

# National Occupational Skill Standard (NOSS)

**Occupational Title** : Nepali Cuisine Cook

**Level** : 1

**Sector** : Hospitality Industry

**Sub - Sector** : Food Production

**NOSS ID/NSCO ID** :

**ISCO NO** :



Council for Technical Education and Vocational Training

**NATIONAL SKILL TESTING BOARD**

Madhyapur Thimi-17, Sanathimi, Bhaktapur, Nepal

Developed: 2020-03-02 (2076-11-19)



2045

## DACUM Panel

S.No.	Name	Designation	Organization
1.	Ms. Sunsari Nepali	Member	Hotel Dwarika, Kathmandu
2.	Mr. Surya Kiran Shrestha	Member	NATHM Kathmandu.
3.	Mr. Subarnaman Karmacharya	Member	Chef Association of Nepal.
4.	Mr. Kumar Chalise	Member	Global College, Kathmandu.
5.	Mr. Bikram Giri	Member	Marry Entry and Bar, Kathmandu.
6.	Mr.Yubraj Pokhrel	Member	Hotel Soaltee Crowne plaza, Kathmandu
7.	Mr. Adhiram Dahal	Member	Chef Themel, Kathmandu.
8.	Mr. Shreeram Adhikari	Member	Chef Association of Nepal, Kathmandu
9.	Mr. Shivahari Ghimire	Member	Hotel Landmark, Kathmandu
10.	Mr. Ramkrishna Parajuli	Member	Nepal Banepa Polytechnic Institute, Kavre
11.	Mr. Bishal Adhikari	Member	Nepal Banepa Polytechnic Institute, Kavre

## Facilitator/Recorder:

Ms. Sharadha Ghimire

Mr. Ishwor Chandra Ghimire

## DACUM Workshop on 19 and 20 January 2020



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**The National Occupational Skill Standard Developed by:**

No	Name	Designation	Organization
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**Recommended by Hospitality Technical Sub Committee: 02 March 2020 (19 Falgun 2076)**



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1	<b>Occupational Title: Nepali Cuisine Cook</b> <b>Level: 1</b>
2	<b>Job Description:</b>  Nepali Cuisine Cook, L-1 performs mise-en-place, prepares and stores basic Nepali food including breakfast, starters, soups, dal, rice, vegetables, meat, poultry, fish and sweets maintaining sanitation, hygiene and safety.
	<b>UNITS OF COMPETENCY:</b> <ol style="list-style-type: none"> <li>1. Maintain sanitation, hygiene and safety.</li> <li>2. Store food items.</li> <li>3. Prepare mise-en-place.</li> <li>4. Prepare breakfast.</li> <li>5. Prepare basic starters and soup.</li> <li>6. Prepare rice and dal.</li> <li>7. Prepare basic vegetables.</li> <li>8. Prepare basic meat, poultry and fish.</li> <li>9. Prepare basic sweets.</li> <li>10. Perform communication.</li> <li>11. Develop professionalism.</li> </ol> <p><b>*Note: Unit 10 and 11 are not for testing purpose.</b></p>
4	<b>Qualifying Notes/Prerequisites:</b> <ul style="list-style-type: none"> <li>• Physical Requirements: Sound health</li> <li>• Entry Requirements: As per NSTB rules.</li> </ul> <b>Additional Information:</b> <ul style="list-style-type: none"> <li>• Assessment Types: Performance test only.</li> <li>• Assessment Duration: 4 to 6 Hrs</li> <li>• Recommended Group Size: 8 to 10 candidates</li> </ul>



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5	<b>Unit No:1</b> <b>Unit Title: Maintain sanitation, hygiene and safety</b>	Unit code:
	<b>Elements of competency</b>	<b>Performance standards</b>
	1.1 Maintain personal hygiene	1.1.1 Clean spotless and well ironed <b>chef uniform</b> worn in accordance with industry standards. 1.1.2 <b>Personal grooming</b> maintained in accordance with industry standards. 1.1.3 Hands washed, dried and sanitized.
	1.2 Maintain food hygiene	1.2.1 Perishable and non-perishable food segregated. 1.2.2 Food washed, trimmed and cut. 1.2.3 Food wrapped/covered and stored separately in correct temperature to avoid cross contamination.
	1.3 Maintain workplace hygiene and safety	1.3.1 <b>Cleaning and disinfecting agent</b> selected as per <b>surface type</b> . 1.3.2 Kitchen tools, equipment and utensils checked, cleaned and sanitized. 1.3.3 <b>Kitchen area</b> cleaned, wiped and sanitized in accordance with cleaning procedure. 1.3.4 Kitchen tools, equipment and utensils placed in designated area. 1.3.5 Waste segregated and disposed in accordance with <b>3R's principle</b> .
6	<b>Task Performance Requirements (Tools, Equipment and Materials):</b> <ul style="list-style-type: none"> <li>Chef uniform (cap, scarf, chef coat, apron, chef pant/trouser, crock/protective shoes, duster, gloves), disposable paper, disinfectant, bleach, detergents, sanitizer, abrasives, solvent, scouring powder, wiper, drier, mop, scrubber, floor duster, floor wiper, dust pan, stick broom, air hose pipe, buckets, iodine, potassium, chlorine, warm water, hot soapy water, dust bin, hand towel/drier, brushes, knife, chopping board, wrapping foil, refrigerator, freezer and first aid kit.</li> </ul>	



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**Safety and Hygiene (Occupational Health and Safety):**

- Use chef uniform.
- Sanitize tools, utensils and equipment and use safely.
- Maintain personal, kitchen and food hygiene to stop spread of bacteria.
- Cover cuts and abrasions.
- Avoid slippery floors.
- Isolate electric and fire hazards (tripping, electric shock, burns).



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8	Required Knowledge		
	Technical Knowledge	Applied Calculation	Graphical Information
	<ul style="list-style-type: none"> <li>Hygiene and sanitation:               <ul style="list-style-type: none"> <li>Introduction</li> <li>Types</li> <li>Guidelines</li> </ul> </li> <li>Food contamination, spoilage and poisoning:               <ul style="list-style-type: none"> <li>Definition</li> <li>Types</li> <li>Causes</li> <li>Symptoms</li> <li>Prevention</li> </ul> </li> <li>Cleaning tools, equipment and materials/agents:               <ul style="list-style-type: none"> <li>Use and application</li> <li>Handling techniques</li> <li>Types and uses of cleaning agent</li> </ul> </li> <li>Kitchen and its areas:               <ul style="list-style-type: none"> <li>Introduction</li> <li>Types</li> <li>Safety measures</li> </ul> </li> <li>Kitchen equipment, tools and utensils:               <ul style="list-style-type: none"> <li>Introduction</li> <li>Types</li> <li>Use and importance</li> </ul> </li> <li>Waste Management               <ul style="list-style-type: none"> <li>Types of waste</li> <li>3R Principle</li> <li>Methods of waste disposal</li> </ul> </li> <li>Fire safety and fire drill</li> <li>First Aid</li> </ul>		<ul style="list-style-type: none"> <li>Read and interpret manual/instructional guide.</li> </ul>



9	Assessment of Competency						
	<b>Unit: 1</b> <b>Unit Title: Maintain sanitation, hygiene and safety</b>						
	Candidate Details			Assessors Detail			
	Candidate's Name: Registration Number: Symbol No: Test Centre:			Assessors' Name 1. 2. 3.		ID/License No:	
Element of competency		Performance Standards		Standard Met	Standard Not Met	Evidence Type	Comments
1.1 Maintain personal hygiene		1.1.1 Clean spotless and well ironed <b>chef uniform</b> worn in accordance with industry standards. 1.1.2 <b>Personal grooming</b> maintained in accordance with industry standards. 1.1.3 Hands washed, dried and sanitized.					
Maintain food hygiene		1.2.1 Perishable and non-perishable food segregated. 1.2.2 Food washed, trimmed and cut. 1.2.3 Food wrapped/covered and stored separately in correct temperature to avoid cross contamination.					
1.2 Maintain workplace hygiene and safety		1.3.1 <b>Cleaning and disinfecting agent</b> selected as per <b>surface type</b> . 1.3.2 Kitchen tools, equipment and utensils checked, cleaned and sanitized. 1.3.3 <b>Kitchen area</b> cleaned, wiped and sanitized in accordance with cleaning procedure.					



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	1.3.4 Kitchen tools, equipment and utensils placed in designated area.				
	1.3.5 Waste segregated and disposed in accordance with <b>3R's principle.</b>				

**WT-** Written Test

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**SN–**Simulation

**RP-** Role Play

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## Range Statement

Variable	Range
Chef uniform	<p><i>May include but not limited to:</i></p> <ul style="list-style-type: none"> <li>• Chef cap</li> <li>• Scarf</li> <li>• Chef coat</li> <li>• Chef pant/trouser</li> <li>• Apron</li> <li>• Gloves</li> <li>• Crock/protective shoes</li> <li>• Duster</li> </ul>
Personal grooming	<p><i>May include but not limited to:</i></p> <ul style="list-style-type: none"> <li>• Hair: trimmed and neatly combed</li> <li>• Beard: trimmed/clean shaved</li> <li>• Mustach: trimmed below upper lips</li> <li>• Finger nails: trimmed and cleaned</li> <li>• Body fragrance: Body showered/bathed, use sparingly deodorant/perfume</li> <li>• Oral health: Brushed after meal and mouth freshener used.</li> </ul>
Cleaning and disinfectant agents	<p><i>May include but not limited to:</i></p> <ul style="list-style-type: none"> <li>• Bleach</li> <li>• Detergent</li> <li>• Abrasive</li> <li>• Chemical</li> <li>• Acid</li> <li>• Hot water and steam</li> </ul>



