



Republic of the Philippines
DEPARTMENT OF EDUCATION



K to 12 BASIC EDUCATION CURRICULUM

TECHNOLOGY AND LIVELIHOOD EDUCATION

TEACHER'S GUIDE

Exploratory Course on

COMMERCIAL COOKING

K to 12 TECHNOLOGY AND LIVELIHOOD EDUCATION

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

TABLE OF CONTENTS

Introduction.....	3
Background Information	
The Overall Goal of the K to 12 Curriculum	3
The Conceptual Framework of the Teaching of TLE.....	3
The TLE Exploratory Courses	5
Time Allotment	6
The Learning Modules and Lessons	6
New Feature of the Teaching of TLE	6
About the Learning Module	
Design of the Module.....	7
Parts of the Lesson	8
Reflection	12
Curriculum Guide.....	13

K to 12 TECHNOLOGY AND LIVELIHOOD EDUCATION

HOME ECONOMICS –COMMERCIAL COOKING (Exploratory)

Teacher's Guide for TLE Exploratory Course on Commercial Cooking

Introduction

This Teacher's Guide is intended for you, the TLE teacher, who teaches any of the more than 24 TLE exploratory courses in the Grades 7 and 8 of the K to 12 curriculum. To ensure that you teach the TLE exploratory courses the way they were intended to be taught, you must see the big picture of the K to 12 curriculum and the teaching of TLE. Some background information is necessary.

Background Information

1. The Overall Goal of the K to 12 Curriculum

The K to 12 Curriculum has as its overarching goal *the holistic development of every Filipino learner with 21st century skills who is adequately prepared for work, entrepreneurship, middle level skills development and higher education*. The overarching goal of the K to 12 curriculum, tells you that the teaching of TLE plays a very important role in the realization of the overall goal of the curriculum. Whether or not the K to 12 graduate is skilled and ready for work, entrepreneurship and middle skills development depend to a great extent on how effectively you taught TLE.

2. The Conceptual Framework of the Teaching of TLE

Below is a schematic diagram of Technology and Livelihood Education (TLE) framework in general secondary schools. This should guide you in the teaching of the TLE exploratory courses.

