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**SELF-ASSESSMENT GUIDE**

Qualification	<b>DOMESTIC WORK NC II</b>		
<b>COC 3 : Unit of competency covered</b>	<ul style="list-style-type: none"> <li><b>PREPARE HOT AND COLD MEALS/FOOD</b></li> </ul>		
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>Am I aware</b>	<b>YES</b>	<b>NO</b>	
<ul style="list-style-type: none"> <li>Of the Domestic Workers Act of 2012 or RA 10361 which strengthens respect, protection, and promotion of the rights and welfare of domestic workers or kasambahay?</li> </ul>			
<ul style="list-style-type: none"> <li>Of my rights, privileges and obligations?</li> </ul>			
<ul style="list-style-type: none"> <li>Of my duties and responsibilities?</li> </ul>			
<ul style="list-style-type: none"> <li>Of my employer’s rights, duties and responsibilities?</li> </ul>			
<b>Can I</b>	<b>YES</b>	<b>NO</b>	
<b>Prepare ingredients according to recipes*</b>			
<ul style="list-style-type: none"> <li>Purchase ingredients in accordance with purchase list.*</li> </ul>			
<ul style="list-style-type: none"> <li>Check “mise en place” as per establishment standards.*</li> </ul>			
<ul style="list-style-type: none"> <li>Prepare thawing according to thawing procedures*</li> </ul>			
<ul style="list-style-type: none"> <li>Prepare meat, seafoods, and vegetables according to required cutting procedures*</li> </ul>			
<ul style="list-style-type: none"> <li>Prepare meat according to procedures and prescribed recipe.*</li> </ul>			
<ul style="list-style-type: none"> <li>Prepare vegetables according to the manner of preparation.*</li> </ul>			
<ul style="list-style-type: none"> <li>Prepare seafood according to method of preparation.*</li> </ul>			
<b>Cook meals and dishes according to recipes*</b>			
<ul style="list-style-type: none"> <li>Cook soup as per menu.*</li> </ul>			

<ul style="list-style-type: none"> <li>• Cook vegetable dishes according to recipe.*</li> </ul>		
<ul style="list-style-type: none"> <li>• Cook meat and poultry dishes according to culinary method *</li> </ul>		
<ul style="list-style-type: none"> <li>• Cook poultry and game dishes according to recipe.*</li> </ul>		
<ul style="list-style-type: none"> <li>• Cook seafood dishes according to recipe.*</li> </ul>		
<ul style="list-style-type: none"> <li>• Cook egg dishes according to client's preference.*</li> </ul>		
<ul style="list-style-type: none"> <li>• Cook pasta and farinaceous dishes according to recipe.*</li> </ul>		
<b>Present cooked dishes*</b>		
<ul style="list-style-type: none"> <li>• Standardize serving portion.*</li> </ul>		
<ul style="list-style-type: none"> <li>• Develop and correct presentation of cooked dishes in accordance with SOPs.*</li> </ul>		
<ul style="list-style-type: none"> <li>• Maintain and check food quality as per SOPs.*</li> </ul>		
<ul style="list-style-type: none"> <li>• Ensure time and temperature condition of foods before serving based on freezing temperature.*</li> </ul>		
<b>Prepare sauces, dressings and garnishes*</b>		
<ul style="list-style-type: none"> <li>• Prepare materials, equipment/utensils prior to preparation of sauces, dressings and garnishes as per establishment standards.*</li> </ul>		
<ul style="list-style-type: none"> <li>• Prepare sauces, garnishes, hot and cold dressing as per establishment standards.*</li> </ul>		
<b>Prepare appetizers*</b>		
<ul style="list-style-type: none"> <li>• Prepare d'houevres according to requirement and preference of client.*</li> </ul>		
<ul style="list-style-type: none"> <li>• Prepare canape's according to requirement for preference of client.*</li> </ul>		
<ul style="list-style-type: none"> <li>• Prepare finger foods according to requirement of preference of client.*</li> </ul>		
<b>Prepare desserts and salads *</b>		
<ul style="list-style-type: none"> <li>• Prepare materials, equipment/utensils use for cooking as per SOPs.*</li> </ul>		
<ul style="list-style-type: none"> <li>• Prepare sherbets, ices and ice cream in accordance with prescribed procedures.*</li> </ul>		
<ul style="list-style-type: none"> <li>• Prepare full desserts as per prescribed procedures.*</li> </ul>		
<ul style="list-style-type: none"> <li>• Prepare pastry desserts as per prescribed procedures.*</li> </ul>		

<ul style="list-style-type: none"> <li>• Prepare mousse as per prescribed procedures.*</li> </ul>		
<ul style="list-style-type: none"> <li>• Prepare cold salads and molded salads as per prescribed procedures.*</li> </ul>		
<b>Prepare sandwiches*</b>		
<ul style="list-style-type: none"> <li>• Prepare hot sandwiches as per SOPs.*</li> </ul>		
<ul style="list-style-type: none"> <li>• Prepare cold dressings as per SOPs.*</li> </ul>		
<ul style="list-style-type: none"> <li>• Prepare hot sauces as per SOPs.*</li> </ul>		
<ul style="list-style-type: none"> <li>• Prepare cold sauces as per SOPs.*</li> </ul>		
<b>Store excess food and ingredients*</b>		
<ul style="list-style-type: none"> <li>• Store unconsum cook food according to procedures.*</li> </ul>		
<ul style="list-style-type: none"> <li>• Store excess ingredients according to client's requirement.*</li> </ul>		
<ul style="list-style-type: none"> <li>• Implement proper method of refrigeration as per SOPs.*</li> </ul>		
<ul style="list-style-type: none"> <li>• Implement proper storing of dry and wet food/ingredients in accordance with SOPs.*</li> </ul>		
<b>Convert unconsumed cooked food*</b>		
<ul style="list-style-type: none"> <li>• Convert/transform unconsum cook food into new dishes as per Standard operating procedures</li> </ul>		
<ul style="list-style-type: none"> <li>• Store/freeze unconsumed cooked food accordance with establishment standards.*</li> </ul>		
<ul style="list-style-type: none"> <li>• Freeze packed/wrapped uncooked foods at zero degrees F temperature and in accordance with establishment standards.*</li> </ul>		
<ul style="list-style-type: none"> <li>• Prepare packe/wrap food for storage as per establishment standards.*</li> </ul>		
<ul style="list-style-type: none"> <li>• Maintain uncook food at proper temperature and as per establishment standards.*</li> </ul>		
<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>		
<b>Candidate's signature:</b>	<b>Date:</b>	