Surface type	<p><i>May include but not limited to:</i></p> <ul style="list-style-type: none"> <li>• Metal/stainless steel</li> <li>• Marble</li> <li>• Tile</li> <li>• Cotta Stone</li> <li>• Granite</li> <li>• Masonry</li> </ul>
Kitchen area	<p><i>May include but not limited to:</i></p> <ul style="list-style-type: none"> <li>• Floor</li> <li>• Walls</li> <li>• Work station</li> <li>• Cooking area</li> <li>• Storage area</li> <li>• Dish washing area</li> </ul>
3R's principle	<p><i>May include but not limited to:</i></p> <ul style="list-style-type: none"> <li>• Reduce</li> <li>• Reuse</li> <li>• Recycle</li> </ul>



5	<b>Unit No:2</b> <b>Unit Title: Store food items</b>	<b>Unit code:</b>
	<b>Elements of competency</b>	<b>Performance standards</b>
	2.1 Arrange storage area	2.1.1 <b>Storage area</b> cleaned and sanitized. 2.1.2 Tray/basket/containers washed, sanitized and arranged in a designated place.
	2.2 Store raw ingredients	2.2.1 <b>Raw ingredients</b> received and checked as per purchase order. 2.2.2 Raw ingredients segregated, covered/wrapped and labelled with <b>required details</b> . 2.2.3 Storage area <b>temperature</b> maintained as per nature of ingredients. 2.2.4 Raw ingredients stored and issued as per First-In-First-Out (FIFO) system.
	2.3 Store cooked food	2.3.1 Temperature of cooked food rapidly reduced with an hour of cooking. 2.3.2 Cooked food covered/wrapped and labelled with required details. 2.3.3 Storage area temperature maintained below 5 degree Celsius. 2.3.4 Cooked food stored and issued as per FIFO system before deteriorating <b>food quality</b> .
	2.4 Store partially cooked food	2.4.1 Temperature of partially cooked food rapidly reduced with an hour of cooking. 2.4.2 Cooked food covered/wrapped and labelled with required details. 2.4.3 Storage area temperature maintained below 5 degree Celsius. 2.4.4 Cooked food stored and issued as per FIFO system before deteriorating food quality.
	2.5 Hold prepared food	2.5.1 Temperature maintained as per <b>cooked food items</b> . 2.5.2 Cooked food covered and placed in <b>required equipment</b> . 2.5.3 Cooked food served before deteriorating food quality.
6	<b>Task Performance Requirements (Tools, Equipment and Materials):</b> <ul style="list-style-type: none"> <li>Chef uniform, freezer, refrigerator, logbook, pen, wrapping foil, labelling sticker, marker, tray, basket, shelves, bain-marie, thermometer and ingredients.</li> </ul>	



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**Safety and Hygiene (Occupational Health and Safety):**

- Use chef uniform.
- Sanitize tools, utensils and equipment and use safely.
- Maintain personal, kitchen and food hygiene to stop spread of bacteria.
- Cover cuts and abrasions.
- Avoid slippery floors.
- Isolate electric and fire hazards (tripping, electric shock, burns).
- Cover and store remaining food.



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8	Required Knowledge		
	Technical Knowledge	Applied Calculation	Graphical Information
	<ul style="list-style-type: none"> <li>• Nature of food               <ul style="list-style-type: none"> <li>○ Perishable/nonperishable/highly perishable</li> <li>○ Cooked/par-cooked</li> <li>○ Hot food and cold food</li> <li>○ Quality</li> <li>○ Food danger zone</li> </ul> </li> <li>• Storage               <ul style="list-style-type: none"> <li>○ Types</li> <li>○ Temperature</li> <li>○ Guidelines</li> </ul> </li> <li>• Contamination               <ul style="list-style-type: none"> <li>○ Types (Physical, biological, chemical and cross contamination)</li> <li>○ Effects (Food borne illness and food poisoning)</li> </ul> </li> <li>• Holding cooked food</li> <li>• Warming equipment</li> </ul>		<ul style="list-style-type: none"> <li>• Read and interpret manual/instructional guide.</li> </ul>



9	Assessment of Competency						
	<b>Unit: 2</b> <b>Unit Title: Store food items</b>						
	Candidate Details			Assessors Detail			
	Candidate's Name: Registration Number: Symbol No: Test Centre:			Assessors' Name 1. 2. 3.		ID/License No:	
Element of competency		Performance Standards		Standard Met	Standard Not Met	Evidence Type	Comments
2.1 Arrange storage area		2.1.1 <b>Storage area</b> cleaned and sanitized. 2.1.2 Tray/basket/containers washed, sanitized and arranged in a designated place.					
2.2 Store raw ingredients		2.2.1 <b>Raw ingredients</b> received and checked as per purchase order. 2.2.2 Raw ingredients segregated, covered/wrapped and labelled with <b>required details</b> . 2.2.3 Storage area <b>temperature</b> maintained as per nature of ingredients. 2.2.4 Raw ingredients stored and issued as per First-In-First-Out (FIFO) system.					
2.3 Store cooked food		2.3.1 Temperature of cooked food rapidly reduced with an hour of cooking. 2.3.2 Cooked food covered/wrapped and labelled with required details.					



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	<p>2.3.3 Storage area temperature maintained below 5 degree Celsius.</p> <p>2.3.4 Cooked food stored and issued as per FIFO system before deteriorating <b>food quality</b>.</p>				
2.4 Store partially cooked food	<p>2.4.1 Temperature of partially cooked food rapidly reduced with an hour of cooking.</p> <p>2.4.2 Cooked food covered/wrapped and labelled with required details.</p> <p>2.4.3 Storage area temperature maintained below 5 degree Celsius.</p> <p>2.4.4 Cooked food stored and issued as per FIFO system before deteriorating food quality.</p>				
2.5 Hold prepared food	<p>2.5.1 Temperature maintained as per <b>cooked food items</b>.</p> <p>2.5.2 Cooked food covered and placed in <b>required equipment</b>.</p> <p>2.5.3 Cooked food served before deteriorating food quality.</p>				

**WT**- Written Test

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## Range Statement

Variable	Range
Storage area	<p><i>May include but not limited to:</i></p> <ul style="list-style-type: none"> <li>• Cold storage</li> <li>• Dry storage</li> <li>• Deep freeze</li> </ul>
Raw ingredients	<p><i>May include but not limited to:</i></p> <ul style="list-style-type: none"> <li>• Highly perishable</li> <li>• Perishable</li> <li>• Non perishable</li> </ul>
Required details	<p><i>May include but not limited to:</i></p> <ul style="list-style-type: none"> <li>• Ingredients</li> <li>• Storage date and time</li> <li>• Form of food</li> <li>• Signature</li> </ul>
Temperature	<p><i>May include but not limited to:</i></p> <ul style="list-style-type: none"> <li>• Cold: above 0 and below 5 degree Celsius</li> <li>• Frozen: below 0 upto minus 18 degree Celsius</li> <li>• Dry: 18 to 22 degree Celsius</li> </ul>



Food quality	<p><i>May include but not limited to:</i></p> <ul style="list-style-type: none"> <li>• Texture</li> <li>• Colour</li> <li>• Freshness</li> <li>• Taste</li> </ul>
Cooked food items	<p><i>May include but not limited to:</i></p> <ul style="list-style-type: none"> <li>• Hot cooked food: above 65 degree Celsius</li> <li>• Cold cooked food: below 5 degree Celsius</li> </ul>
Required equipment	<p><i>May include but not limited to:</i></p> <ul style="list-style-type: none"> <li>• Warming equipment <ul style="list-style-type: none"> <li>○ Stove</li> <li>○ Oven</li> <li>○ Warming cabinets/drawer</li> <li>○ Chafing dishes</li> <li>○ Bain-marie</li> <li>○ Turin</li> </ul> </li> <li>• Refrigerator</li> <li>• Freezer</li> </ul>



5	<b>Unit No:3</b> <b>Unit Title: Prepare mise-en-place</b>	<b>Unit code:</b>
	<b>Elements of competency</b>	<b>Performance standards</b>
	3.1 Process vegetable and fruit	3.1.1 <b>Foreign particles</b> eliminated from vegetable and fruit as per <b>cleaning procedure</b> . 3.1.2 <b>Vegetable and fruit cut</b> as per food item. 3.1.3 Vegetable and fruit cuts covered/wrapped, labelled and stored in appropriate temperature.
	3.2 Perform fish fabrication	3.2.1 <b>Fish waste parts</b> removed and washed. 3.2.2 <b>Fish cut</b> and portioned as per food item. 3.2.3 Fish cuts covered/wrapped, labelled and stored in appropriate temperature.
	3.3 Perform poultry fabrication	3.3.1 Poultry washed and waste parts removed from poultry. 3.3.2 <b>Poultry cut</b> and portioned as per food item. 3.3.3 Poultry covered/wrapped, labelled and stored in appropriate temperature.
	3.4 Perform meat butchering	3.4.1 <b>Meat cut</b> and portioned as per food item. 3.4.2 Deboning performed as per meat item. 3.4.3 Meat cuts covered/wrapped, labelled and stored in appropriate temperature.
6	<b>Task Performance Requirements (Tools, Equipment and Materials):</b> <ul style="list-style-type: none"> <li>Chef uniform, dishes, knives, chopping boards, grinder, strainer, peeler, grater, can opener, refrigerator, freezer, meat hammer, meat slicer, meat mincer, wrapping foil, glad wrap (plastic foil), potable water, iodine, potassium, chlorine, mise-en-place tray and ingredients.</li> </ul>	
7	<b>Safety and Hygiene (Occupational Health and Safety):</b> <ul style="list-style-type: none"> <li>Use chef uniform.</li> <li>Sanitize tools, utensils and equipment and use safely.</li> <li>Maintain personal, kitchen and food hygiene to stop spread of bacteria.</li> <li>Cover cuts and abrasions.</li> </ul>	