K to 12 TECHNOLOGY AND LIVELIHOOD EDUCATION

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

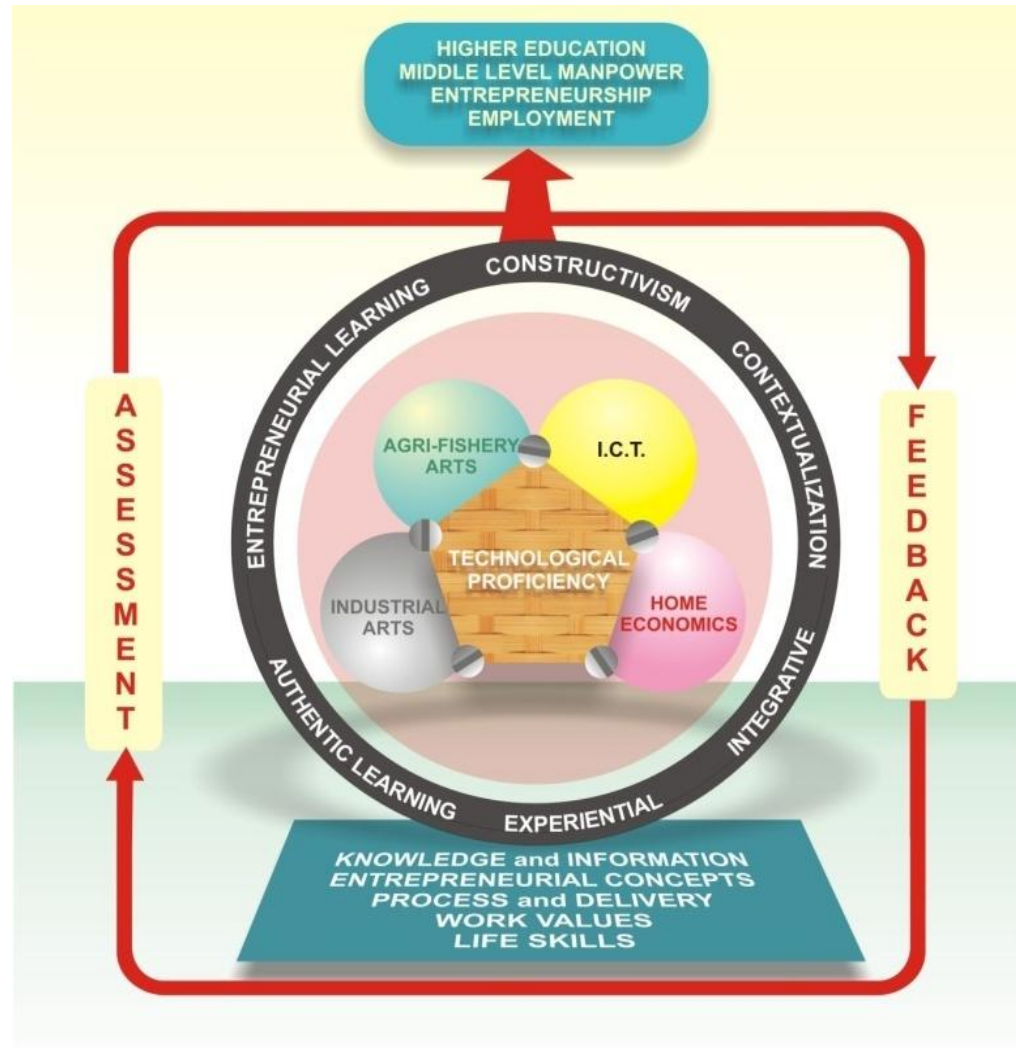


Figure 1.TLE Framework

K to 12 TECHNOLOGY AND LIVELIHOOD EDUCATION

HOME ECONOMICS –COMMERCIAL COOKING (Exploratory)

The diagram shows that Technology and Livelihood Education encompasses the field of Home Economics, Industrial Arts, Agri-Fishery Arts and ICT. The 24 TLE courses can be categorized under any of these fields.

TLE is geared towards the development of technological proficiency and is anchored on knowledge and information, entrepreneurial concepts, process and delivery, work values and life skills. K to 12 TLE is one that...

- a. is built on adequate mastery of knowledge and information, skills and processes, acquisition of right work values and life skills;
- b. equips students with skills for lifelong learning; and
- c. is founded on cognitive, behavioral or psychomotor and affective dimensions of human development.

The diagram likewise shows that entrepreneurial concepts also form part of the foundation of quality TLE. It is expected that your TLE students, after using the Learning Module on Entrepreneurship, imbibe the entrepreneurial spirit and consequently set up their own businesses in the areas of Agri-Fishery Arts, Industrial Arts, Home Economics, and Information and Communication Technology.

TLE by its nature is dominantly a skill subject and so you must engage your students in an experiential, contextualized, and authentic teaching-learning process. It is a subject where your students learn best by doing. It is integrative in approach. For instance, it integrates entrepreneurship with all the areas of TLE. It integrates concepts, skills and values.

3. The TLE Exploratory Courses

TLE in Grades 7 and 8 are exploratory in nature. Your school will choose at least 4 from the list of 24 courses for which 23 Learning Modules have been prepared.¹Your school's choice is determined by the availability of its resources (faculty and facilities) as well as the local needs and resources of the community.

The 24 TLE exploratory courses focus on four basic common competencies: 1) use and maintenance of tools and equipment; 2) mensuration and calculation; 3) occupational health and safety procedures, and 4) preparation and interpretation of technical drawing. Why are these competencies described basic? Because they are competencies that students must acquire in order that they can do higher level competencies. They are also described common because these are true to all TR-based TLE courses.

