

National Occupational Skill Standard (NOSS)

Occupational Title : Continental 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: 2018-12-17



DACUM Panel

S.No.	Name	Designation	Organization
1.	Mr. Pasang Lama	Member	Hotel Yak & Yeti, Durbarmarga, Kathmandu
2.	Mr. Bhim Thapa	Member	Hotel Yak & Yeti, Durbarmarga, Kathmandu
3.	Mr. Indra Raj Chaudhary	Member	Pacific Manpower Training Center
4.	Mr. Pradip Sunuwar	Member	Pacific Manpower Training Center
5.	Mr. Satya Thapa Magar	Member	Pacific Manpower Training Center
6.	Mr. Dhan Raj Lama	Member	Pacific Manpower Training Center
7.	Mr. Deepak Kumar Raya	Member	Pacific Manpower Training Center
8.	Mr. Phara Bahadur Bhandari	Member	Pacific Manpower Training Center
9.	Mr. Dev Prasad Giri	Member	Pacific Manpower Training Center
10.	Mr. Basanta Lama	Member	Pacific Manpower Training Center
11.	Mr. Deepak Dahal	Member	Pacific Manpower Training Center

DACUM Facilitator/Co-facilitator:

1. Mr. Ram Hari Devkota
2. Mr. Ishwar Chandra Devkota

DACUM Workshop on 2066.01.20 & 21



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DACUM Panel

S.No.	Name	Designation	Organization
1.	Mr. Pasang Lama	Member	Hotel Yak & Yeti
2.	Mr. Prakash Nepal	Member	Annapurna Hotel
3.	Mr. Ratna K. Suwal	Member	Hotel Yak & Yeti
4.	Mr. Murari Chalise	Member	Mall Hotel
5.	Mr. Kedar N. Shrestha	Member	Hotel Yak & Yeti
6.	Mr. Rajendra Adhikari	Member	Shahnasha Hotel
7.	Mr. Gyanendra Paudel	Member	Hyatt Regency
8.	Mr. Bikash Bidari	Member	Gokarna Resort
9.	Mr. Dhurba Pd. Acharya	Member	Hyatt Regency

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DACUM Workshop on 2066.02.10



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The National Occupational Skill Standard Developed by:

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3.	Mr. Govinda Narsing K.C	Member	Director Food Production LSG Sky Chef, Kathmandu
4.	Mr. Ram Kailash Bichha	Member	Deputy Head of Department NATHM, Kathmandu
5.	Mr. Puspa Thapa Magar	Member	Managing Director Mahalaxmi Culinary Art Academy Nepal P.Ltd., Lalitpur
6.	Ms. Samjhana Basnyat	Member	Program Coordinator ISTHM, Kathmandu
7.	Mr. Pasang Lama	Member	CDP Hotel Yak & Yeti, Kathmandu
8.	Mr. Dhurba Prasad Acharya	Member	Sous Chef Hyatt Regency, Kathmandu
9.	Mr. Gyanendra Poudel	Member	CDP Hyatt Regency, Kathmandu
10.	Mr. Ram Hari Devkota	Member	Deputy Director National Skill Testing Board, Sanothimi, Bhaktapur
11.	Mr. Ishwar Chandra Ghimire	Member	Skill Testing Officer National Skill Testing Board, Sanothimi, Bhaktapur

Recommended by Hospitality Technical Sub Committee: 13 Jestha 2066



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The National Occupational Skill Standard Developed by:

No	Name	Designation	Organization
1.	Mr. Narendra Bajracharya	Coordinator	Hospital Technical Sub Committee National Skill Testing Board, Sanothimi, Bhaktapur
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3.	Ms. Samjhana Basnyat	Member	International School of Tourism & Hotel Management Gyaneshwor, Kathmandu
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5.	Mr. Santosh Khadka	Member	Chef Association of Nepal Ranibari, Kathmandu
6.	Mr. Ram Kailash Bichha	Member	Nepal Academy of Tourism and Hotel Management Ravibhawan, Kathmandu
7.	Mr. Upendra Pokharel	Member-Secretary	Hospital Technical Sub Committee National Skill Testing Board, Sanothimi, Bhaktapur
8.	Mr. Tulsi KC	Member	Sr.Skill Testing Officer National Skill Testing Board, Sanothimi, Bhaktapur
9.	Mr. Suresh Maharjan	Member	Skill Testing Officer National Skill Testing Board, Sanothimi, Bhaktapur

Recommended by Hospitality Technical Sub Committee: 29 September 2015 (06 Asoj 2072)



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The National Occupational Skill Standard Developed by:

No	Name	Designation	Organization
1.	Mr. Narendra Bajracharya	Coordinator	Hospital Technical Sub Committee National Skill Testing Board, Sanothimi, Bhaktapur
2.	Mr. Binod Badal	Director	National Skill Testing Board Sanothimi, Bhaktapur
3.	Ms. Samjhana Basnyat	Member	International School of Tourism & Hotel Management Gyaneshwor, Kathmandu
4.	Mr. Nimesh Ulak	Member	Danfe Chocolates, Navnishaan & Avarav (P) Ltd. Anamnagar, Kathmandu
5.	Mr. Sanindra Bajracharya	Member	Swyambunath Resort Chhauni, Kathmandu
6.	Mr. Ram Kailash Bichha	Member	Nepal Academy of Tourism and Hotel Management Ravibhawan, Kathmandu
7.	Mr. Rajaram Bidari	Member	Soaltee Crowne Plaza Tahachal, Kathmandu
8.	Mr. Bhawanath Tripathi	Member-Secretary	Hospital Technical Sub Committee National Skill Testing Board, Sanothimi, Bhaktapur
9.	Mr. Tulsi KC	Member	Sr.Skill Testing Officer National Skill Testing Board, Sanothimi, Bhaktapur
10.	Mr. Suresh Maharjan	Member	Skill Testing Officer National Skill Testing Board, Sanothimi, Bhaktapur

Recommended by Hospitality Technical Sub Committee: 17 December 2018 (02 Poush 2075)



