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SELF-ASSESSMENT GUIDE

Qualification:	FOOD PROCESSING NC II		
COC 2:	Process Food by Fermentation and Pickling		
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

PROCESS FOODS BY FERMENTATION AND PICKLING			
Prepare equipment, tools, materials and utensils			
1. Prepare equipment and tools in accordance with manufacturer's specifications*			
2. Source-out and made available processing materials according to work requirements			
3. Check and sanitize kitchen utensils in accordance with manufacturer's specifications			
4. Apply safety measures in accordance with Occupational Safety and Health Standards (OSHS)*			
Prepare raw materials			
5. Sort and graded raw materials in accordance with product specifications and standards			
6. Prepare raw materials based on specified procedures and methods of processing*			
7. Weigh cleaned raw materials in accordance with approved specifications*			
8. Use tools and utensils for raw materials based on work requirements and manuals			
9. Operate equipment following manufacturer's manual			
Perform alcoholic and acetic acid fermentation			
10. Prepare raw materials mixed with water according to specifications			
11. Boil mixture and extracted juice in accordance with specifications and enterprise requirements			

12. Cool and mix extracted juice with other ingredients like sugar and yeast in accordance with specifications*		
13. Does fermentation procedures according to required period*		
14. Perform post fermentation according to enterprise procedures		
15. Evaluate fermented products using sensory testing according to enterprise procedures		
Perform pickling activities		
16. Prepare ingredients for pickling following enterprise procedures		
17. Combine prepared raw materials with pickling mixture according to the specified pickling procedure*		
18. Operate equipment in accordance with manufacturer's specifications requirements		
19. Perform product evaluation according to enterprise procedures		
Perform lactic acid fermentation		
20. Mix raw materials with required salt according to mixing requirements*		
21. Leave mixture to ferment according to standard procedures		
22. Adjust concentration of lactic acid and brine solution as required based on enterprise standard*		
23. Collect fermented products according to cGMP*		
24. Perform product evaluation according to enterprise procedures		
Pack fermented products		
25. Fill products in appropriate packing material and required temperature*		
26. Does labelling according to FDA regulations*		
27. Check integrity of seal according to company standard/manual		
28. Use air cool and/or water spray according to required cooling temperature		
29. Operate packing equipment following manufacturer's manual		
Conduct post- production activities		

30. Store packed finished food products according to required storage condition*		
31. Clean and store tools, materials and equipment based on workplace procedures		
32. Practice proper disposal of wastes according to environmental rules and regulations		
33. Accomplish production data checklist according to enterprise protocol*		

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 and signature	Date
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NOTE: * Critical aspects of competency