¹ There are 24 TLE courses but there are only 23 Learning Modules because there is only one Learning Module for Tailoring and Dressmaking.

K to 12 TECHNOLOGY AND LIVELIHOOD EDUCATION

HOME ECONOMICS –COMMERCIAL COOKING (Exploratory)

4. Time allotment for Technology and Livelihood Education is four hours per week.

The Learning Modules and Lessons

There is a Learning Module for each exploratory course. If there are 24 exploratory courses then you have 24 Learning Modules in your hands. But you will use 4 Modules only for the entire year in Grade 7 and another 4 Modules in Grade 8. In these exploratory courses, you are expected to integrate Income Generating Projects (IGP) to help your students earn while they learn.

Each Learning Module consists of 4 to 5 Lessons². The Lessons are focused on the 4 to 5 common competencies. To avoid meaningless repetition of the teaching of the 5 common competencies, we have to teach them in the context of the TLE course. For example, you teach “use and maintenance of tools” in beauty care when you are teaching the course on Beauty Care. You teach the same competencies - use and maintenance of tools-in Commercial Cooking but in the context of Commercial Cooking and so your tools will not be entirely the same. Definitely, there are some tools that are common to all the courses.

New Feature on the Teaching of TLE

What’s new in the teaching of TLE in the K to 12 curriculum? In the K to 12 curriculum, the TLE courses are taught based on the learning outcomes and performance criteria stated on the Training Regulations (TR) from Technical Education and Skills Development Authority (TESDA). They are TR-based.

Why is this necessary? To prepare the K to 12 graduate for lucrative work, he/she must earn a National Certificate (NC) I, II or even an NC of a higher level that is required by industries. This he/she earns after passing an assessment given by TESDA.

How can you ensure that the K to 12 high school student (Grade 9 to 12) pass TESDA assessment and obtain an NC? By seeing to it that you teach the TLE course in accordance with the performance criteria and learning outcomes laid down in the TESDA Training Regulations.

² Some Learning Modules combined use and maintenance of tools to make one Lesson, so the number of Lessons amount to 4; others made separate Lessons for use of tools and for maintenance of tools, thus the total is 5 Lessons.

K to 12 TECHNOLOGY AND LIVELIHOOD EDUCATION

HOME ECONOMICS –COMMERCIAL COOKING (Exploratory)

Do the exploratory courses enable the high school student to earn already an NC? Not yet. Completion of the exploratory courses may not yet qualify a high school student to take an assessment for an NC. Instead, it helps him/her earn a Certificate of Competency (COC) at least in Grade 9 that will lead eventually him/her to an NC. In short, the COC paves the way to the earning of an NC.

Student's choice of TLE specialization begins in Grade 9. After having been exposed to an array of TLE courses during the exploratory phase in the first two years, the student will be most benefited, if in Grades 10, 11, or 12 he/she continues with a TLE course in which he/she already has a COC. In that way, he/she will get an NC faster.

About the Learning Module

1. Design of the Module

- a. The Module is designed to be a teacher-assisted learning kit or a self-learning kit on competencies that a Grade 7 TLE ought to possess. It explores the course on Aquaculture which helps your student earn a Certificate of Competency in Grade 9 which leads to a National Certificate Level I / II (NCI / II) in Grades 10, 11 or 12.
- b. The Learning Module is made up of 4 to 5 Lessons based on the competencies. Each Lesson contains the following:
 - 1) Learning Outcomes
 - 2) Performance Standards
 - 3) Materials/Resources
 - 4) Definition of Terms
 - 5) What Do You Already Know?
 - 6) What Do You Need to Know?
 - 7) How Much Have You Learned?
 - 8) How Do You Apply What You Learned?
 - 9) What Is Your Score?
 - 10) References

There are some TLE Modules which have a section on "How Do You Extend Your Learning?" This section is meant for enrichment. It is usually given as an assignment for not everything can be taught and done in the classroom given the limited time.