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1	Occupational Title: Continental Cook Level: 1
2	Job Description: Continental Cook, L-1 performs mise-en-place, prepares and stores various basic food/menu items including breakfast, stock, sauce, dressing, starters, soups, rice, farinaceous food, vegetable items, meat, poultry, fish, sea food items, sandwich, burger and dessert items maintaining sanitation, hygiene and safety.
	UNITS OF COMPETENCY: <ol style="list-style-type: none"> 1. Maintain sanitation, hygiene and safety. 2. Store food items. 3. Prepare mise-en-place. 4. Prepare breakfast. 5. Prepare basic stock, sauce and dressing. 6. Prepare basic starters and soups. 7. Prepare rice and farinaceous food. 8. Prepare basic vegetable items. 9. Prepare basic meat, poultry, fish and sea food items. 10. Prepare basic dessert items. 11. Prepare sandwich and burger. 12. Perform communication. 13. Develop professionalism. <p>*Note: Unit 12 and 13 are not for testing purpose.</p>
4	Qualifying Notes/Prerequisites: <ul style="list-style-type: none"> • Physical Requirements: Sound health • Entry Requirements: As per NSTB rules. Additional Information: <ul style="list-style-type: none"> • Assessment Types: Performance test only. • Assessment Duration: 4 to 6 Hrs • Recommended Group Size: 6 to 8 candidates



5	Unit No: 1 Unit Title: Maintain sanitation, hygiene and safety	Unit code:
	Elements of competency	Performance standards
	1.1 Maintain personal hygiene	1.1.1 Clean spotless and well ironed <i>chef uniform</i> worn. 1.1.2 No body odor. 1.1.3 Hair neatly trimmed for male and neatly tied for female. 1.1.4 Nails trimmed. 1.1.5 Clean shave maintained. 1.1.6 Hands cleaned 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 <i>Cleaning and disinfecting agent</i> selected. 1.3.2 Tools and equipment checked, cleaned and sanitized. 1.3.3 Bio-film cleaned/removed. 1.3.4 <i>Kitchen area</i> cleaned and sanitized. 1.3.5 Tools, equipment and utensils stored/arranged in proper manner. 1.3.6 Waste segregated and disposed accordingly.
6	Task Performance Requirements (Tools, Equipment and Materials): <ul style="list-style-type: none"> Chef uniform (cap, scarf, chef coat, apron, chef pant/trouser, crock/protective shoes, duster, gloves), disposable paper, disinfectant, bleach, detergents, chemical agents, 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. 	



7

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"> • Hygiene and sanitation: <ul style="list-style-type: none"> ○ Introduction ○ Types ○ Guidelines • Food contamination, spoilage and poisoning: <ul style="list-style-type: none"> ○ Definition ○ Types ○ Causes ○ Symptoms ○ Prevention • Waste disposing technique • Cleaning tools, equipment and materials/agents: <ul style="list-style-type: none"> ○ Use and application ○ Handling techniques • Kitchen: <ul style="list-style-type: none"> ○ Introduction ○ Types ○ Safety measures • Kitchen equipment and surfaces: <ul style="list-style-type: none"> ○ Introduction ○ Types ○ Importance ○ Use • Fire safety and fire drill • First Aid • Earthquake drill 		<ul style="list-style-type: none"> • Read and interpret manual/instructional guide.



9	Assessment of Competency						
	Unit: 1 Unit Title: Maintain sanitation, hygiene and safety						
	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 chef uniform worn. 1.1.2 No body odor. 1.1.3 Hair neatly trimmed for male and neatly tied for female. 1.1.4 Nails trimmed. 1.1.5 Clean shave maintained. 1.1.6 Hands cleaned 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 Cleaning and disinfecting agent selected. 1.3.2 Tools and equipment checked, cleaned and sanitized. 1.3.3 Bio-film cleaned/removed. 1.3.4 Kitchen area cleaned and sanitized. 1.3.5 Tools, equipment and utensils stored/arranged in proper					



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	manner.				
	1.3.6 Waste segregated and disposed accordingly.				

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)

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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"> • Chef cap • Scarf • Chef coat • Chef pant/trouser • Apron • Gloves • Crock/protective shoes • Duster
Cleaning and disinfectant agents	<p><i>May include but not limited to:</i></p> <ul style="list-style-type: none"> • Bleach • Detergents • Chemical • Hot water and steam
Kitchen area	<p><i>May include but not limited to:</i></p> <ul style="list-style-type: none"> • Floor • Walls • Work station • Preparation area • Storage area • Cooking area • Dish washing area



5	Unit No: 2 Unit Title: Store food items	Unit code:
	Elements of competency	Performance standards
	2.1 Arrange storage area	2.1.1 Storage area cleaned and sanitized. 2.1.2 Tray/basket/containers cleaned, sanitized and dried. 2.1.3 Tray/basket/containers arranged in a designated place.
	2.2 Store raw ingredients	2.2.1 Raw ingredients received, checked and segregated. 2.2.2 Raw ingredients covered/wrapped and labelled . 2.2.3 Temperature maintained. 2.2.4 Raw ingredients issued as per FIFO system.
	2.3 Store cooked food	2.3.1 Temperature of cooked food rapidly reduced. 2.3.2 Cooked food covered/wrapped and labelled . 2.3.3 Temperature maintained below 5 degree celsius. 2.3.4 Cooked food issued as per FIFO system.
	2.4 Store partially cooked food	2.4.1 Temperature of partially cooked food rapidly reduced. 2.4.2 Cooked food covered/wrapped and labelled . 2.4.3 Temperature maintained below 5 degree celsius. 2.4.4 Cooked food issued as per FIFO system.
	2.5 Hold prepared food	2.5.1 Temperature of cooked food maintained above 65 degree celsius. 2.5.2 Cooked food covered and placed in bainmaire.
6	Task Performance Requirements (Tools, Equipment and Materials): <ul style="list-style-type: none"> Chef uniform, freezer, refrigerator, log book, pen, wrapping foil, labelling sticker, marker, tray, basket, shelves, bainmarie, thermometer and ingredients. 	



7

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"> • Nature of food <ul style="list-style-type: none"> ○ Perishable/non-perishable/highly perishable ○ Cooked/par-cooked ○ Quality • Storage <ul style="list-style-type: none"> ○ Types ○ Temperature ○ Guidelines • Contamination <ul style="list-style-type: none"> ○ Types (Physical, biological, chemical and cross contamination) ○ Effects (Food borne illness and food poisoning) 		<ul style="list-style-type: none"> • Read and interpret manual/instructional guide.