	<ul style="list-style-type: none"> <li>• Avoid slippery floors.</li> <li>• Isolate electric and fire hazards (tripping, electric shock, burns).</li> </ul>
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8	Required Knowledge		
	Technical Knowledge	Applied Calculation	Graphical Information
	<ul style="list-style-type: none"> <li>• Unit and measurement</li> <li>• Methods of cutting</li> <li>• Ingredients (vegetables, fruits, milk, meat, fish, poultry, condiments, cereals, pulses &amp; nuts):               <ul style="list-style-type: none"> <li>○ Definition</li> <li>○ Types</li> <li>○ Quality</li> <li>○ Storage temperature</li> </ul> </li> <li>• Importance &amp; uses of Iodine, Chlorine and Potassium solutions</li> <li>• Procedure for rinsing vegetables and fruits</li> <li>• Techniques of pre-preparation/mise-en-place</li> <li>• Thawing process</li> <li>• Types of knives and their uses</li> <li>• Types of chopping board and their uses</li> </ul>		<ul style="list-style-type: none"> <li>• Read and interpret manual/instructional guide.</li> </ul>



9	Assessment of Competency						
	<b>Unit: 3</b> <b>Unit Title: Prepare mise-en-place</b>						
	Candidate Details			Assessors Detail			
	Candidate's Name: Registration Number: Symbol No: Test Centre:			Assessors' Name 1. 2. 3.		ID/License No:	
Element of competency		Performance Standards		Standard Met	Standard Not Met	Evidence Type	Comments
3.1 Process vegetable and fruit		3.1.1 <b>Foreign particles</b> eliminated from vegetable and fruit as per <b>cleaning procedure</b> . 3.1.2 <b>Vegetable and fruit cut</b> as per food item. 3.1.3 Vegetable and fruit cuts covered/wrapped, labelled and stored in appropriate temperature.					
3.2 Perform fish fabrication		3.2.1 <b>Fish waste parts</b> removed and washed. 3.2.2 <b>Fish cut</b> and portioned as per food item. 3.2.3 Fish cuts covered/wrapped, labelled and stored in appropriate temperature.					
3.3 Perform poultry fabrication		3.3.1 Poultry washed and waste parts removed from poultry. 3.3.2 <b>Poultry cut</b> and portioned as per food item. 3.3.3 Poultry covered/wrapped, labelled and stored in appropriate temperature.					



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3.4 Perform meat butchering	3.4.1 <b>Meat cut</b> and portioned as per food item. 3.4.2 Deboning performed. 3.4.3 Meat cuts covered/wrapped, labelled and stored in appropriate temperature.				
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**WT-** Written Test

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### Range Statement

Variable	Range
Foreign particles	<i>May include but not limited to:</i> <ul style="list-style-type: none"> <li>• Dirt</li> <li>• Insects</li> <li>• Pesticides</li> </ul>
Cleaning procedure	<i>May include but not limited to:</i> <ul style="list-style-type: none"> <li>• Sorting</li> <li>• Washing</li> <li>• Rinsing</li> <li>• Soaking</li> <li>• Peeling</li> <li>• Trimming</li> </ul>



Vegetable and fruit cut	<p><i>May include but not limited to:</i></p> <ul style="list-style-type: none"> <li>• Julienne</li> <li>• Burnoise</li> <li>• Batonette</li> <li>• Jardiniere</li> <li>• Macedoine</li> <li>• Paysanne</li> <li>• Chiffonade</li> <li>• Chop</li> <li>• Fine chop</li> <li>• Mince</li> <li>• Slice</li> <li>• Wedge</li> </ul>
Fish waste parts	<p><i>May include but not limited to:</i></p> <ul style="list-style-type: none"> <li>• Scale</li> <li>• Gills</li> <li>• Offal</li> <li>• Fins/wings</li> </ul>
Poultry waste parts	<p><i>May include but not limited to:</i></p> <ul style="list-style-type: none"> <li>• Giblet</li> <li>• Offal</li> <li>• Excessive fat</li> </ul>
Fish cut	<p><i>May include but not limited to:</i></p> <ul style="list-style-type: none"> <li>• Darne/steak</li> </ul>



	<ul style="list-style-type: none"> <li>• Fillet</li> </ul>
Poultry cut	<p><i>May include but not limited to:</i></p> <ul style="list-style-type: none"> <li>• Chicken breast</li> <li>• Chicken leg (thigh)</li> <li>• Fillet/Supreme</li> <li>• Mince</li> <li>• Cube</li> </ul>
Meat cut	<p><i>May include but not limited to:</i></p> <ul style="list-style-type: none"> <li>• Mince</li> <li>• Cube</li> </ul>



5	Unit No: 4 Unit Title: Prepare breakfast	Unit code:
	Elements of competency	Performance standards
	4.1 Perform kitchen opening/closing process	4.1.1 Cooking range and equipment checked. 4.1.2 Gas leakage checked. 4.1.3 Sink/Drainage checked. 4.1.4 Ventilation checked. 4.1.5 Electricity checked. 4.1.6 Smoke exhaust/chimney checked. 4.1.7 Kitchen cleaned.
	4.2 Prepare mise-en-place	4.2.1 <b>Ingredients</b> arranged/prepared according to quantity required and food item. 4.2.2 Ingredients washed with potable water. 4.2.3 Ingredients peeled, trimmed and cut as per requirement. 4.2.4 Soaked vegetable and fruit rinsed. 4.2.5 Ingredients covered/wrapped, labelled and stored in appropriate temperature.
	4.3 Prepare hot and cold beverage	4.3.1 <b>Cooking method</b> selected in accordance with beverage items. 4.3.2 <b>Hot and cold beverages</b> prepared as per recipe. 4.3.3 Hot and cold beverages poured in cup/glass/mug without spillage. 4.3.4 Color, flavor, aroma and consistency maintained.
	4.4 Prepare egg items	4.4.1 Cooking method selected in accordance with <b>egg item</b> . 4.4.2 Egg prepared as per recipe. 4.4.3 Egg items portioned, plated and garnished. 4.4.4 Color, flavor, aroma and consistency maintained.
	4.5 Prepare roti items	4.5.1 Cooking method selected in accordance with <b>roti items</b> . 4.5.2 Roti items prepared as per recipe. 4.5.3 Roti items portioned, plated and garnished. 4.5.4 Color, flavor, aroma and consistency maintained.



	4.6 Prepare accompaniments	4.6.1 Cooking method selected in accordance with accompaniments. 4.6.2 <b>Accompaniments</b> prepared as per recipe. 4.6.3 Accompaniments portioned, plated and garnished. 4.6.4 Color, flavor, aroma and consistency maintained.
6	<b>Task Performance Requirements (Tools, Equipment and Materials):</b> <ul style="list-style-type: none"> <li>Chef uniform, pot, bowls, plates, glasses, pan, bread basket, whisk, ladle, chopping boards, knives, food processor, juicer/squeezer, strainer, cooking range, refrigerator, peeler, <i>Karai</i>, kettle, <i>Tawa</i>, <i>Tai</i>, rolling pin, skewer, muslin cloth and ingredients.</li> </ul>	
7	<b>Safety and Hygiene (Occupational Health and Safety):</b> <ul style="list-style-type: none"> <li>Use chef uniform.</li> <li>Sanitize tools, utensils and equipment and use safely.</li> <li>Maintain personal, kitchen and food hygiene to stop spread of bacteria.</li> <li>Cover cuts and abrasions.</li> <li>Avoid slippery floors.</li> <li>Isolate electric and fire hazards (tripping, electric shock, burns).</li> <li>Cover and store remaining foodstuffs.</li> </ul>	



8	Required Knowledge		
	Technical Knowledge	Applied Calculation	Graphical Information
	<ul style="list-style-type: none"> <li>• Introduction to breakfast</li> <li>• Nepali breakfast</li> <li>• Methods of cooking</li> <li>• Accompaniments</li> <li>• Portioning</li> <li>• Garnishing</li> <li>• Presentation</li> </ul>		<ul style="list-style-type: none"> <li>• Read and interpret manual/instructional guide.</li> <li>• Read and interpret standard recipe</li> </ul>



9	Assessment of Competency						
	<b>Unit: 4</b> <b>Unit Title: Prepare breakfast</b>						
	Candidate Details			Assessors Detail			
	Candidate's Name: Registration Number: Symbol No: Test Centre:			Assessors' Name 1. 2. 3.		ID/License No:	
Element of competency		Performance Standards		Standard Met	Standard Not Met	Evidence Type	Comments
4.1 Perform kitchen opening/closing process		4.1.1 Cooking range and equipment checked. 4.1.2 Gas leakage checked. 4.1.3 Sink/Drainage checked. 4.1.4 Ventilation checked. 4.1.5 Electricity checked. 4.1.6 Smoke exhaust/chimney checked. 4.1.7 Kitchen cleaned.					
4.2 Prepare mise-en-place		4.2.1 <b>Ingredients</b> arranged/prepared according to quantity required and food item. 4.2.2 Ingredients washed with potable water. 4.2.3 Ingredients peeled, trimmed and cut as per requirement. 4.2.4 Soaked vegetable and fruit rinsed. 4.2.5 Ingredients covered/wrapped, labelled and stored in appropriate temperature					



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4.3 Prepare hot and cold beverage	4.3.1 <b>Cooking method</b> selected in accordance with beverage items. 4.3.2 <b>Hot and cold beverages</b> prepared as per recipe. 4.3.3 Hot and cold beverages poured in cup/glass/mug without spillage. 4.3.4 Color, flavor, aroma and consistency maintained.				
4.4 Prepare egg items	4.4.1 Cooking method selected in accordance with <b>egg item</b> . 4.4.2 Egg prepared as per recipe. 4.4.3 Egg items portioned, plated and garnished. 4.4.4 Color, flavor, aroma and consistency maintained.				
4.5 Prepare roti items	4.5.1 Cooking method selected in accordance with <b>roti items</b> . 4.5.2 Roti items prepared as per recipe. 4.5.3 Roti items portioned, plated and garnished. 4.5.4 Color, flavour, aroma and consistency maintained.				
4.6 Prepare accompaniments	4.6.1 Cooking method selected in accordance with accompaniments. 4.6.2 <b>Accompaniments</b> prepared as per recipe. 4.6.3 Accompaniments portioned, plated and garnished. 4.6.4 Color, flavor, aroma and consistency maintained.				