K to 12 TECHNOLOGY AND LIVELIHOOD EDUCATION

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

c. The **Self-check** given after the pretest and information sheet/s can also serve as the posttest of the lesson.

2. Parts of the Lesson. -The following explain the parts of each Lesson and describe what your students'- as well as your tasks are.

Part of the Lesson	Students' Task	Teacher's Task
<p>1. Learning outcomes are what your TLE student is supposed to know and be able to do after using the module. Since our TLE courses are TR-based, all learning outcomes are lifted from the TESDA TR. In the Curriculum Guide (the matrix which contains Content Standard, Performance Standard, Learning Competencies, Projects/Activities, Assessment, Duration), the identified Learning Outcomes are written in the column of Learning Competencies.</p>	<p>Students acquaint themselves with the learning outcomes and performance standards and make them their personal goals.</p>	<p>You introduce the learning outcomes to your students and make sure that they understand them and make these learning targets their own.</p> <p>Make these your goals for instruction.</p>
<p>2. Performance Standards are referred to as “performance criteria” in the TESDA TR. They are more specific descriptions of the student’s behavior that serve as evidence that the expected learning outcomes have been realized with the expected level of proficiency or in accordance with established standards.</p> <p>The learning outcomes and performance standards set the direction of your lessons.</p>	<p>Students clearly understand the performance standards and make them their own learning goals.</p>	<p>You introduce the performance standards to your students and make sure that they understand them and make these performance standards their own.</p> <p>Let these standards give your lesson its specific direction.</p>

K to 12 TECHNOLOGY AND LIVELIHOOD EDUCATION

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

<p>These are what you should teach and, in turn, what you should assess. They are identified and are written for you in the Curriculum Guide.</p>		
<p>3. Materials/Resources and References To teach effectively, you need materials and references. Materials may include equipment, hand tools or consumables. The references are the books, magazines, articles, websites you yourself and your students will read or refer to in order to gain greater understanding of the lesson. They are either in soft copy or hard copy.</p>	<p>Get to know the materials. They are part of the Lesson.</p> <p>By all means, read the references for lesson mastery.</p>	<p>Prepare the materials you need in advance. For gadget, tool or equipment, it is always wise to prepare, check and try them in advance to ensure that they function when you use them. As the saying goes “forewarned is forearmed.”</p> <p>Be resourceful in the preparation of materials. You are strongly encouraged to use appropriate local materials as substitute for listed materials that are not available.</p> <p>For effective teaching, your lesson preparation should include reading the list of references.</p> <p>Do not limit yourself to the list of references. If you discover good reference material/s, add to the list of references.</p> <p>Introduce the references to your students. Motivate them to read these references as they go through the module for mastery of the lesson.</p>
<p>4. The definition of terms and acronyms will help you understand the meaning of key words in your lesson. Defining key words as they are used in your lesson will</p>	<p>Refer to the definition of terms for greater understanding of the lesson.</p>	<p>Remind your students to refer to the definition of terms and acronyms for clearer understanding of the lesson.</p>

K to 12 TECHNOLOGY AND LIVELIHOOD EDUCATION

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

<p>ensure that the key terms in your lesson mean one and the same for everyone in class and so avoid misunderstanding.</p>		
<p>5. The section “What Do You Already Know” is intended to determine entry knowledge and skills of your students to find out if you have to teach the lesson, teach some parts of the lesson or skip it entirely because your students already know it. This is done by way of a pretest.</p>	<p>Take the test honestly.</p> <p>Check answers against the answer key provided.</p>	<p>Tell your students to accomplish the pretest. Ask your students to use a separate sheet of paper for their answers. Explain that the purpose of the pretest is to find out how much they already know about the lesson in order to determine your next steps. It is, therefore, necessary that they take the test honestly, if they want to learn or want to be helped.</p> <p>Make it clear to them that their scores will not be recorded for grading purposes and will not be taken against them.</p> <p>If you find out that your students already know what you are about to teach, logic dictates that you do not need to teach it anymore. You may as well proceed to the next lesson. If, however, you find out that they do not yet know what you are about to teach, then by all means teach. Or if you discover that your students have some erroneous concepts, then teach and correct their misconceptions. To know what your students already know and do not yet know will guide you in adjusting your instruction.</p> <p>This means that you always start your lesson presentation with the results of the pretest</p>