9	Assessment of Competency						
	Unit: 2 Unit Title: Store food items						
	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 Storage area cleaned and sanitized. 2.1.2 Tray/basket/containers cleaned, sanitized and dried. 2.1.3 Tray/basket/containers arranged in a designated place.					
2.2 Store raw ingredients		2.2.1 Raw ingredients received, checked and segregated. 2.2.2 Raw ingredients covered/wrapped and labelled . 2.2.3 Temperature maintained. 2.2.4 Raw ingredients issued as per FIFO system.					
2.3 Store cooked food		2.3.1 Temperature of cooked food rapidly reduced. 2.3.2 Cooked food covered/wrapped and labelled . 2.3.3 Temperature maintained below 5 degree celsius. 2.3.4 Cooked food issued as per FIFO system.					
2.4 Store partially		2.4.1 Temperature of partially cooked food rapidly reduced.					
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cooked food	2.4.2	Cooked food covered/wrapped and labelled .				
	2.4.3	Temperature maintained below 5 degree celsius.				
	2.4.4	Cooked food issued as per FIFO system.				
2.5 Hold prepared food	2.5.1	Temperature of cooked food maintained above 65 degree celsius.				
	2.5.2	Cooked food covered and placed in bainmaire.				

WT- Written Test

OQ- Oral Question

PT- Practical Test

DO – Direct Observation

SR- Supervisor's report

SN–Simulation

RP- Role Play

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Range Statement

Variable	Range
Storage area	<i>May include but not limited to:</i> <ul style="list-style-type: none"> • Cold storage • Dry storage • Deep freeze
Raw ingredients	<i>May include but not limited to:</i> <ul style="list-style-type: none"> • Perishable • Non-perishable • Highly perishable
Labelled	<i>May include but not limited to:</i> <ul style="list-style-type: none"> • As per name of dish • Storage date and time • Signature
Temperature	<i>May include but not limited to:</i> <ul style="list-style-type: none"> • Cold: above 0 and below 5 degree celsius • Frozen: below 0 upto minus 18 degree celsius • Dry: 18 to 22 degree celsius



5	Unit No: 3 Unit Title: Prepare mise-en-place	Unit code:
	Elements of competency	Performance standards
	3.1 Process vegetable and fruit	3.1.1 Vegetable and fruit checked and sorted. 3.1.2 Vegetable and fruit washed with potable water. 3.1.3 Vegetable and fruit peeled and trimmed. 3.1.4 Vegetable and fruit soaked in Iodine/Chlorine/Potassium solution for minimum 20 minutes to eliminate pesticides and harmful germs. 3.1.5 Soaked vegetable and fruit rinsed. 3.1.6 Vegetable and fruit cut as per requirement. 3.1.7 Vegetable and fruit cuts covered/wrapped, labelled and stored in appropriate temperature.
	3.2 Perform fish fabrication	3.2.1 Fish washed and descaled. 3.2.2 Gills and offals removed. 3.2.3 Fish filleted. 3.2.4 Fish cut and portioned as per requirement. 3.2.5 Fish cuts covered/wrapped, labelled and stored in appropriate temperature.
	3.3 Prepare seafood	3.3.1 Seafood cleaned. 3.3.2 Seafood cut and portioned as per requirement. 3.3.3 Seafood covered/wrapped, labelled and stored in appropriate temperature.
	3.4 Perform meat and poultry fabrication	3.4.1 Meat cut and portioned as per requirement. 3.4.2 Poultry deskinned. 3.4.3 Offals and giblets removed. 3.4.4 Deboning performed. 3.4.5 Poultry cut and portioned as per requirement. 3.4.6 Meat and poultry covered/wrapped, labelled and stored in appropriate temperature.



6	Task Performance Requirements (Tools, Equipment and Materials): <ul style="list-style-type: none"> • 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.
7	Safety and Hygiene (Occupational Health and Safety): <ul style="list-style-type: none"> • 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).



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



9	Assessment of Competency						
	Unit: 3 Unit Title: Prepare mise-en-Place						
	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 Vegetable and fruit checked and sorted. 3.1.2 Vegetable and fruit washed with potable water. 3.1.3 Vegetable and fruit peeled and trimmed. 3.1.4 Vegetable and fruit soaked in Iodine/Chlorine/Potassium solution for minimum 20 minutes to eliminate pesticides and harmful germs. 3.1.5 Soaked vegetable and fruit rinsed. 3.1.6 Vegetable and fruit cut as per requirement. 3.1.7 Vegetable and fruit cuts covered/wrapped, labelled and stored in appropriate temperature.					
3.2 Perform fish fabrication		3.2.1 Fish washed and descaled. 3.2.2 Gills and offals removed. 3.2.3 Fish filleted. 3.2.4 Fish cut and portioned as per requirement. 3.2.5 Fish cuts covered/wrapped, labelled and stored in					



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	appropriate temperature.				
3.3 Prepare seafood	3.3.1 Seafood cleaned. 3.3.2 Seafood cut and portioned as per requirement. 3.3.3 Seafood covered/wrapped, labelled and stored in appropriate temperature.				
3.4 Perform meat and poultry fabrication	3.4.1 Meat cut and portioned as per requirement. 3.4.2 Poultry deskinned. 3.4.3 Offals and giblets removed. 3.4.4 Deboning performed. 3.4.5 Poultry cut and portioned as per requirement. 3.4.6 Meat and poultry covered/wrapped, labelled and stored in appropriate temperature.				

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Range Statement

Variable	Range
Vegetable and fruit cut	<p><i>May include but not limited to:</i></p> <ul style="list-style-type: none"> • Julienne cut • Burnoise cut • Batonette cut • Jardiniere cut • Macedoine cut • Paysanne cut • Chiffonade cut • Barrel/turned cut • Chopped • Fine chopped cut • Minced • Sliced cut • Wedge cut
Fish cut	<p><i>May include but not limited to:</i></p> <ul style="list-style-type: none"> • Darne • Fillet • Supreme • Goujon • Delice



Meat cut	<p><i>May include but not limited to:</i></p> <ul style="list-style-type: none"> • Minced • Cubes
Poultry cut	<p><i>May include but not limited to:</i></p> <ul style="list-style-type: none"> • Chicken breast • Chicken wings • Chicken drumsticks • Chicken thigh • Fillet/Supreme • Minced • Cubes



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 Select ingredients	4.2.1 Ingredients received and checked. 4.2.2 Ingredients measured.
	4.3 Prepare mise-en-place	4.3.1 Ingredients washed with potable water. 4.3.2 Ingredients peeled, trimmed and cut as per requirement. 4.3.3 Soaked vegetable and fruit rinsed. 4.3.4 Ingredients covered/wrapped, labelled and stored in appropriate temperature.
	4.4 Prepare English Breakfast	4.4.1 Ingredients checked, selected and measured. 4.4.2 Sausages, mushroom, bacon and tomato grilled. 4.4.3 Baked beans heated. 4.4.4 Eggs prepared as per guest choice. 4.4.5 Cereal, juice and hot beverage selected/prepared as per guest choice. 4.4.6 Selection of bread basket arranged with spreads and preservers. 4.4.7 Color, flavor, aroma and consistency maintained.
	4.5 Prepare American Breakfast	4.5.1 Ingredients checked, selected and measured. 4.5.2 Sausages, mushroom, ham, bacon and tomato grilled. 4.5.3 Baked beans heated. 4.5.4 Hash brown potatoes prepared. 4.5.5 Eggs prepared as per guest choice. 4.5.6 Pancakes/waffles prepared as per guest choice.