**WT-** Written Test

**OQ-** Oral Question

**PT-** Practical Test

**DO** – Direct Observation

**SR-** Supervisor's report

**SN**–Simulation

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**PP** – Product Produced

**CS** – Case Study



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## Range Statement

Variable	Range
Ingredients	<p><i>May include but not limited to:</i></p> <ul style="list-style-type: none"> <li>• <b>Tea and coffee</b> <ul style="list-style-type: none"> <li>○ Milk</li> <li>○ Coffee</li> <li>○ Tea</li> <li>○ Sugar</li> <li>○ Water</li> </ul> </li> <li>• <b>Fruit juice</b> <ul style="list-style-type: none"> <li>○ Seasonal fruits</li> </ul> </li> <li>• <b>Sarbat</b> <ul style="list-style-type: none"> <li>○ Jaggery (<i>Sakkhar</i>)</li> <li>○ Water</li> <li>○ Crushed black pepper (<i>Marich</i>)</li> </ul> </li> <li>• <b>Mohi</b> <ul style="list-style-type: none"> <li>○ Curd (<i>Dahi</i>)</li> <li>○ Water</li> </ul> </li> <li>• <b>Egg items</b> <ul style="list-style-type: none"> <li>○ Egg</li> <li>○ Oil</li> <li>○ Salt</li> </ul> </li> <li>• <b>Roti items</b> <ul style="list-style-type: none"> <li>○ Flour (Rice, Refined, Corn, Wheat, Millet, Buckwheat)</li> <li>○ Oil/ghee</li> </ul> </li> </ul>



	<ul style="list-style-type: none"> <li>○ Sugar</li> <li>○ Milk</li> <li>○ Coconut</li> <li>○ Fennel seed</li> <li>○ Water</li> <li>○ Baking powder/soda</li> </ul>
Cooking method	<p><i>May include but not limited to:</i></p> <ul style="list-style-type: none"> <li>• Broil</li> <li>• Boil</li> <li>• Fry</li> <li>• Sautee</li> </ul>
Hot and cold beverages	<p><i>May include but not limited to:</i></p> <ul style="list-style-type: none"> <li>• Hot beverages <ul style="list-style-type: none"> <li>○ Tea</li> <li>○ Coffee</li> </ul> </li> <li>• Cold beverages <ul style="list-style-type: none"> <li>○ Fruit juice</li> <li>○ <i>Sarbat</i></li> <li>○ <i>Mohi</i></li> </ul> </li> </ul>
Egg Items	<p><i>May include but not limited to:</i></p> <ul style="list-style-type: none"> <li>• <i>Usineko</i> (Boiled)</li> <li>• <i>Bhujiya</i> (Scrambled)</li> <li>• Omelette</li> <li>• <i>Tareko</i> (Fried)</li> </ul>



Roti Items	<p><i>May include but not limited to:</i></p> <ul style="list-style-type: none"> <li>• <i>Sukhha Roti</i></li> <li>• <i>Chillo Roti (Sel roti, Malpuwa, Puri, Gwaramari)</i></li> </ul>
Accompaniments	<p><i>May include but not limited to:</i></p> <ul style="list-style-type: none"> <li>• <i>Aalu Tarkari</i></li> <li>• <i>Chana Tarkari</i></li> <li>• <i>Dahi</i></li> <li>• <i>Achar</i></li> </ul>



5	<b>Unit No: 5</b> <b>Unit Title: Prepare basic starter and soup</b>	<b>Unit code:</b>
	<b>Elements of competency</b>	<b>Performance standards</b>
	5.1 Perform kitchen opening/closing process	5.1.1 Cooking range and equipment checked. 5.1.2 Gas leakage checked. 5.1.3 Sink/Drainage checked. 5.1.4 Ventilation checked. 5.1.5 Electricity checked. 5.1.6 Smoke exhaust/chimney checked. 5.1.7 Kitchen cleaned.
	5.2 Prepare mise-en-place	5.2.1 <b>Ingredients</b> arranged/prepared according to quantity required and food item 5.2.2 Ingredients washed with potable water. 5.2.3 Ingredients peeled, trimmed and cut as per requirement. 5.2.4 Ingredients marinated. 5.2.5 Ingredients covered/wrapped, labelled and stored in appropriate temperature
	5.3 Prepare starter	5.3.1 <b>Cooking method</b> selected in accordance with <b>starter item</b> . 5.3.2 Prepared ingredients mixed and cooked according to standard recipe. 5.3.3 Color, flavor, aroma, texture and consistency maintained.
	5.4 Prepare soups	5.4.1 <b>Cooking method</b> selected in accordance with <b>soup item</b> . 5.4.2 Prepared ingredients mixed and cooked according to standard recipe. 5.4.3 Color, flavor, aroma and consistency maintained.
	5.5 Perform plating and presentation	5.5.1 Plate/dish selected as per prepared food. 5.5.2 Portion size determined. 5.5.3 Starters with condiments arranged on plate and soup portioned on bowl balancing color and nutritional value. 5.5.4 Prepared items garnished.



6	<p><b>Task Performance Requirements (Tools, Equipment and Materials):</b></p> <ul style="list-style-type: none"> <li>• Chef uniform, bowl, plate, platter, measuring cup, cooking range, <i>Tawa</i>, chopping board, pot, <i>Karai</i>, pressure cooker, pan, frying pan, turner, knife, peeler, spatula, ladle, mortar and pestle, mise-en-place tray and ingredients.</li> </ul>
7	<p><b>Safety and Hygiene (Occupational Health and Safety):</b></p> <ul style="list-style-type: none"> <li>• Use chef uniform.</li> <li>• Sanitize tools, utensils and equipment and use safely.</li> <li>• Maintain personal, kitchen and food hygiene to stop spread of bacteria.</li> <li>• Cover cuts and abrasions.</li> <li>• Avoid slippery floors.</li> <li>• Isolate electric and fire hazards (tripping, electric shock, burns).</li> <li>• Cover and store remaining foodstuffs.</li> </ul>



8	Required Knowledge		
	Technical Knowledge	Applied Calculation	Graphical Information
	<ul style="list-style-type: none"> <li>• Starter: <ul style="list-style-type: none"> <li>○ Introduction</li> <li>○ Types (Hot/Cold)</li> </ul> </li> <li>• Soup: <ul style="list-style-type: none"> <li>○ Introduction</li> <li>○ Types</li> </ul> </li> <li>• Standard recipe: <ul style="list-style-type: none"> <li>○ Introduction</li> <li>○ Advantage</li> <li>○ Format</li> <li>○ Methods of cooking</li> <li>○ Portioning</li> <li>○ Garnishing</li> <li>○ Presentation</li> <li>○ Condiments</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Conversion of weight and temperature.</li> </ul>	<ul style="list-style-type: none"> <li>• Read and interpret manual/instructional guide.</li> <li>• Read and interpret standard recipe</li> </ul>



9	Assessment of Competency						
	<b>Unit: 5</b> <b>Unit Title: Prepare basic starters and soup</b>						
	Candidate Details			Assessors Detail			
	Candidate's Name: Registration Number: Symbol No: Test Centre:			Assessors' Name 1. 2. 3.		ID/License No:	
Element of competency		Performance Standards		Standard Met	Standard Not Met	Evidence Type	Comments
5.1 Perform kitchen opening/closing process		5.1.1 Cooking range and equipment checked. 5.1.2 Gas leakage checked. 5.1.3 Sink/Drainage checked. 5.1.4 Ventilation checked. 5.1.5 Electricity checked. 5.1.6 Smoke exhaust/chimney checked. 5.1.7 Kitchen cleaned.					
5.2 Prepare mise-en-place		5.2.1 <b>Ingredients</b> arranged/prepared according to quantity required and food item 5.2.2 Ingredients washed with potable water. 5.2.3 Ingredients peeled, trimmed and cut as per requirement. 5.2.4 Ingredients marinated. 5.2.5 Ingredients covered/wrapped, labelled and stored in appropriate temperature					



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5.3 Prepare starter	5.3.1 <b>Cooking method</b> selected in accordance with <b>starter item</b> .				
	5.3.2 Prepared ingredients mixed and cooked according to standard recipe.				
	5.3.3 Color, flavor, aroma, texture and consistency maintained.				
5.4 Prepare soups	5.4.1 <b>Cooking method</b> selected in accordance with <b>soup item</b> .				
	5.4.2 Prepared ingredients mixed and cooked according to standard recipe.				
	5.4.3 Color, flavor, aroma and consistency maintained.				
5.5 Perform plating and presentation	5.5.1 Plate/dish selected as per prepared food.				
	5.5.2 Portion size determined.				
	5.5.3 Starters with condiments arranged on plate and soup portioned on bowl balancing color and nutritional value.				
	5.5.4 Prepared items garnished.				

