

072106T4FTC

FOOD TECHNOLOGY LEVEL 6

FOP/OS/FT/CR/04/6/A

Develop New Food Products

March/April 2025



**TVET CURRICULUM DEVELOPMENT, ASSESSMENT AND CERTIFICATION
COUNCIL (TVET CDACC)**

PRACTICAL ASSESSMENT

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INSTRUCTIONS TO THE CANDID

1. You are required to perform the following task:
 - I. Produce wheat flakes enriched with chia seeds and carry out the evaluation of your product in terms of appearance, texture and flavour.
2. You will be provided with the following resources:
 - Wheat flour
 - Oat flour
 - Wheat germ
 - Chia seeds
 - Butter
 - Sugar
 - Salt
 - Potable water
 - Mixing bowls(medium)
 - Aluminium foils
 - Spoon
 - Clean cloth

- Rolling pin
- Rolling board
- Knife
- Baking sheet
- Plastic zip bags
- Cooling rack
- Oven
- Digital weighing balance
- Serviettes (8pcs)
- Stop watch
- Writing materials
- Nitrile gloves

3. Recipe

The base ingredient is wheat flour. The other ingredients are added as a proportion of the base ingredient. Starting with 200 g of wheat flour, determine the quantities of the other ingredients required as per the following table.

	INGREDIENT	PROPORTION	QUANTITY REQUIRED
1.	Wheat flour	Base ingredient	200g
2.	Oat flour	25%	
3.	Wheat germ	20%	
4.	Chia seeds	10%	
5.	Butter	35%	
6.	Sugar	25%	
7.	Salt	8g per kg of wheat flour used	

Procedure

1. In a large bowl, mix the calculated and weighed quantities of wheat flour, oat flour, wheat germ, chia seeds, sugar and salt. Mix to obtain homogenous mixture.
2. Add the butter to the dry mixture. Using your fingers, rub the butter into the flour mixture until it becomes crumbly.
3. Add water, a little at a time, while kneading the dough to bind the ingredients and form a smooth, cohesive dough that's not too sticky.
4. Cover the dough with a damp cloth and let it rest for 15-20 minutes.

5. Preheat your oven to 160°C.
6. After resting, roll out the dough on a floured surface until it is thin enough (about 1-2 mm thick).
7. Cut the rolled-out dough into small desired shapes.
8. Place the cut dough pieces on a parchment-lined baking sheet. Make sure they're not overlapping.
9. Bake at 160°C for about 10-15 minutes or until the flakes are golden and crisp. Keep an eye on them, as thin dough can burn quickly. Flip the flakes halfway through baking to ensure even cooking on both sides.
10. Once baked, remove from the oven and let the flakes cool completely on a wire rack.
11. Package the cooled flakes.

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