		4.5.7 Fresh fruit cuts prepared. 4.5.8 Cereal, juice and hot beverage selected/prepared as per guest choice. 4.5.9 Selection of bread basket arranged with spreads and preservers. 4.5.10 Color, flavor, aroma and consistency maintained.
	4.6 Prepare Continental Breakfast	4.6.1 Ingredients checked, selected and measured. 4.6.2 Cereal, juice and hot beverage selected/prepared as per guest choice. 4.6.3 Selection of bread basket arranged with spreads and preservers.
6	Task Performance Requirements (Tools, Equipment and Materials): <ul style="list-style-type: none"> Chef uniform, pot, bowls, plates, glasses, pan, bread basket, whisk, ladle, chopping boards, knives, food processor, juicer/squeezer, toaster, strainer, cooking range, salamander, refrigerator, peeler, griller, coffee machine, microwave, oven, can opener, waffle machine and ingredients. 	
7	Safety and Hygiene (Occupational Health and Safety): <ul style="list-style-type: none"> 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 foodstuffs. 	



9	Assessment of Competency						
	Unit: 4 Unit Title: Prepare breakfast						
	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 Select ingredients		4.2.1 Ingredients received and checked. 4.2.2 Ingredients measured.					
4.3 Prepare mise-en-place		4.3.1 Ingredients washed with potable water. 4.3.2 Ingredients peeled, trimmed and cut as per requirement. 4.3.3 Soaked vegetable and fruit rinsed. 4.3.4 Ingredients covered/wrapped, labelled and stored in appropriate temperature.					



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4.4 Prepare English Breakfast	4.4.1 Ingredients checked, selected and measured. 4.4.2 Sausages, mushroom, bacon and tomato grilled. 4.4.3 Baked beans heated. 4.4.4 Eggs prepared as per guest choice. 4.4.5 Cereal, juice and hot beverage selected/prepared as per guest choice. 4.4.6 Selection of bread basket arranged with spreads and preservers. 4.4.7 Color, flavor, aroma and consistency maintained.				
4.5 Prepare American Breakfast	4.5.1 Ingredients checked, selected and measured. 4.5.2 Sausages, mushroom, ham, bacon and tomato grilled. 4.5.3 Baked beans heated. 4.5.4 Hash brown potatoes prepared. 4.5.5 Eggs prepared as per guest choice. 4.5.6 Pancakes/waffles prepared as per guest choice. 4.5.7 Fresh fruit cuts prepared. 4.5.8 Cereal, juice and hot beverage selected/prepared as per guest choice. 4.5.9 Selection of bread basket arranged with spreads and preservers. 4.5.10 Color, flavor, aroma and consistency maintained.				
4.6 Prepare Continental Breakfast	4.6.1 Ingredients checked, selected and measured. 4.6.2 Cereal, juice and hot beverage selected/prepared as per guest choice. 4.6.3 Selection of bread basket arranged with spreads and preservers.				

WT- Written Test

OQ- Oral Question

PT- Practical Test

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VD- Video

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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"> • Vegetable • Fruit • Eggs • Sausage • Ham • Bacon • Baked beans • Breakfast bread • Cereals • Preservers • Sugar • Tea/Coffee/cocoa powder • Fats and oil • Milk and dairy products
Eggs prepared	<p><i>May include but not limited to:</i></p> <ul style="list-style-type: none"> • Scrambled • Poached • Fried • Boiled • Omlet



5	Unit No: 5 Unit Title: Prepare basic stock, sauce and dressing	Unit code:	
	Elements of competency	Performance standards	
	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 Select ingredients	5.2.1 Ingredients received and checked. 5.2.2 Ingredients measured.	
	5.3 Prepare mise-en-place	5.3.1 Ingredients washed with potable water. 5.3.2 Ingredients peeled, trimmed and cut as per requirement. 5.3.3 Soaked vegetable and fruit rinsed. 5.3.4 Ingredients covered/wrapped, labelled and stored in appropriate temperature.	
	5.4 Prepare brown stock	5.4.1 Ingredients checked, selected and measured. 5.4.2 Bones and mirepoix roasted. 5.4.3 Stock simmered and scum removed. 5.4.4 Color, flavor, aroma and clarity maintained. 5.4.5 Brown stock cooled rapidly. 5.4.6 Stock covered, labelled and stored in chiller/freezer.	
	5.5 Prepare white stock	5.5.1 Ingredients checked, selected and measured. 5.5.2 Stock simmered and scum removed. 5.5.3 Color, flavor, aroma and clarity maintained. 5.5.4 White stock cooled rapidly. 5.5.5 Stock covered, labelled and stored in chiller/freezer.	
	5.6 Prepare vegetable stock	5.6.1 Ingredients checked, selected and measured. 5.6.2 Stock simmered and scum removed.	