**WT**- Written Test

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## Range Statement

Variable	Range
Ingredients	<p><i>May include but not limited to:</i></p> <ul style="list-style-type: none"> <li>• <b>Chukarkhanda</b> <ul style="list-style-type: none"> <li>○ Sweet potato (<i>Sakharkhanda</i>)</li> <li>○ <i>Chuk-amilo</i></li> <li>○ Salt</li> <li>○ Chilly powder</li> </ul> </li> <li>• <b>Kareshabari salad</b> <ul style="list-style-type: none"> <li>○ Cucumber</li> <li>○ Carrot</li> <li>○ Radish</li> <li>○ Lettuce</li> <li>○ Onion</li> <li>○ Tomato</li> <li>○ Green chilly</li> <li>○ Lemon</li> </ul> </li> <li>• <b>Bara</b> <ul style="list-style-type: none"> <li>○ Lentil</li> <li>○ Ginger paste</li> <li>○ Salt</li> <li>○ <i>Asafetida (Hing)</i></li> <li>○ Mustard oil</li> <li>○ Cumin powder</li> </ul> </li> <li>• <b>Chukauni</b></li> </ul>



- Potato
- Onion
- Salt
- Curd
- Turmeric
- Cumin powder
- Mustard oil
- Fenugreek
- *Bhang ko dana*
- Chilly powder
- Dry chilly
- Coriander leaf

- **Sukuti Sandheko**

- Sukuti (Dry meat)
- Salt
- Cumin powder
- Mustard Oil
- Garlic
- Lemon juice
- Coriander leaf
- Green chilly

- **Kwanti ko jhol**

- Kwanti
- Carom seed (Jwano)
- Salt
- Cumin powder
- Ghee/Oil
- Ginger garlic
- Water
- Turmeric



- **Gundruk ko jhol**

- *Gundruk*
- Soybean (*Bhatmas*)
- Salt
- Garlic
- Cumin powder
- Oil
- Water
- Turmeric
- Chilly powder

- **Sishno ko jhol**

- *Sishno*
- Salt
- Garlic
- Cumin powder
- Ghee/Oil
- Water
- Turmeric
- Chilly powder

- **Khutti ko jhol**

- *Khasi ko khutti*
- Salt
- Garlic
- Cumin powder
- Mustard oil
- Water
- Turmeric
- Chilly powder
- Coriander leaf



Cooking method	<p><i>May include but not limited to:</i></p> <ul style="list-style-type: none"> <li>• Grill</li> <li>• Boil</li> <li>• Fry</li> </ul>
Starter item	<p><i>May include but not limited to:</i></p> <ul style="list-style-type: none"> <li>• Chukarkhanda</li> <li>• Kareshabari salad</li> <li>• Bara</li> <li>• Chukauni</li> <li>• Sukuti Sandheko</li> </ul>
Soup item	<p><i>May include but not limited to:</i></p> <ul style="list-style-type: none"> <li>• Kwanti ko jhol</li> <li>• Gundruk ko jhol</li> <li>• Sishno ko jhol</li> <li>• Khutti ko jhol</li> </ul>



5	Unit No: 6 Unit Title: Prepare rice and dal	Unit code:
	Elements of competency	Performance standards
	6.1 Perform kitchen opening/closing process	6.1.1 Cooking range and equipment checked. 6.1.2 Gas leakage checked. 6.1.3 Sink/Drainage checked. 6.1.4 Ventilation checked. 6.1.5 Electricity checked. 6.1.6 Smoke exhaust/chimney checked. 6.1.7 Kitchen cleaned.
	6.2 Prepare mise-en-place	6.2.1 <b>Ingredients</b> arranged/prepared according to quantity required and food item. 6.2.2 Ingredients washed with potable water. 6.2.3 Ingredients peeled, trimmed and cut as per requirement. 6.2.4 Ingredients covered/wrapped, labelled and stored in appropriate temperature
	6.3 Prepare dal	6.3.1 Turmeric, water added to <b>dal</b> and cooked. 6.3.2 Dal seasoned with salt. 6.3.3 Cooked dal tempered. 6.3.4 Color, flavor, aroma and consistency maintained.
	6.4 Prepare rice	6.4.1 Water added to rinsed <b>rice</b> . 6.4.2 Rice boiled till water absorbed. 6.4.3 Rice covered and cooked in slow flame. 6.4.4 Color, flavor and consistency maintained.
	6.5 Perform plating and presentation	6.5.1 Plate/dish selected as per prepared food. 6.5.2 Portion size determined. 6.5.3 Prepared items portioned and arranged on plate/bowl.



6	<b>Task Performance Requirements (Tools, Equipment and Materials):</b> <ul style="list-style-type: none"> <li>• Chef uniform, bowl, plate, platter, measuring cup, cooking range, chopping board, <i>Kasaundi</i>, <i>Karai</i>, pressure cooker, pan, knife, peeler, spatula, ladle, mortar and pestle, mise-en-place tray and ingredients.</li> </ul>
7	<b>Safety and Hygiene (Occupational Health and Safety):</b> <ul style="list-style-type: none"> <li>• Use chef uniform.</li> <li>• Sanitize tools, utensils and equipment and use safely.</li> <li>• Maintain personal, kitchen and food hygiene to stop spread of bacteria.</li> <li>• Cover cuts and abrasions.</li> <li>• Avoid slippery floors.</li> <li>• Isolate electric and fire hazards (tripping, electric shock, burns).</li> <li>• Cover and store remaining foodstuffs.</li> </ul>



8	Required Knowledge		
	Technical Knowledge	Applied Calculation	Graphical Information
	<ul style="list-style-type: none"> <li>• Types of rice and lentil</li> <li>• Standard recipe:               <ul style="list-style-type: none"> <li>○ Introduction</li> <li>○ Advantage</li> <li>○ Format</li> <li>○ Methods of cooking</li> <li>○ Portioning</li> <li>○ Presentation</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Conversion of weight and temperature.</li> </ul>	<ul style="list-style-type: none"> <li>• Read and interpret manual/instructional guide.</li> <li>• Read and interpret standard recipe</li> </ul>



9	Assessment of Competency						
	<b>Unit: 6</b> <b>Unit Title: Prepare rice and dal</b>						
	Candidate Details			Assessors Detail			
	Candidate's Name: Registration Number: Symbol No: Test Centre:			Assessors' Name 1. 2. 3.		ID/License No:	
Element of competency		Performance Standards		Standard Met	Standard Not Met	Evidence Type	Comments
6.1 Perform kitchen opening/closing process		6.1.1 Cooking range and equipment checked. 6.1.2 Gas leakage checked. 6.1.3 Sink/Drainage checked. 6.1.4 Ventilation checked. 6.1.5 Electricity checked. 6.1.6 Smoke exhaust/chimney checked. 6.1.7 Kitchen cleaned.					
6.2 Prepare mise-en-place		6.2.1 <b>Ingredients</b> arranged/prepared according to quantity required and food item. 6.2.2 Ingredients washed with potable water. 6.2.3 Ingredients peeled, trimmed and cut as per requirement. 6.2.4 Ingredients covered/wrapped, labelled and stored in appropriate temperature					



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6.3 Prepare dal	6.3.1	Turmeric, water added to <b><i>dal</i></b> and cooked.				
	6.3.2	Dal seasoned with salt.				
	6.3.3	Cooked dal tempered.				
	6.3.4	Color, flavor, aroma and consistency maintained.				
6.4 Prepare rice	6.4.1	Water added to rinsed <b><i>rice</i></b> .				
	6.4.2	Rice boiled till water absorbed.				
	6.4.3	Rice covered and cooked in slow flame.				
	6.4.4	Color, flavor and consistency maintained.				
6.5 Perform plating and presentation	6.5.1	Plate/dish selected as per prepared food.				
	6.5.2	Portion size determined.				
	6.5.3	Prepared items portioned and arranged on plate/bowl.				

**WT-** Written Test

**OQ-** Oral Question

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## Range Statement

Variable	Range
Ingredients	<p><i>May include but not limited to:</i></p> <ul style="list-style-type: none"> <li>• <b><i>Gahat ko Dal</i></b> <ul style="list-style-type: none"> <li>○ <i>Gahat</i></li> <li>○ Turmeric</li> <li>○ Salt</li> <li>○ Ghee</li> <li>○ Ginger</li> <li>○ Garlic</li> <li>○ Jimbu</li> <li>○ Water</li> </ul> </li> <li>• <b><i>Rahar ko Dal</i></b> <ul style="list-style-type: none"> <li>○ <i>Rahar</i></li> <li>○ Turmeric</li> <li>○ Salt</li> <li>○ Ghee</li> <li>○ Ginger</li> <li>○ Garlic</li> <li>○ Coriander leaf</li> <li>○ Water</li> </ul> </li> <li>• <b><i>Mas ko Dal</i></b> <ul style="list-style-type: none"> <li>○ <i>Mas</i></li> <li>○ Turmeric</li> <li>○ Salt</li> <li>○ Ghee</li> </ul> </li> </ul>



- Ginger
- Jimbu
- Asafetida (*Hing*)
- Water

- ***Kalo Simi ko Dal***

- *Kalo simi*
- Turmeric
- Salt
- Ghee
- Ginger
- Garlic
- Jimbu
- Water

- ***Chhanta Dal***

- Chhanta
- Turmeric
- Salt
- Ghee
- Ginger
- Garlic
- Jimbu
- Water

- **Sada Bhuja (Plain rice)**

- Rice
- Water

- **Bhuteko Bhat (Fry rice)**

- Cooked rice
- Ghee



	<ul style="list-style-type: none"> <li>○ Salt</li> <li>○ Turmeric</li> <li>• <b>Khichadi</b> <ul style="list-style-type: none"> <li>○ Rice</li> <li>○ Turmeric</li> <li>○ Mas ko dal</li> <li>○ Ghee</li> <li>○ Ginger</li> <li>○ Garlic</li> <li>○ Salt</li> <li>○ Water</li> </ul> </li> <li>• <b>Dhido</b> <ul style="list-style-type: none"> <li>○ Fapar/Kodo/Makai flour</li> <li>○ Water</li> </ul> </li> <li>• <b>Chyakhla</b> <ul style="list-style-type: none"> <li>○ Corn grits</li> <li>○ Water</li> </ul> </li> </ul>
Dal	<p><i>May include but not limited to:</i></p> <ul style="list-style-type: none"> <li>• <i>Gahat ko dal</i></li> <li>• <i>Rahar ko dal</i></li> <li>• Mas ko dal</li> <li>• Kalo simi ko dal</li> <li>• Chhanta dal</li> </ul>



