

SELF-ASSESSMENT GUIDE

Qualification	COMMERCIAL COOKING NC III	
Certificate of Competency 1:	PLAN AND PREPARE FOODS	
Instruction: <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
• Plan and prepare food*		
• Select food items based on season, budget , occasion and customer requirements*		
• Calculate food costs and budget and reporting requirements*		
• Plan, lay-out and display of buffet according to food, occasion and desired theme*		
• Use appropriate methods of cookery for ala carte, buffet, pates and terrines, specialized and specialty cuisine food items*		
• Present and serve food items *		
• Store food items in appropriate holding equipment to ensure quality standards*		
• Select service equipment, service ware, and linen to display food and decorations		
• Supervise buffet service to ensure replenishment and total display remains neat and attractive*		
• Maintain temperatures and prevent cross contamination to prevent food spoilage*		
• Use appropriate preparation and cooking techniques for bulk cooking system*		
• Apply and maintain food quality control procedures and systems in raw materials, cooking, portion control and presentation*		
• Identify and solve problems related to quality control*		

• Prepare and cook food to specified internal temperatures*		
• Portion and package food*		
• Select appropriate service equipment and linen for buffet display		
• Plan buffet according to required theme or occasion*		
• Determine quantities needed and calculates portions and recipes based on needs*		
• Use garnishes and accompaniments to enhance taste and appeal		
• Identify potential health problems through cross contamination and food spoilage and takes appropriate preventive measures*		
<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>		
Candidate's Signature:	Date:	

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Qualification	COMMERCIAL COOKING NC III	
Certificate of Competency 2:	PLAN AND PREPARE QUANTITY FOODS	
<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
• Design work schedule and workflow plan for bulk cooking *		
• Organize operation and service of orders for smooth workflow and to minimize delays		
• Identify appropriate equipment for production and cooking requirements		
• Use appropriate preparation and cooking techniques for bulk cooking system*		
• Apply and maintain food quality control procedures and systems in raw materials, cooking, portion control and presentation*		
• Identify and solve problems related to quality control*		
• Prepare and cook food to specified internal temperatures*		
• Portion and package food*		
• Select appropriate service equipment and linen for buffet display		
• Plan buffet according to required theme or occasion*		
• Determine quantity needed and calculate portions and recipes based on needs*		
• Use garnishes and accompaniments to enhance taste and appeal		
• Identify potential health problems through cross contamination and food spoilage and takes appropriate preventive measures*		

• Chill cooked foods properly*		
• Place food items in appropriate storage		
• Monitor and record storage temperatures		
• Prepare frozen food for reheating/re-thermalization process		
<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>		
Candidate's Signature:	Date:	

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Qualification	COMMERCIAL COOKING NC III	
Certificate of Competency 3:	PLAN AND COST CATERING SERVICES	
Instruction: <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
• Identify enterprise and or/customer requirements for menus		
• Plan and prepare menus based on enterprise or customer's requirements and menu planning considerations*		
• Demonstrate proficiency in costing and pricing menus*		
• Select and use catering control systems		
• Plan production schedules*		
• Apply stock control measures and security procedures in food production and storage areas*		
• Plan portion and use appropriate tools		
• Establish ordering and purchasing systems		
• Demonstrate analysis and apply current industry data and prices*		
• Prepare market order		
• Update financial records		
• Monitor daily food sales based on customer preferences and adjustments to menus*		
• Select appropriate software in food costing and maintains financial records for ease and efficiency*		
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 Signature:	Date:	