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		5.6.3 Color, flavor, aroma and clarity maintained. 5.6.4 Vegetable stock cooled rapidly. 5.6.5 Stock covered, labelled and stored in chiller/freezer.
	5.7 Prepare béchamel sauce	5.7.1 Ingredients checked, selected and measured. 5.7.2 Roux prepared. 5.7.3 Milk boiled with studded onion . 5.7.4 Milk strained and mixed with roux. 5.7.5 Sauce seasoned with nutmeg powder, salt and pepper. 5.7.6 Color, flavor, aroma and consistency maintained.
	5.8 Prepare Velouté sauce	5.8.1 Ingredients checked, selected and measured. 5.8.2 Blonde roux prepared. 5.8.3 Stock and blonde roux mixed. 5.8.4 Sauce seasoned with salt and pepper. 5.8.5 Color, flavor, aroma and consistency maintained.
	5.9 Prepare Espagnole sauce	5.9.1 Ingredients checked, selected and measured. 5.9.2 Brown roux prepared with bouquet garni and mirepoix. 5.9.3 Port/dry red wine mixed with brown stock. 5.9.4 Brown roux mixed with brown stock. 5.9.5 Sauce seasoned with tomato puree, salt and pepper. 5.9.6 Sauce strained. 5.9.7 Color, flavor, aroma and consistency maintained.
	5.10 Prepare tomato sauce	5.10.1 Ingredients checked, selected and measured. 5.10.2 Tomato puree/concasse prepared. 5.10.3 Thyme, basil, oregano, garlic, onion sautéed and cooked with tomato puree/concasse. 5.10.4 Sauce seasoned with salt and pepper. 5.10.5 Color, flavor, aroma and consistency maintained.
	5.11 Prepare mayonnaise sauce	5.11.1 Ingredients checked, selected and measured. 5.11.2 Egg yolk whisked with oil drips. 5.11.3 Sauce emulsified. 5.11.4 Sauce seasoned with salt, pepper, mustard powder/paste and lemon juice/vinegar. 5.11.5 Color, flavor and consistency maintained.



	5.12 Prepare hollandaise sauce	5.12.1 Ingredients checked, selected and measured. 5.12.2 Egg yolk whisked with clarified melted butter. 5.12.3 Sauce emulsified. 5.12.4 Sauce seasoned with salt, pepper, Worcestershire sauce and lemon juice. 5.12.5 Color, flavor and consistency maintained.
	5.13 Prepare dressing	5.13.1 Forms of dressing identified. 5.13.2 Ingredients checked, selected and measured. 5.13.3 Dressing mixed/whipped/emulsified/cooked. 5.13.4 Color, flavor, aroma and consistency maintained.
6	Task Performance Requirements (Tools, Equipment and Materials): <ul style="list-style-type: none"> • Chef uniform, stock pot, pan, whisk, ladle, spoons, chopping boards, knives, food processor, strainer, wooden spatula, silicone spatula, bowl, peeler, muslin cloth, cleaver, cooking range, chinois, mise-en-place tray and ingredients. 	
7	Safety and Hygiene (Occupational Health and Safety): <ul style="list-style-type: none"> • 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 foodstuffs. 	



8	Required Knowledge		
	Technical Knowledge	Applied Calculation	Graphical Information
	<ul style="list-style-type: none"> • Stock, sauce and dressing: <ul style="list-style-type: none"> ○ Introduction ○ Type ○ Guidelines • Thickening agents • Combination of Herbs and spices • Combination of Mirepoix • Standard recipe: <ul style="list-style-type: none"> ○ Introduction ○ Advantage ○ Format ○ Preparing techniques ○ Methods of cookery ○ Portioning 	<ul style="list-style-type: none"> • Convert units and metric 	<ul style="list-style-type: none"> • Read and interpret manual/instructional guide. • Read and interpret standard recipe



9	Assessment of Competency						
	Unit: 5 Unit Title: Prepare basic stock, sauce and dressing						
	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 Select ingredients		5.2.1 Ingredients received and checked. 5.2.2 Ingredients measured.					
5.3 Prepare mise-en-place		5.3.1 Ingredients washed with potable water. 5.3.2 Ingredients peeled, trimmed and cut as per requirement. 5.3.3 Soaked vegetable and fruit rinsed. 5.3.4 Ingredients covered/wrapped, labelled and stored in appropriate temperature.					



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5.4 Prepare brown stock	5.4.1 Ingredients checked, selected and measured. 5.4.2 Bones and mirepoix roasted. 5.4.3 Stock simmered and scum removed. 5.4.4 Color, flavor, aroma and clarity maintained. 5.4.5 Brown stock cooled rapidly. 5.4.6 Stock covered, labelled and stored in chiller/freezer.				
5.5 Prepare white stock	5.5.1 Ingredients checked, selected and measured. 5.5.2 Stock simmered and scum removed. 5.5.3 Color, flavor, aroma and clarity maintained. 5.5.4 White stock cooled rapidly. 5.5.5 Stock covered, labelled and stored in chiller/freezer.				
5.6 Prepare vegetable stock	5.6.1 Ingredients checked, selected and measured. 5.6.2 Stock simmered and scum removed. 5.6.3 Color, flavor, aroma and clarity maintained. 5.6.4 Vegetable stock cooled rapidly. 5.6.5 Stock covered, labelled and stored in chiller/freezer.				
5.7 Prepare béchamel sauce	5.7.1 Ingredients checked, selected and measured. 5.7.2 Roux prepared. 5.7.3 Milk boiled with studded onion . 5.7.4 Milk strained and mixed with roux. 5.7.5 Sauce seasoned with nutmeg powder, salt and pepper. 5.7.6 Color, flavor, aroma and consistency maintained.				
5.8 Prepare Velouté sauce	5.8.1 Ingredients checked, selected and measured. 5.8.2 Blonde roux prepared. 5.8.3 Stock and blonde roux mixed. 5.8.4 Sauce seasoned with salt and pepper. 5.8.5 Color, flavor, aroma and consistency maintained.				
5.9 Prepare Espagnole sauce	5.9.1 Ingredients checked, selected and measured. 5.9.2 Brown roux prepared with bouquet garni and mirepoix. 5.9.3 Port/dry red wine mixed with brown stock. 5.9.4 Brown roux mixed with brown stock.				



	5.9.5 Sauce seasoned with tomato puree, salt and pepper. 5.9.6 Sauce strained. 5.9.7 Color, flavor, aroma and consistency maintained.				
5.10 Prepare tomato sauce	5.10.1 Ingredients checked, selected and measured. 5.10.2 Tomato puree/concasse prepared. 5.10.3 Thyme, basil, oregano, garlic, onion sautéed and cooked with tomato puree/concasse. 5.10.4 Sauce seasoned with salt and pepper. 5.10.5 Color, flavor, aroma and consistency maintained.				
5.11 Prepare mayonnaise sauce	5.11.1 Ingredients checked, selected and measured. 5.11.2 Egg yolk whisked with oil drips. 5.11.3 Sauce emulsified. 5.11.4 Sauce seasoned with salt, pepper, mustard powder/paste and lemon juice/vinegar. 5.11.5 Color, flavor and consistency maintained.				
5.12 Prepare hollandaise sauce	5.12.1 Ingredients checked, selected and measured. 5.12.2 Egg yolk whisked with clarified melted butter. 5.12.3 Sauce emulsified. 5.12.4 Sauce seasoned with salt, pepper, and Worcestershire sauce and lemon juice. 5.12.5 Color, flavor and consistency maintained.				
5.13 Prepare dressing	5.13.1 Forms of dressing identified. 5.13.2 Ingredients checked, selected and measured. 5.13.3 Dressing mixed/whipped/emulsified/cooked. 5.13.4 Color, flavor, aroma and consistency maintained.				