Rice	<p><i>May include but not limited to:</i></p> <ul style="list-style-type: none"> <li>• <i>Sada Bhuja (Plain rice)</i></li> <li>• <i>Bhuteko Bhat (Fry rice)</i></li> <li>• <i>Khichadi</i></li> <li>• <i>Dhido</i></li> <li>• <i>Chyakhla</i></li> </ul>
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5	<b>Unit No: 7</b> <b>Unit Title: Prepare basic vegetable items</b>	Unit code:
	<b>Elements of competency</b>	<b>Performance standards</b>
	7.1 Perform kitchen opening/closing process	7.1.1 Cooking range and equipment checked. 7.1.2 Gas leakage checked. 7.1.3 Sink/Drainage checked. 7.1.4 Ventilation checked. 7.1.5 Electricity checked. 7.1.6 Smoke exhaust/chimney checked. 7.1.7 Kitchen cleaned.
	7.2 Prepare mise-en-place	7.2.1 <b>Ingredients</b> arranged/prepared according to quantity required and food item. 7.2.2 Ingredients washed with potable water. 7.2.3 Ingredients peeled, trimmed and cut as per requirement. 7.2.4 Ingredients covered/wrapped, labelled and stored in appropriate temperature.
	7.3 Prepare vegetable curry	7.3.1 <b>Cooking method</b> selected in accordance with <b>vegetable dish</b> . 7.3.2 Vegetable added in heated oil and cooked until dry. 7.3.3 Masala added and stirred until aromatic. 7.3.4 Water added and cooked until tender. 7.3.5 Color, flavor, aroma and consistency maintained.
	7.4 Prepare dry vegetable	7.4.1 Cooking method selected in accordance with <b>vegetable dish</b> . 7.4.2 Vegetable added in heated oil and cooked until dry. 7.4.3 Masala added and stirred until aromatic. 7.4.4 Vegetable cooked until soft. 7.4.5 Color, flavor, aroma and texture maintained.
	7.5 Perform plating and presentation	7.5.1 Plate/dish selected as per prepared food. 7.5.2 Portion size determined. 7.5.3 Vegetable portioned on plate balancing color and nutritional value.



		7.5.4 Vegetable garnished.
6	<b>Task Performance Requirements (Tools, Equipment and Materials):</b> <ul style="list-style-type: none"> <li>• Chef uniform, bowl, plate, platter, cooking range, chopping board, pot, <i>Karai</i>, pressure cooker, pan, frying pan, turner, knife, peeler, spatula, ladle, mortar and pestle, spider net, mise-en-place tray and ingredients.</li> </ul>	
7	<b>Safety and Hygiene (Occupational Health and Safety):</b> <ul style="list-style-type: none"> <li>• Use chef uniform.</li> <li>• Sanitize tools, utensils and equipment and use safely.</li> <li>• Maintain personal, kitchen and food hygiene to stop spread of bacteria.</li> <li>• Cover cuts and abrasions.</li> <li>• Avoid slippery floors.</li> <li>• Isolate electric and fire hazards (tripping, electric shock, burns).</li> <li>• Cover and store remaining foodstuffs.</li> </ul>	



8	Required Knowledge		
	Technical Knowledge	Applied Calculation	Graphical Information
	<ul style="list-style-type: none"> <li>• Introduction to vegetable</li> <li>• Types of vegetable items</li> <li>• Standard recipe:               <ul style="list-style-type: none"> <li>○ Introduction</li> <li>○ Advantage</li> <li>○ Format</li> <li>○ Methods of cooking</li> <li>○ Portioning</li> <li>○ Garnishing</li> <li>○ Presentation</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Conversion of weight and temperature</li> </ul>	<ul style="list-style-type: none"> <li>• Read and interpret manual/instructional guide.</li> <li>• Read and interpret standard recipe</li> </ul>



9	<b>Assessment of Competency</b>						
	<b>Unit: 7</b> <b>Unit Title: Prepare basic vegetables</b>						
	<b>Candidate Details</b>			<b>Assessors Detail</b>			
	Candidate's Name: Registration Number: Symbol No: Test Centre:			Assessors' Name 1. 2. 3.		ID/License No:	
<b>Element of competency</b>		<b>Performance Standards</b>		<b>Standard Met</b>	<b>Standard Not Met</b>	<b>Evidence Type</b>	<b>Comments</b>
7.1 Perform kitchen opening/closing process		7.1.1 Cooking range and equipment checked. 7.1.2 Gas leakage checked. 7.1.3 Sink/Drainage checked. 7.1.4 Ventilation checked. 7.1.5 Electricity checked. 7.1.6 Smoke exhaust/chimney checked. 7.1.7 Kitchen cleaned.					
7.2 Prepare mise-en-place		7.2.1 <b>Ingredients</b> arranged/prepared according to quantity required and food item. 7.2.2 Ingredients washed with potable water. 7.2.3 Ingredients peeled, trimmed and cut as per requirement. 7.2.4 Ingredients covered/wrapped, labelled and stored in appropriate temperature.					



7.3 Prepare vegetable curry	7.3.1 <b>Cooking method</b> selected in accordance with <b>vegetable dish</b> . 7.3.2 Vegetable added in heated oil and cooked until dry. 7.3.3 Masala added and stirred until aromatic. 7.3.4 Water added and cooked until tender. 7.3.5 Color, flavor, aroma and consistency maintained.				
7.4 Prepare dry vegetable	7.4.1 Cooking method selected in accordance with <b>vegetable dish</b> . 7.4.2 Vegetable added in heated oil and cooked until dry. 7.4.3 Masala added and stirred until aromatic. 7.4.4 Vegetable cooked until soft. 7.4.5 Color, flavor, aroma and texture maintained.				
7.5 Perform plating and presentation	7.5.5 Plate/dish selected as per prepared food. 7.5.6 Portion size determined. 7.5.7 Vegetable portioned on plate balancing color and nutritional value. 7.5.8 Vegetable garnished.				

**WT-** Written Test

**OQ-** Oral Question

**PT-** Practical Test

**DO** – Direct Observation

**SR-** Supervisor's report

**SN**–Simulation

**RP-** Role Play

**PG** –Photographs

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**TS** – Testimonials (Reward)

**PP** – Product Produced

**CS** – Case Study



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## Range Statement

Variable	Range
Ingredients	<p><i>May include but not limited to:</i></p> <ul style="list-style-type: none"> <li>• <b>Aalu cauli tarkari</b> <ul style="list-style-type: none"> <li>○ Potato</li> <li>○ Cauliflower</li> <li>○ Tomato</li> <li>○ Coriander powder</li> <li>○ Coriander leaf</li> <li>○ Salt</li> <li>○ Ginger Garlic</li> <li>○ Oil</li> <li>○ Cumin powder</li> <li>○ Chilly powder</li> <li>○ Turmeric</li> </ul> </li> <li>• <b>Aalu bodi tama tarkari</b> <ul style="list-style-type: none"> <li>○ Potato</li> <li>○ Black eye bean (<i>Bodi</i>)</li> <li>○ Fermented Bamboo shoot (<i>Tama</i>)</li> <li>○ Salt</li> <li>○ Ginger</li> <li>○ Garlic</li> <li>○ Coriander powder</li> <li>○ Coriander leaf</li> <li>○ Oil</li> <li>○ Cumin powder</li> <li>○ Chilly powder</li> <li>○ Turmeric</li> </ul> </li> </ul>



- **Mismas tarkari**

- Seasonal Vegetables
- Ginger
- Garlic
- Salt
- Tomato
- Coriander powder
- Coriander leaf
- Oil
- Cumin powder
- Chilly powder
- Turmeric

- **Lauka/Pharsi tarkari**

- Lauka/Pharsi
- Ginger
- Garlic
- Salt
- Tomato
- Coriander powder
- Coriander leaf
- Oil
- Cumin powder
- Chilly powder
- Turmeric

- **Aalu kerau tarkari**

- Potato
- Dry peas (Kerau)
- Ginger



	<ul style="list-style-type: none"> <li>○ Garlic</li> <li>○ Salt</li> <li>○ Tomato</li> <li>○ Coriander powder</li> <li>○ Coriander leaf</li> <li>○ Oil</li> <li>○ Cumin powder</li> <li>○ Chilly powder</li> <li>○ Turmeric</li> </ul> <ul style="list-style-type: none"> <li>● <b>Karela aalu tarkari</b> <ul style="list-style-type: none"> <li>○ Potato</li> <li>○ Bitter gourd (<i>Karela</i>)</li> <li>○ Turmeric</li> <li>○ Mustard oil</li> <li>○ Cumin powder</li> <li>○ Chilly powder</li> <li>○ Ginger</li> <li>○ Garlic</li> <li>○ Tomato</li> <li>○ Salt</li> <li>○ Coriander leaf</li> </ul> </li> </ul> <ul style="list-style-type: none"> <li>● <b>Jhaneko saag</b> <ul style="list-style-type: none"> <li>○ <i>Saag</i></li> <li>○ Whole jeera</li> <li>○ Whole red chilly</li> <li>○ Salt</li> <li>○ Garlic</li> <li>○ Oil</li> </ul> </li> </ul>
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	<ul style="list-style-type: none"> <li>• <b>Chana tarkari</b> <ul style="list-style-type: none"> <li>○ Chana</li> <li>○ Ginger</li> <li>○ Garlic</li> <li>○ Salt</li> <li>○ Coriander powder</li> <li>○ Coriander leaf</li> <li>○ Oil</li> <li>○ Cumin powder</li> <li>○ Chilly powder</li> <li>○ Turmeric</li> </ul> </li> <li>• <b>Aalu tareko</b> <ul style="list-style-type: none"> <li>○ Potato</li> <li>○ Salt</li> <li>○ Coriander leaf</li> <li>○ Oil</li> <li>○ Turmeric</li> <li>○ Cumin powder</li> </ul> </li> </ul>
Cooking method	<p><i>May include but not limited to:</i></p> <ul style="list-style-type: none"> <li>• Boil</li> <li>• Fry</li> </ul>



