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SELF-ASSESSMENT GUIDE

Qualification	COOKERY NC II		
Project 1 :	PREPARE AND COOK HOT MEALS		
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	
PREPARE AND COOK HOT MEALS			
• Gather, inspect 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 soup, stock and sauce*			
• Select primary, secondary and portioned cuts of protein; pork, lamb, beef, veal and seafood*			
• Identify and use appropriate cooking methods*			
• 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		
PREPARE AND COOK 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*		
• 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		
PREPARE SWEETS		
• Select and use chemicals and clean potable water for cleaning and/or sanitizing kitchen equipment, utensils, and working surfaces according to manufacturer's instructions		
• Store or stack clean equipment, supplies and utensils safely in the designated place in accordance with manufacturer's instructions		
• Assemble and disassemble cleaning equipment safely		
• Follow cleaning schedules based on enterprise procedures		
• Clean and/or sanitize walls, floors, shelves and working surfaces without causing damage to health or property		
• Follow first aid procedures if an accident happens		
• Sort and dispose waste according to sanitary regulations, enterprise practices and standard procedures *		
• Dispose cleaning chemicals safely-according to standard procedures*		
• Demonstrate sanitizing procedures and techniques*		
• Use ingredients and flavoring agents according to standard recipes defined by the-enterprise		
• Identify ingredients according to standard recipes, recipe card or enterprise requirements		
• Assemble ingredients according to quantity, type, and quality required		
• 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>	