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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"> • Stock, sauce and dressing <ul style="list-style-type: none"> ○ Bone (Chicken, lamb, beef, fish) ○ Bouquet garni (Bay leaf, cloves, pepper corn and herbs) ○ Mirepoix (Onion, leek, celery, carrot, garlic) ○ Roux (Flour and butter) ○ Liquor and wine ○ Salt and pepper ○ Egg ○ Oil and butter ○ Vinegar ○ Milk
Studded onion	<p><i>May include but not limited to:</i></p> <ul style="list-style-type: none"> • Bayleaf • Cloves • Onion



5	Unit No: 6 Unit Title: Prepare basic starters and soups	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 Select ingredients	6.2.1 Ingredients received and checked. 6.2.2 Ingredients measured.
	6.3 Prepare mise-en-place	6.3.1 Ingredients washed with potable water. 6.3.2 Ingredients peeled, trimmed and cut as per requirement. 6.3.3 Ingredients covered/wrapped, labelled and stored in appropriate temperature.
	6.4 Prepare salad	6.4.1 Ingredients checked, selected and measured. 6.4.2 Dressing prepared. 6.4.3 Garnish prepared. 6.4.4 Mise-en-place prepared. 6.4.5 Salad tossed/combined/arranged. 6.4.6 Salad garnished. 6.4.7 Color, flavor, aroma and consistency maintained.
	6.5 Prepare Puree soup	6.5.1 Ingredients checked, selected and measured. 6.5.2 Butter melted. 6.5.3 Chopped garlic, onion and herbs sautéed. 6.5.4 Main vegetable chopped and sautéed. 6.5.5 Stock added and simmered. 6.5.6 Mixture blended and pureed.



		6.5.7 Puree soup seasoned with salt and pepper. 6.5.8 Puree soup garnished and accompanied with bread croutons. 6.5.9 Color, flavor, aroma and consistency maintained.
	6.6 Prepare Cream soup	6.6.1 Ingredients checked, selected and measured. 6.6.2 Butter melted. 6.6.3 Chopped garlic, onion and herbs sautéed. 6.6.4 Roux prepared. 6.6.5 Milk and stock added and simmered. 6.6.6 Cream soup strained. 6.6.7 Main ingredients added. 6.6.8 Cream soup garnished and accompanied with hard rolls. 6.6.9 Color, flavor, aroma and consistency maintained.
	6.7 Prepare Velouté soup	6.7.1 Ingredients checked, selected and measured. 6.7.2 Butter melted. 6.7.3 Blonde roux prepared. 6.7.4 Stock added and simmered. 6.7.5 Velouté soup strained. 6.7.6 Main ingredients added. 6.7.7 Cream soup garnished and accompanied with hard rolls. 6.7.8 Color, flavor, aroma and consistency maintained.
	6.8 Prepare Broth (Bouillon)	6.8.1 Ingredients checked, selected and measured. 6.8.2 Bones and mirepoix roasted. 6.8.3 Stock simmered and scum removed. 6.8.4 Vegetables and meat chunks added. 6.8.5 Broth seasoned with salt and pepper. 6.8.6 Color, flavor, aroma and clarity maintained.
	6.9 Prepare French onion soup	6.9.1 Ingredients checked, selected and measured. 6.9.2 Onion sautéed till golden brown. 6.9.3 Brandy added for color and flavor. 6.9.4 Brown stock added. 6.9.5 French onion soup seasoned with salt and pepper.



		6.9.6 Color, flavor, aroma and clarity maintained.
	6.10 Perform plating and presentation	6.10.1 Plate/dish selected as per prepared food. 6.10.2 Portion size determined. 6.10.3 Starters with condiments arranged on plate and soup with condiments portioned on bowl balancing color and nutritional value. 6.10.4 Prepared items garnished.
6	Task Performance Requirements (Tools, Equipment and Materials): <ul style="list-style-type: none"> Chef uniform, stock pot, bowls, pan, sauce pan, platter, whisk, ladle, chopping boards, knives, food processor, squeezer, strainer, cooking range, refrigerator, peeler, blender, mixer, grinder, grater, freezer, food warmer, tong, measuring cup, chopper/cleaver, spatula, colander/chinois, weighing machine, mixing bowls, mise-en-place tray, spatula, peeler, wooden spoon and ingredients. 	
7	Safety and Hygiene (Occupational Health and Safety): <ul style="list-style-type: none"> 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 foodstuffs. 	



8	Required Knowledge		
	Technical Knowledge	Applied Calculation	Graphical Information
	<ul style="list-style-type: none"> • Starter: <ul style="list-style-type: none"> ○ Introduction ○ Types • Soup: <ul style="list-style-type: none"> ○ Introduction ○ Types • Standard recipe: <ul style="list-style-type: none"> ○ Introduction ○ Advantage ○ Format ○ Methods of cookery ○ Portioning ○ Garnishing ○ Presentation 	<ul style="list-style-type: none"> • Convert units and metric 	<ul style="list-style-type: none"> • Read and interpret manual/instructional guide. • Read and interpret standard recipe



9	Assessment of Competency						
	Unit: 6 Unit Title: Prepare basic starters and soups						
	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 Select ingredients		6.2.1 Ingredients received and checked. 6.2.2 Ingredients measured.					
6.3 Prepare mise-en-place		6.3.1 Ingredients washed with potable water. 6.3.2 Ingredients peeled, trimmed and cut as per requirement. 6.3.3 Ingredients covered/wrapped, labelled and stored in appropriate temperature.					



