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SELF-ASSESSMENT GUIDE

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| Qualification | COOKERY NC II | | |
| COC 1 : | PREPARE AND COOK HOT MEALS | | |
| Units of Competency Covered: | <ul style="list-style-type: none"> • Clean and maintain kitchen premises • Prepare stocks, sauces and soups • Prepare meat dishes • Prepare vegetable dishes • Prepare egg dishes • Prepare poultry and game dishes • Prepare seafood dishes • Prepare starch products • Package prepared food | | |
| <p>Instruction:</p> <ul style="list-style-type: none"> • Read each of the questions in the left-hand column of the chart. • Place a check in the appropriate box opposite each question to indicate your answer. | | | |
| Can I? | YES | NO | |
| PREPARE AND COOK HOT MEALS | | | |
| • Gather, check tools and equipment needed | | | |
| • Clean and/or sanitize kitchen equipment and utensils* | | | |
| • Store and stack cleaned equipment and utensils | | | |
| • Follow cleaning schedules | | | |
| • Use appropriate chemicals and equipment in cleaning and maintaining kitchen premises, tools and equipment* | | | |
| • Check, record and label supplies | | | |
| • Gather, Identify and select ingredients as per required menu items * | | | |
| • Prepare ingredients and flavoring agents as per required menu items* | | | |
| • Select and assemble ingredients to produce varieties of soups, stocks and sauces* | | | |
| • Select primary, secondary and portioned cuts of Protein; pork, lamb, beef, veal and seafood* | | | |
| • Identify and use appropriate cooking methods* | | | |

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| • Organize and prepare food items according to menu requirements* | | |
| • Cook menu items as required* | | |
| • Arrange sauces and garnishes* | | |
| • Plate and present food* | | |
| • Select packaging materials for foodstuffs | | |
| • Adapt appropriate packaging procedures* | | |
| • Store food in appropriate condition* | | |
| • Follow workplace safety and hygiene procedures* | | |
| • Perform first aid procedure in the event of accident | | |
| <p>I agree to undertake assessment in the knowledge that information gathered will only be used for professional development purposes and can only be accessed by concerned assessment personnel and my manager/supervisor.</p> | | |
| <p>Candidate's Name & Signature:</p> | | <p>Date:</p> |

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SELF-ASSESSMENT GUIDE

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| Qualification | COOKERY NC II | | |
| COC 2: | PREPARE COLD MEALS | | |
| Units of Competency Covered: | <ul style="list-style-type: none"> • Clean and maintain kitchen premises • Prepare appetizers • Prepare salads and dressings • Prepare sandwiches • Package prepared food | | |
| <p>Instruction:</p> <ul style="list-style-type: none"> • Read each of the questions in the left-hand column of the chart. • Place a check in the appropriate box opposite each question to indicate your answer. | | | |
| Can I? | YES | NO | |
| PREPARE COLD MEALS | | | |
| • Clean and/or sanitize kitchen equipment and utensils* | | | |
| • Store and stack cleaned equipment and utensils | | | |
| • Follow cleaning schedules | | | |
| • Use appropriate chemicals and equipment in cleaning and maintaining kitchen premises, tools and equipment* | | | |
| • Select and assemble tools and equipment* | | | |
| • Inspect tools and equipment* | | | |
| • Rotate and move supplies | | | |
| • Check, record and label supplies | | | |
| • Identify and select ingredients as per required menu items * | | | |
| • Prepare variety of sandwich types* | | | |
| • Select suitable bases from a range of bread type* | | | |

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| • Prepare appetizers and salads with suitable sauces and dressings* | | |
| • Utilize quality trimmings or other left over | | |
| • Select and prepare variety of vegetables, fruits and starch food according to recipes* | | |
| • Select and prepare variety of cold dishes according to recipe requirements* | | |
| • Identify and use appropriate cooking methods* | | |
| • Organize and prepare food items according to menu requirements* | | |
| • Plate and present food* | | |
| • Select packaging materials for foodstuffs | | |
| • Adapt appropriate packaging procedures* | | |
| • Store food in appropriate condition* | | |
| • Minimize wastage through purchases* | | |
| • Follow workplace safety and hygiene procedures* | | |
| • Perform first aid procedures in the event of accident | | |
| • Prepare reports | | |
| • Coordinate end of service procedures | | |
| I agree to undertake assessment in the knowledge that information gathered will only be used for professional development purposes and can only be accessed by concerned assessment personnel and my manager/supervisor. | | |
| Candidate's Name & Signature: | Date: | |