Vegetable dish	<p><i>May include but not limited to:</i></p> <ul style="list-style-type: none"> <li>• <b>Vegetable curry</b> <ul style="list-style-type: none"> <li>○ <i>Aalu kauli tarkari</i></li> <li>○ <i>Aalu bodi tama tarkari</i></li> <li>○ <i>Mismas tarkari</i></li> <li>○ <i>Lauka/Pharsi tarkari</i></li> <li>○ <i>Aalu kerau tarkari</i></li> </ul> </li> <li>• <b>Dry Vegetable</b> <ul style="list-style-type: none"> <li>○ <i>Karela aalu</i></li> <li>○ <i>Jhaneko saag</i></li> <li>○ <i>Chana tarkari</i></li> <li>○ <i>Aalu tareko</i></li> </ul> </li> </ul>
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5	<b>Unit No: 8</b> <b>Unit Title: Prepare basic meat, poultry and fish</b>	<b>Unit code:</b>
	<b>Elements of competency</b>	<b>Performance standards</b>
	8.1 Perform kitchen opening/closing process	8.1.1 Cooking range and equipment checked. 8.1.2 Gas leakage checked. 8.1.3 Sink/Drainage checked. 8.1.4 Ventilation checked. 8.1.5 Electricity checked. 8.1.6 Smoke exhaust/chimney checked. 8.1.7 Kitchen cleaned.
	8.2 Prepare mise-en-place	8.2.1 <b>Ingredients</b> arranged/prepared according to quantity required and food item. 8.2.2 Ingredients washed with potable water. 8.2.3 Ingredients peeled, trimmed and cut as per requirement. 8.2.4 Ingredients marinated. 8.2.5 Ingredients covered/wrapped, labelled and stored in appropriate temperature
	8.3 Prepare Mutton/chicken/buff <i>sandheko</i>	8.3.1 <b>Cooking method</b> selected in accordance with <b>meat dish</b> . 8.3.2 Cooked items marinated with oil and masala as per food item. 8.3.3 Prepared dish tempered as per food item. 8.3.4 Color, flavor, aroma and texture maintained.
	8.4 Prepare Mutton/chicken curry ( <i>ledo</i> ) item	8.4.1 <b>Cooking method</b> selected in accordance with <b>food item</b> . 8.4.2 Meat added in heated oil and cooked until dry. 8.4.3 Masala added and stirred until aromatic. 8.4.4 Water added and cooked until tender. 8.4.5 Color, flavor, aroma and consistency maintained.
	8.5 Prepare Chicken/fish fry ( <i>tareko</i> )	8.5.1 Cooking method selected in accordance with food item. 8.5.2 Marinated chicken/fish added in heated oil and fried until golden brown. 8.5.3 Color, flavor, aroma, texture and crispness maintained.



	8.6 Prepare Mutton/chicken/Buf/fish grilled item	8.6.1 Cooking method selected in accordance with food item. 8.6.2 Marinated items skewered and grilled as per food item. 8.6.3 Color, flavor, aroma and texture maintained.
	8.7 Prepare accompaniments	8.7.1 Cooking method selected in accordance with accompaniments. 8.7.2 <b>Accompaniments</b> prepared as per recipe. 8.7.3 Accompaniments portioned, plated and garnished. 8.7.4 Color, flavor, aroma and consistency maintained.
	8.8 Perform plating and presentation	8.8.1 Plate/dish selected as per prepared food. 8.8.2 Portion size determined. 8.8.3 Prepared items with accompaniments arranged on plate balancing color and nutritional value. 8.8.4 Prepared items garnished.
6	<b>Task Performance Requirements (Tools, Equipment and Materials):</b> <ul style="list-style-type: none"> <li>Chef uniform, bowls, plate, platter, cooking range, chopping board, pot, pan, mixing bowl, <i>Karai</i>, pressure cooker, frying pan, grinder, turner, knife, peeler, spatula, ladle, skewer, lemon squeezer, spider net, charcoal grill, mortar and pestle, deep fryer, mise-en-place tray and ingredients.</li> </ul>	
7	<b>Safety and Hygiene (Occupational Health and Safety):</b> <ul style="list-style-type: none"> <li>Use chef uniform.</li> <li>Sanitize tools, utensils and equipment and use safely.</li> <li>Maintain personal, kitchen and food hygiene to stop spread of bacteria.</li> <li>Cover cuts and abrasions.</li> <li>Avoid slippery floors.</li> <li>Isolate electric and fire hazards (tripping, electric shock, burns).</li> <li>Cover and store remaining foodstuffs.</li> </ul>	



8	Required Knowledge		
	Technical Knowledge	Applied Calculation	Graphical Information
	<ul style="list-style-type: none"> <li>• Introduction to meat, poultry and fish</li> <li>• Types of meat, poultry and fish</li> <li>• Types of marination</li> <li>• Standard recipe:               <ul style="list-style-type: none"> <li>○ Introduction</li> <li>○ Advantage</li> <li>○ Format</li> <li>○ Methods of cooking</li> <li>○ Portioning</li> <li>○ Garnishing</li> <li>○ Presentation</li> <li>○ Accompaniments</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Conversion of weight and temperature</li> </ul>	<ul style="list-style-type: none"> <li>• Read and interpret manual/instructional guide.</li> <li>• Read and interpret standard recipe</li> </ul>



9	Assessment of Competency						
	<b>Unit: 8</b> <b>Unit Title: Prepare basic meat, poultry and fish</b>						
	Candidate Details			Assessors Detail			
	Candidate's Name: Registration Number: Symbol No: Test Centre:			Assessors' Name 1. 2. 3.		ID/License No:	
Element of competency		Performance Standards		Standard Met	Standard Not Met	Evidence Type	Comments
8.1 Perform kitchen opening/closing process		8.1.1 Cooking range and equipment checked. 8.1.2 Gas leakage checked. 8.1.3 Sink/Drainage checked. 8.1.4 Ventilation checked. 8.1.5 Electricity checked. 8.1.6 Smoke exhaust/chimney checked. 8.1.7 Kitchen cleaned.					
8.2 Prepare mise-en-place		8.2.1 <b>Ingredients</b> arranged/prepared according to quantity required and food item. 8.2.2 Ingredients washed with potable water. 8.2.3 Ingredients peeled, trimmed and cut as per requirement. 8.2.4 Ingredients marinated. 8.2.5 Ingredients covered/wrapped, labelled and stored in appropriate temperature					



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8.3 Prepare Mutton/chicken/buff Sandheko	<p>8.3.1 <b>Cooking method</b> selected in accordance with <b>meat dish</b>.</p> <p>8.3.2 Cooked items marinated with oil and masala as per food item.</p> <p>8.3.3 Prepared dish tempered as per food item.</p> <p>8.3.4 Color, flavor, aroma and texture maintained.</p>				
8.4 Prepare Mutton/chicken curry (ledo) item	<p>8.4.1 <b>Cooking method</b> selected in accordance with <b>food item</b>.</p> <p>8.4.2 Meat added in heated oil and cooked until dry.</p> <p>8.4.3 Masala added and stirred until aromatic.</p> <p>8.4.4 Water added and cooked until tender.</p> <p>8.4.5 Color, flavor, aroma and consistency maintained.</p>				
8.5 Prepare Chicken/fish fry (Tareko)	<p>8.5.1 Cooking method selected in accordance with food item.</p> <p>8.5.2 Marinated chicken/fish added in heated oil and fried until golden brown.</p> <p>8.5.3 Color, flavor, aroma, texture and crispness maintained.</p>				
8.6 Prepare Mutton/chicken/Buff/ fish grilled item	<p>8.6.1 Cooking method selected in accordance with food item.</p> <p>8.6.2 Marinated items skewered and grilled as per food item.</p> <p>8.6.1 Color, flavor, aroma and consistency maintained.</p>				
8.7 Prepare accompaniments	<p>8.7.1 Cooking method selected in accordance with accompaniments.</p> <p>8.7.2 <b>Accompaniments</b> prepared as per recipe.</p> <p>8.7.3 Accompaniments portioned, plated and garnished.</p> <p>8.7.4 Color, flavor, aroma and consistency maintained.</p>				
8.8 Perform plating and presentation	<p>8.8.1 Plate/dish selected as per prepared food.</p> <p>8.8.2 Portion size determined.</p> <p>8.8.3 Prepared items with accompaniments arranged on plate balancing color and nutritional value.</p> <p>8.8.4 Prepared items garnished.</p>				



**WT-** Written Test

**OQ-** Oral Question

**PT-** Practical Test

**DO** – Direct Observation

**SR-** Supervisor’s report

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**CS** – Case Study



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## Range Statement

Variable	Range
Ingredients	<p><i>May include but not limited to:</i></p> <ul style="list-style-type: none"> <li>• <b>Mutton/chicken/buff Sandheko</b> <ul style="list-style-type: none"> <li>○ Mutton/chicken/buff</li> <li>○ Green garlic</li> <li>○ Onion</li> <li>○ Ginger</li> <li>○ Garlic</li> <li>○ Mustard Oil</li> <li>○ Red chilly powder</li> <li>○ Salt</li> <li>○ Turmeric</li> <li>○ Cumin powder</li> <li>○ Lemon juice</li> <li>○ Fenugreek</li> <li>○ Dry chilly</li> <li>○ Coriander leaves</li> </ul> </li> <li>• <b>Mutton/Chicken/buff curry</b> <ul style="list-style-type: none"> <li>○ Mutton/chicken/buff</li> <li>○ Onion</li> <li>○ Ginger</li> <li>○ Garlic</li> <li>○ Oil</li> <li>○ Red chilly powder</li> <li>○ Salt</li> <li>○ Turmeric</li> <li>○ Cumin powder</li> </ul> </li> </ul>