K to 12 TECHNOLOGY AND LIVELIHOOD EDUCATION

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

		because you are going to teach them what they do not yet know and correct whatever wrong concepts they have at the beginning of the lesson.
<p>6. “What Do You Need To Know?”- This section contains one or more Information Sheets and for some modules an Operation Sheet. These are important notes for the TLE student to read after which he/she is asked to do a Self-check to determine how much he/she has learned. The self-check functions as a pretest.</p>	<p>Read and understand the Information Sheet/s and /or Operation Sheet.</p> <p>Be prepared For a Self-check which serves as a posttest.</p> <p>Correct answers by referring to the answer key.</p>	<p>Make sure students are engaged in reading the Information Sheet/Observation Sheet and in answering the self-check.</p> <p>Give assistance to your students where needed.</p>
<p>7. “How Do You Apply What You Learned?” – In this section, you give your student the opportunity to transfer what he/she has learned in another activity or in real life situation. Ideally, this should be a performance test, what you usually call practical test. If “the proof of the pudding is in the eating”, then your student must be able to apply what she/he learned in real-life setting or must be able to come up with a product as an evidence of learning.</p>	<p>Do the Activity.</p> <p>To determine level of performance, use the scoring rubrics or check answers against the answer key, whichever is applicable.</p> <p>Reflect on assessment results.</p>	<p>Find a way to test real life application of what your students have learned.</p> <p>Do not hesitate to use ways of determining how your students can apply learned facts and concepts which are more authentic and realistic than that/those given in the Module.</p> <p>Reflect on assessment results. Use assessment results in planning the next steps for instruction.</p>
<p>8. How Do You Extend Your Learning? – As the word implies, this activity is done outside class hours for enrichment purposes. This can reinforce lesson mastery.</p>	<p>Do the task assigned outside class hours.</p>	<p>Motivate the students to do the task by making clear what the enrichment activity is about –why it is given, how it is done, how it relates to the class lesson .</p>

K to 12 TECHNOLOGY AND LIVELIHOOD EDUCATION

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

Reflection

It is a good habit to reflect on your teaching for the day – what went well, what did not go well, why this activity went well with this group, why it didn't work well with the other group. What are your realizations? What are lessons learned? Jot them down in your diary. Commit them to your memory. If you do this consistently, you will find your delivery improve substantially.

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

K to 12 TECHNOLOGY AND LIVELIHOOD EDUCATION

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

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

K to 12 TECHNOLOGY AND LIVELIHOOD EDUCATION

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

Content Standard	Performance Standard	Learning Competencies	Project/ Activities	Assessment	Duration
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"> 1. Collection of sketches/plans of the different types of kitchens. 2. Sketching of kitchen using signs, symbols and data accordingly. 	<ul style="list-style-type: none"> • Demonstration • Written test 	
LESSON 4: PRACTICE OCCUPATIONAL SAFETY AND HEALTH					
1. Apply health, safety and security procedures in the workplace	<ol style="list-style-type: none"> 1. Safety regulations and workplace safety and hazard control practices and procedures are clarified and explained based on organization procedures 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 3. Contingency measures during workplace accidents, fire and other emergencies are recognized and established in accordance with organization procedures 	LO 1. Identify hazards and risks	<ol style="list-style-type: none"> 1. Film viewing on hazards/risks in the workplace 2. Making/drawing signage or posters appropriate in the kitchen. 	<ul style="list-style-type: none"> • Demonstration • Written test 	8 hours

K to 12 TECHNOLOGY AND LIVELIHOOD EDUCATION

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

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

“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