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SELF-ASSESSMENT GUIDE

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| Qualification | COOKERY NC II | | |
| COC 3: | PREPARE SWEETS | | |
| Units of Competency Covered: | <ul style="list-style-type: none"> • Clean and maintain kitchen premises • Prepare desserts • Package prepared food | | |
| <p>Instruction:</p> <ul style="list-style-type: none"> • Read each of the questions in the left-hand column of the chart. • Place a check in the appropriate box opposite each question to indicate your answer. | | | |
| Can I? | YES | NO | |
| PREPARE SWEETS | | | |
| <ul style="list-style-type: none"> • Select and use chemicals and clean potable water for cleaning and/or sanitizing kitchen equipment, utensils, and working surfaces according to manufacturer's instructions | | | |
| <ul style="list-style-type: none"> • Store or stack clean equipment, supplies and utensils safely in the designated place in accordance with manufacturer's instructions | | | |
| <ul style="list-style-type: none"> • Assemble and disassemble cleaning equipment safely | | | |
| <ul style="list-style-type: none"> • Follow cleaning schedules based on enterprise procedures | | | |
| <ul style="list-style-type: none"> • Clean and/or sanitize walls, floors, shelves and working surfaces without causing damage to health or property | | | |
| <ul style="list-style-type: none"> • Follow first aid procedures if an accident happens | | | |
| <ul style="list-style-type: none"> • Sort and dispose waste according to sanitary regulations, enterprise practices and standard procedures * | | | |
| <ul style="list-style-type: none"> • Dispose cleaning chemicals safely-according to standard procedures* | | | |
| <ul style="list-style-type: none"> • Demonstrate sanitizing procedures and techniques* | | | |
| <ul style="list-style-type: none"> • Use ingredients and flavoring agents according to standard recipes defined by the-enterprise | | | |
| <ul style="list-style-type: none"> • Identify ingredients according to standard recipes, recipe card or enterprise requirements | | | |
| <ul style="list-style-type: none"> • Assemble ingredients according to quantity, type, and quality required | | | |

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| <ul style="list-style-type: none"> • Prepare ingredients based on the required form and time frame | | |
| <ul style="list-style-type: none"> • Select , measure and weigh ingredients according to recipe requirements | | |
| <ul style="list-style-type: none"> • Thaw frozen ingredients following enterprise procedures | | |
| <ul style="list-style-type: none"> • Observe factors in plating dishes in presenting cold dessert | | |
| <ul style="list-style-type: none"> • Produce a variety of hot, cold and frozen desserts, appropriate for a variety of menus * | | |
| <ul style="list-style-type: none"> • Produce sweet sauces to a desired consistency and flavor* | | |
| <ul style="list-style-type: none"> • Taste prepare desserts and sweets in accordance with the required taste | | |
| <ul style="list-style-type: none"> • Present dessert hygienically, logically and sequentially within the required timeframe, and decorated creatively | | |
| <ul style="list-style-type: none"> • Plate and portion desserts according to enterprise standards | | |
| <ul style="list-style-type: none"> • Store dessert at the appropriate temperature and correct conditions to maintain quality, freshness and customer appeal | | |
| <ul style="list-style-type: none"> • Select and use suitable packaging to preserve taste, appearance and tasting characteristics | | |
| <ul style="list-style-type: none"> • Select quality of packaging materials in accordance with enterprise standards | | |
| <ul style="list-style-type: none"> • Observe environmental requirements for food packaging | | |
| <ul style="list-style-type: none"> • Package food in compliance with sanitary occupational health and safety and local health regulations requirements | | |
| <ul style="list-style-type: none"> • Label food according to industry standards | | |
| <p>I agree to undertake assessment in the knowledge that information gathered will only be used for professional development purposes and can only be accessed by concerned assessment personnel and my manager/supervisor.</p> | | |
| <p>Candidate's Name & Signature:</p> | <p>Date:</p> | |