- Coriander powder
- Coriander leaves
- Bay leaf
- Water
- Tomato
- Garam masala powder

- **Chicken/fish fry**

- Chicken/fish
- Ginger
- Garlic
- Oil
- Red chilly powder
- Salt
- Turmeric
- Cumin powder
- Coriander powder
- Coriander leaves
- Garam masala powder
- Lemon juice
- Flour
- Egg

- **Mutton/chicken/buff/fish grilled**

- Mutton/chicken/buff/fish
- Ginger
- Garlic
- Mustard oil
- Red chilly powder
- Salt
- Turmeric



	<ul style="list-style-type: none"> <li>○ Cumin powder</li> <li>○ Coriander powder</li> <li>○ Coriander leaves</li> <li>○ Garam masala powder</li> <li>○ Lemon juice</li> <li>○ Curd</li> </ul>
Cooking method	<p><i>May include but not limited to:</i></p> <ul style="list-style-type: none"> <li>• Grill</li> <li>• Boil</li> <li>• Fry</li> </ul>
Sandheko item	<p><i>May include but not limited to:</i></p> <ul style="list-style-type: none"> <li>• Mutton sandheko</li> <li>• Chicken sandheko</li> <li>• Buff sandheko</li> </ul>
Ledo (curry) item	<p><i>May include but not limited to:</i></p> <ul style="list-style-type: none"> <li>• Mutton curry (Khasi ko Ledo)</li> <li>• Chicken curry (Kukhurako ko Ledo)</li> <li>• Buff curry</li> </ul>
Fry item	<p><i>May include but not limited to:</i></p> <ul style="list-style-type: none"> <li>• Chicken fry (Kukhura tareko)</li> <li>• Fish fry (Machha tareko)</li> </ul>
Grilled item	<p><i>May include but not limited to:</i></p> <ul style="list-style-type: none"> <li>• Grilled fish (Dameko Machha)</li> </ul>



	<ul style="list-style-type: none"> <li>• <i>Sekuwa</i></li> <li>• <i>Choyela</i></li> <li>• Grilled chicken (<i>Poleko Kukhura</i>)</li> </ul>
Accompaniments	<p><i>May include but not limited to:</i></p> <ul style="list-style-type: none"> <li>• Puffed rice</li> <li>• Beaten rice</li> <li>• Roti</li> <li>• Rice</li> <li>• Achar</li> <li>• Green salad</li> <li>• Chhop</li> </ul>



5	<b>Unit No: 9</b> <b>Unit Title: Prepare basic sweets</b>	<b>Unit code:</b>
	<b>Elements of competency</b>	<b>Performance standards</b>
	9.1 Perform kitchen opening/closing process	9.1.1 Cooking range and equipment checked. 9.1.2 Gas leakage checked. 9.1.3 Sink/Drainage checked. 9.1.4 Ventilation checked. 9.1.5 Electricity checked. 9.1.6 Smoke exhaust/chimney checked. 9.1.7 Kitchen cleaned.
	9.2 Prepare mise-en-place	9.2.1 <b>Ingredients</b> arranged/prepared according to quantity required and food item. 9.2.2 Ingredients washed with potable water. 9.2.3 Ingredients peeled, trimmed and cut as per requirement. 9.2.4 Ingredients covered/wrapped, labelled and stored in appropriate temperature.
	9.3 Prepare <i>Sikharni</i>	9.3.1 Yoghurt placed in a muslin cloth and tightly knotted. 9.3.2 Water drained until creamy texture. 9.3.3 Ingredients added and whisked together until fluffy and light. 9.3.4 Color, flavor aroma and consistency maintained.
	9.4 Prepare <i>Manabhog (Haluwa)</i>	9.4.1 Ingredients added in heated ghee and cooked until brown. 9.4.2 Liquid added and cooked until liquid is absorbed 9.4.3 Sugar added and stirred till sugar is melt. 9.4.4 Roasted nuts added and mixed well. 9.4.5 Color, flavor, aroma and consistency maintained.
	9.5 Prepare <i>Kheer</i>	9.5.1 Rice added in heated ghee and stirred. 9.5.2 Milk added and cooked until soft. 9.5.3 Sugar, cardamom powder and dry nuts added. 9.5.4 Color, flavor, aroma and consistency maintained.



	9.6 Perform plating and presentation	9.6.1 Plate/dish selected as per prepared food. 9.6.2 Portion size determined. 9.6.3 Sweet items arranged on plate/bowl/platter balancing color and nutritional value. 9.6.4 Sweet items garnished with dry nuts.
6	<b>Task Performance Requirements (Tools, Equipment and Materials):</b> <ul style="list-style-type: none"> <li>Chef uniform, bowl, plate, platter, chopping board, Karai, pot, pan, grater, knife, ladle, peeler, spatula, muslin cloth, mise-en-place tray and ingredients.</li> </ul>	
7	<b>Safety and Hygiene (Occupational Health and Safety):</b> <ul style="list-style-type: none"> <li>Use chef uniform.</li> <li>Sanitize tools, utensils and equipment and use safely.</li> <li>Maintain personal, kitchen and food hygiene to stop spread of bacteria.</li> <li>Cover cuts and abrasions.</li> <li>Avoid slippery floors.</li> <li>Isolate electric and fire hazards (tripping, electric shock, burns).</li> <li>Cover and store remaining foodstuffs.</li> </ul>	



8	Required Knowledge		
	Technical Knowledge	Applied Calculation	Graphical Information
	<ul style="list-style-type: none"> <li>• Introduction to sweets</li> <li>• Types of sweets</li> <li>• Standard recipe:               <ul style="list-style-type: none"> <li>○ Introduction</li> <li>○ Advantage</li> <li>○ Format</li> <li>○ Methods of cooking</li> <li>○ Portioning</li> <li>○ Garnishing/decoration</li> <li>○ Presentation</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Conversion of weight and temperature</li> </ul>	<ul style="list-style-type: none"> <li>• Read and interpret manual/instructional guide.</li> <li>• Read and interpret standard recipe</li> </ul>



9	Assessment of Competency						
	<b>Unit: 9</b> <b>Unit Title: Prepare basic sweets</b>						
	Candidate Details			Assessors Detail			
	Candidate's Name: Registration Number: Symbol No: Test Centre:			Assessors' Name 1. 2. 3.		ID/License No:	
Element of competency		Performance Standards		Standard Met	Standard Not Met	Evidence Type	Comments
9.1 Perform kitchen opening/closing process		9.1.8 Cooking range and equipment checked. 9.1.9 Gas leakage checked. 9.1.10 Sink/Drainage checked. 9.1.11 Ventilation checked. 9.1.12 Electricity checked. 9.1.13 Smoke exhaust/chimney checked. 9.1.1 Kitchen cleaned.					
9.2 Prepare mise-en-place		9.2.5 <b>Ingredients</b> arranged/prepared according to quantity required and food item. 9.2.6 Ingredients washed with potable water. 9.2.7 Ingredients peeled, trimmed and cut as per requirement. 9.2.1 Ingredients covered/wrapped, labelled and stored in appropriate temperature.					



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9.3 Prepare <i>Sikharni</i>	9.3.5	Yoghurt placed in a muslin cloth and tightly knotted.				
	9.3.6	Water drained until creamy texture.				
	9.3.7	Ingredients added and whisked together until fluffy and light.				
	9.3.1	Color, flavor aroma and consistency maintained.				
9.4 Prepare <i>Manabhog (Haluwa)</i>	9.4.6	Ingredients added in heated ghee and cooked until brown.				
	9.4.7	Liquid added and cooked until liquid is absorbed				
	9.4.8	Sugar added and stirred till sugar is melt.				
	9.4.9	Roasted nuts added and mixed well.				
9.5 Prepare <i>Kheer</i>	9.4.1	Color, flavor, aroma and consistency maintained.				
	9.5.5	Rice added in heated ghee and stirred.				
	9.5.6	Milk added and cooked until soft.				
	9.5.7	Sugar, cardamom powder and dry nuts added.				
9.6 Perform plating and presentation	9.5.1	Color, flavor, aroma and consistency maintained.				
	9.6.5	Plate/dish selected as per prepared food.				
	9.6.6	Portion size determined.				
	9.6.7	Sweet items arranged on plate/bowl/platter balancing color and nutritional value.				
	9.6.1	Sweet items garnished with dry nuts.				

**WT-** Written Test

**OQ-** Oral Question

**PT-** Practical Test

**DO** – Direct Observation

**SR-** Supervisor's report

**SN**–Simulation

**RP-** Role Play

**PG** –Photographs

**VD-** Video

**CT** – Certificates

**TS** – Testimonials (Reward)

**PP** – Product Produced

**CS** – Case Study



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## Range Statement

Variable	Range
Ingredients	<p><i>May include but not limited to:</i></p> <ul style="list-style-type: none"> <li>• <b>Sikharni</b> <ul style="list-style-type: none"> <li>○ Plain yoghurt</li> <li>○ Cinnamon powder</li> <li>○ Cardamom powder</li> <li>○ Sugar</li> <li>○ Dry nuts</li> </ul> </li> <li>• <b>Manabhog (Haluwa)</b> <ul style="list-style-type: none"> <li>○ Semolina/Gram flour/Refined flour</li> <li>○ Ghee</li> <li>○ Sugar</li> <li>○ Milk</li> <li>○ Nuts and dry fruits</li> </ul> </li> <li>• <b>Kheer</b> <ul style="list-style-type: none"> <li>○ Rice</li> <li>○ Ghee</li> <li>○ Sugar</li> <li>○ Milk</li> <li>○ Nuts and dry fruits</li> <li>○ Cardamom powder</li> </ul> </li> </ul>