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6.4 Prepare salad	6.4.1 Ingredients checked, selected and measured. 6.4.2 Dressing prepared. 6.4.3 Garnish prepared. 6.4.4 Mise-en-place prepared. 6.4.5 Salad tossed/combined/arranged. 6.4.6 Salad garnished. 6.4.7 Color, flavor, aroma and consistency maintained.				
6.5 Prepare Puree soup	6.5.1 Ingredients checked, selected and measured. 6.5.2 Butter melted. 6.5.3 Chopped garlic, onion and herbs sautéed. 6.5.4 Main vegetable chopped and sautéed. 6.5.5 Stock added and simmered. 6.5.6 Mixture blended and pureed. 6.5.7 Puree soup seasoned with salt and pepper. 6.5.8 Puree soup garnished and accompanied with bread croutons. 6.5.9 Color, flavor, aroma and consistency maintained.				
6.6 Prepare Cream soup	6.6.1 Ingredients checked, selected and measured. 6.6.2 Butter melted. 6.6.3 Chopped garlic, onion and herbs sautéed. 6.6.4 Roux prepared. 6.6.5 Milk and stock added and simmered. 6.6.6 Cream soup strained. 6.6.7 Main ingredients added. 6.6.8 Cream soup garnished and accompanied with hard rolls. 6.6.9 Color, flavor, aroma and consistency maintained.				
6.7 Prepare Velouté soup	6.7.1 Ingredients checked, selected and measured. 6.7.2 Butter melted. 6.7.3 Blonde roux prepared. 6.7.4 Stock added and simmered.				



	6.7.5 Velouté soup strained. 6.7.6 Main ingredients added. 6.7.7 Cream soup garnished and accompanied with hard rolls. 6.7.8 Color, flavor, aroma and consistency maintained.				
6.8 Prepare Broth (Bouillon)	6.8.1 Ingredients checked, selected and measured. 6.8.2 Bones and mirepoix roasted. 6.8.3 Stock simmered and scum removed. 6.8.4 Vegetables and meat chunks added. 6.8.5 Broth seasoned with salt and pepper. 6.8.6 Color, flavor, aroma and clarity maintained.				
6.9 Prepare French onion soup	6.9.1 Ingredients checked, selected and measured. 6.9.2 Onion sautéed till golden brown. 6.9.3 Brandy added for color and flavor. 6.9.4 Brown stock added. 6.9.5 French onion soup seasoned with salt and pepper. 6.9.6 Color, flavor, aroma and clarity maintained.				
6.10 Perform plating and presentation	6.10.1 Plate/dish selected as per prepared food. 6.10.2 Portion size determined. 6.10.3 Starters with condiments arranged on plate and soup with condiments portioned on bowl balancing color and nutritional value. 6.10.4 Prepared items garnished.				

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"> • Salad <ul style="list-style-type: none"> ○ Seasonal Vegetable ○ Dairy products ○ Lemon juice ○ Vinegar ○ Oil ○ Meat, poultry and seafood ○ Herbs, salt and pepper ○ Fruits • Puree soup <ul style="list-style-type: none"> ○ Butter ○ Mirepoix and bouquet garni ○ Vegetables ○ Salt and pepper ○ Bread • Cream soup <ul style="list-style-type: none"> ○ Flour ○ Butter ○ Milk ○ Vegetables ○ Salt and pepper ○ Cream



	<ul style="list-style-type: none"> • Velouté soup <ul style="list-style-type: none"> ○ Flour ○ Butter ○ Vegetable ○ Stock ○ Salt and pepper ○ Meat, poultry and seafood • Broth <ul style="list-style-type: none"> ○ Bone (Poultry, Beef and Lamb) ○ Vegetables ○ Meat and poultry ○ Salt, pepper and herbs • French onion soup <ul style="list-style-type: none"> ○ Oil ○ Onion ○ Brandy ○ Brown stock ○ Salt and pepper
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5	Unit No: 7 Unit Title: Prepare rice and farinaceous food.	Unit code:
	Elements of competency	Performance standards
	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 Select ingredients	7.2.1 Ingredients received and checked. 7.2.2 Ingredients measured.
	7.3 Prepare mise-en-place	7.3.1 Ingredients washed with potable water. 7.3.2 Ingredients peeled, trimmed and cut as per requirement. 7.3.3 Ingredients covered/wrapped, labelled and stored in appropriate temperature.
	7.4 Prepare plain rice	7.4.1 Rice boiled till tendered. 7.4.2 Color and consistency maintained.
	7.5 Prepare braised rice	7.5.1 Shallots sautéed in butter. 7.5.2 Rice and water added. 7.5.3 Rice cooked till water evaporated. 7.5.4 Color, flavor and consistency maintained.
	7.6 Prepare Spaghetti Bolognese	7.6.1 Spaghetti boiled till al-dante and strained. 7.6.2 Chopped mirepoix and minced meat sautéed in olive oil. 7.6.3 Sautéed minced meat deglazed with red wine. 7.6.4 Tomato concasse and tomato paste added. 7.6.5 Bolognese sauce seasoned with salt pepper and herbs. 7.6.6 Spaghetti tossed with Bolognese sauce.



		7.6.7 Color, flavor, aroma and consistency maintained.
	7.7 Prepare Spaghetti Napolitana	7.7.1 Spaghetti boiled till al-dante and strained. 7.7.2 Chopped mirepoix sautéed in olive oil. 7.7.3 Tomato concasse and tomato paste added. 7.7.4 Napolitana sauce seasoned with salt pepper and herbs. 7.7.5 Spaghetti tossed with Napolitana sauce. 7.7.6 Color, flavor, aroma and consistency maintained.
	7.8 Perform plating and presentation	7.8.1 Plate/dish selected as per prepared food. 7.8.2 Portion size determined. 7.8.3 Prepared items arranged on plate balancing color and nutritional value. 7.8.4 Prepared items garnished.
6	Task Performance Requirements (Tools, Equipment and Materials): <ul style="list-style-type: none"> Chef uniform, pot, bowls, pan, plate, ladle, kitchen fork, rice mold, chopping boards, knives, food processor, squeezer, strainer, cooking range/induction, refrigerator, peeler, slicer, mincer, blender, mixer, grinder, grater, freezer, microwave, food warmer, tong, measuring cup, chopper/cleaver, spatula, wok, colander, weighing machine, mise-en-place tray, spider, Bain-marie, mise-en-place tray and ingredients. 	
7	Safety and Hygiene (Occupational Health and Safety): <ul style="list-style-type: none"> 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 foodstuffs. 	



8	Required Knowledge		
	Technical Knowledge	Applied Calculation	Graphical Information
	<ul style="list-style-type: none"> • Rice and farinaceous food (Pasta): <ul style="list-style-type: none"> ○ Introduction ○ Types ○ Guidelines • Standard recipe: <ul style="list-style-type: none"> ○ Introduction ○ Advantage ○ Format ○ Methods of cookery ○ Portioning ○ Garnishing ○ Presentation ○ Condiments 	<ul style="list-style-type: none"> • Convert units and metric 	<ul style="list-style-type: none"> • Read and interpret manual/instructional guide. • Read and interpret standard recipe



9	Assessment of Competency						
	Unit: 7 Unit Title: Prepare rice and farinaceous food						
	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
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 Select ingredients		7.2.1 Ingredients received and checked. 7.2.2 Ingredients measured.					
7.3 Prepare mise-en-place		7.3.1 Ingredients washed with potable water. 7.3.2 Ingredients peeled, trimmed and cut as per requirement. 7.3.3 Ingredients covered/wrapped, labelled and stored in appropriate temperature.					



