

<b>Reference No.</b>																			
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**SELF-ASSESSMENT GUIDE**

Qualification:	<b>FOOD PROCESSING NC II</b>		
COC 3:	<b>Process Food by Sugar Concentration</b>		
Instruction: <ul style="list-style-type: none"> <li>• Read each of the questions in the left-hand column of the chart.</li> <li>• Place a check in the appropriate box opposite each question to indicate your answer.</li> </ul>			
<b>Can I?</b>	<b>YES</b>	<b>NO</b>	

<b>PROCESS FOOD BY SUGAR CONCENTRATION</b>			
<b>Prepare equipment tools, materials and utensils</b>			
1. Prepare equipment and tools in accordance with manufacturer's specifications*			
2. Source-out and makes 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)*			
<b>Prepare the raw materials</b>			
5. Sort and grade raw materials in accordance with product specifications and standards			
6. Prepare sorted fruits according to required forms and target finished product*			
7. Boil prepared fruits for jelly and marmalade making to obtain the juice extract*			
8. Measure required amount of pectin (jams and jellies), sugar and citric acid measured according to specifications*			
9. Use tools and utensils for raw materials based on work requirements and manuals			
10. Operate equipment following manufacturer's manual			
<b>Cook sugar concentrates</b>			

11. Blend prepared fruits in any form with sugar mixture		
12. Cook mixture to required temperature and total soluble solids*		
13. Check desired endpoint using spoon test*		
<b>Pack sugar concentrated products</b>		
14. Pack and weigh sugar concentrated products in accordance with product specifications and required filling temperature*		
15. Seal and label sugar concentrated products in accordance with product specifications*		
16. Perform air cooling according to product requirements		
17. Operate packing equipment in accordance with instructions manual		
18. Perform finished product inspection following quality control parameters		
19. Employ food safety practices according to HACCP and cGMP*		
20. Apply work safety measures in accordance with OSHS*		
<b>Perform post-production activities</b>		
21. Incubate packed food products according to required storage period*		
22. Clean and store tools, materials and equipment based on workplace procedures and operation manuals		
23. Practice proper disposal of wastes according to environmental rules and regulations		
24. 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.

<b>Candidate's Name and signature</b>	<b>Date</b>
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NOTE: \* Critical aspects of competency