

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

Qualification:	<b>FOOD PROCESSING II</b>		
COC 5:	<b>Process Food by Thermal Application</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>

### PROCESS FOOD BY THERMAL APPLICATION

#### 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 and cGMP*		
4. Apply safety measures in accordance with Occupational Safety and Health Standards (OSHS)*		

#### Prepare the raw materials

5. Sort and grade raw materials in accordance with product specifications and standards		
6. Wash and sanitize raw materials based on established enterprise procedures		
7. Subject raw materials to size reduction according to required product specifications*		
8. Employ thermal application to raw materials based on processing requirements*		
9. Prepare packing medium according to product type and its requirements		
10. Weigh raw materials and ingredients in accordance with approved specifications*		
11. Use equipment, tools and utensils based on work requirements and manufacturer's manuals		

<b>Pasteurize the product</b>		
12. Mix pre-prepared ingredients based on standard procedure		
13. Pasteurize products in a double boiler according to required temperature*		
14. Maintain temperature and time according to product requirement*		
<b>Pack food products</b>		
15. Pack food materials in identified packing materials in accordance with product specifications*		
16. Fill packing medium to food materials in the container according to specifications		
17. Check headspace and filling temperature according to company requirements*		
18. Operate packing equipment based on manufacturer's manual		
19. Employ packing following cGMP*		
20. Apply work safety measures according to OSHS*		
<b>Exhaust and seal food products</b>		
21. Apply exhausting procedure to food product		
22. Check exhausting temperature according to requirement*		
23. Seal can and bottle according to procedures manual*		
24. Operate can sealer following manufacturer's manual		
25. Check seal integrity following standard enterprise procedures		
<b>Apply thermal processing</b>		
26. Load sealed products to the thermal processing equipment following industry procedures		
27. Monitor processing temperature, pressure and time based on workplace procedures*		
28. Unload processed products from the processing equipment in accordance to procedures manual		
<b>Cool and wash packed products</b>		

29. Apply proper cooling procedures for bottled and canned products in accordance to standard operating procedures*		
30. Wash and dry cooled finish products based on standard operating procedures*		
31. Operate cooling equipment based on instructional manual		
<b>Conduct post-production activities</b>		
32. Label finished products based on product specifications		
33. Check finished products according to quality control parameters*		
34. Incubate finished food products according to required storage period*		
35. Clean and store tools, materials and equipment based on workplace procedures and operation manuals		
36. Practice proper disposal of wastes according to environmental rules and regulations		
37. Record production data 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