</li> </ol>	<ul style="list-style-type: none"> <li>• Demonstration</li> <li>• Written test</li> </ul>	
<b>LESSON 4: PRACTICE OCCUPATIONAL SAFETY AND HEALTH</b>					
1. <b>Apply health, safety and security procedures in the workplace</b>	<ol style="list-style-type: none"> <li>1. Safety regulations and workplace safety and hazard control practices and procedures are clarified and explained based on organization procedures</li> <li>2. Hazards/risks in the workplace and their corresponding indicators are identified to minimize or eliminate risk to co-workers, workplace and environment in accordance with organization procedures</li> <li>3. Contingency measures during workplace accidents, fire and other emergencies are recognized and established in accordance with organization procedures</li> </ol>	LO 1. Identify hazards and risks	<ol style="list-style-type: none"> <li>1. Film viewing on hazards/risks in the workplace</li> <li>2. Making/drawing signage or posters appropriate in the kitchen.</li> </ol>	<ul style="list-style-type: none"> <li>• Demonstration</li> <li>• Written test</li> </ul>	8 hours

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<b>Control hazards and risks in the workplace</b>	<ol style="list-style-type: none"> <li>1. Occupational Health and Safety (OHS) procedures for controlling hazards/risks in workplace are consistently followed</li> <li>2. Procedures for dealing with workplace accidents, fire and emergencies are followed in accordance with organization OHS policies</li> <li>3. Personal protective equipment (PPE) is correctly used in accordance with organization OHS procedures and practices</li> <li>4. Appropriate assistance is provided in the event of a workplace emergency in accordance with established organization protocol</li> </ol>	LO 2. Control hazards and risks	Practice emergency drills	<ul style="list-style-type: none"> <li>• Demonstration</li> <li>• Written test</li> </ul>	

“By three methods we may learn wisdom: First, by reflection, which is noblest; second, by imitation, which is easiest; and third by experience, which is the bitterest.”

**- Confucius**