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SELF-ASSESSMENT GUIDE

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

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

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