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7.4 Prepare plain rice	7.4.1 Rice boiled till tendered. 7.4.2 Color and consistency maintained.				
7.5 Prepare braised rice	7.5.1 Shallots sautéed in butter. 7.5.2 Rice and water added. 7.5.3 Rice cooked till water evaporated. 7.5.4 Color, flavor and consistency maintained.				
7.6 Prepare Spaghetti Bolognese	7.6.1 Spaghetti boiled till al-dante and strained. 7.6.2 Chopped mirepoix and minced meat sautéed in olive oil. 7.6.3 Sautéed minced meat deglazed with red wine. 7.6.4 Tomato concasse and tomato paste added. 7.6.5 Bolognese sauce seasoned with salt pepper and herbs. 7.6.6 Spaghetti tossed with Bolognese sauce. 7.6.7 Color, flavor, aroma and consistency maintained.				
7.7 Prepare Spaghetti Napolitana	7.7.1 Spaghetti boiled till al-dante and strained. 7.7.2 Chopped mirepoix sautéed in olive oil. 7.7.3 Tomato concasse and tomato paste added. 7.7.4 Napolitana sauce seasoned with salt pepper and herbs. 7.7.5 Spaghetti tossed with Napolitana sauce. 7.7.6 Color, flavor, aroma and consistency maintained.				
7.8 Perform plating and presentation	7.8.1 Plate/dish selected as per prepared food. 7.8.2 Portion size determined. 7.8.3 Prepared items arranged on plate balancing color and nutritional value. 7.8.4 Prepared items garnished.				

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"> • Plain rice <ul style="list-style-type: none"> ○ Rice • Braised rice <ul style="list-style-type: none"> ○ Rice ○ Shallots ○ Butter ○ Salt • Spaghetti Bolognese <ul style="list-style-type: none"> ○ Spaghetti ○ Minced meat ○ Herbs ○ Salt ○ Pepper ○ Red wine ○ Tomato ○ Carrot ○ Onion ○ Garlic ○ Celery ○ Olive oil • Spaghetti Napolitana <ul style="list-style-type: none"> ○ Spaghetti



	<ul style="list-style-type: none"> ○ Herbs ○ Salt ○ Pepper ○ Tomato ○ Carrot ○ Onion ○ Garlic ○ Celery ○ Olive oil
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5	Unit No: 8 Unit Title: Prepare basic vegetable items	Unit code:
	Elements of competency	Performance standards
	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 Select ingredients	8.2.1 Ingredients received and checked. 8.2.2 Ingredients measured.
	8.3 Prepare mise-en-place	8.3.1 Ingredients washed with potable water. 8.3.2 Ingredients peeled, trimmed and cut as per requirement. 8.3.3 Ingredients covered/wrapped, labelled and stored in appropriate temperature.
	8.4 Prepare vegetable Au-gratin	8.4.1 Ingredients blanched as per requirement. 8.4.2 Seasonal assorted vegetables sautéed in butter. 8.4.3 Bechamel sauce added in sautéed mixed vegetable. 8.4.4 Sprinkle grated cheese and gratinated. 8.4.5 Color, flavor, aroma and consistency maintained.
	8.5 Prepare grilled vegetable	8.5.1 Ingredients blanched as per requirement. 8.5.2 Seasonal assorted vegetables grilled in oil. 8.5.3 Grilled vegetable seasoned with salt and pepper. 8.5.4 Color, flavor, aroma and texture maintained.
	8.6 Prepare mashed potato	8.6.1 Potato boiled and smoothly mashed. 8.6.2 Butter, milk, cream added and mixed. 8.6.3 Seasoned with salt, pepper and nutmeg powder.



		8.6.4 Color, flavor, aroma and consistency maintained.
	8.7 Prepare French fries	8.7.1 Potato par-boiled. 8.7.2 Par-boiled potato oil blanched till half cooked. 8.7.3 Oil blanched potato cooled down. 8.7.4 Potato deep fried until golden brown. 8.7.5 Deep fried potato strained and sprinkled with salt. 8.7.6 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 Vegetable portioned on plate balancing color and nutritional value. 8.8.4 Vegetable garnished.
6	Task Performance Requirements (Tools, Equipment and Materials): <ul style="list-style-type: none"> Chef uniform, pot, bowls, pan, sauce pan, platter, ladle, chopping boards, knives, food processor, squeezer, strainer, cooking range, salamander, refrigerator, peeler, slicer, grinder, masher, grater, griddle plate, microwave, induction, food warmer, tong, hot plate, measuring cup, chopper/cleaver, spatula, wok, colander, weighing machine, mise-en-place tray, scraper/silicone spatula, spider, bainmarie and ingredients. 	
7	Safety and Hygiene (Occupational Health and Safety): <ul style="list-style-type: none"> 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 foodstuffs. 	



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



9	Assessment of Competency						
	Unit: 8 Unit Title: Prepare basic vegetable items						
	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 Select ingredients		8.2.1 Ingredients received and checked. 8.2.2 Ingredients measured.					
8.3 Prepare mise-en-place		8.3.1 Ingredients washed with potable water. 8.3.2 Ingredients peeled, trimmed and cut as per requirement. 8.3.3 Ingredients covered/wrapped, labelled and stored in appropriate temperature.					



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8.4 Prepare vegetable Au-gratin	8.4.1 Ingredients blanched as per requirement. 8.4.2 Seasonal assorted vegetables sautéed in butter. 8.4.3 Bechamel sauce added in sautéed mixed vegetable. 8.4.4 Sprinkle grated cheese and gratinated. 8.4.5 Color, flavor, aroma and consistency maintained.				
8.5 Prepare grilled vegetable	8.5.1 Ingredients blanched as per requirement. 8.5.2 Seasonal assorted vegetables grilled in oil. 8.5.3 Grilled vegetable seasoned with salt and pepper. 8.5.4 Color, flavor, aroma and texture maintained.				
8.6 Prepare mashed potato	8.6.1 Potato boiled and smoothly mashed. 8.6.2 Butter, milk, cream added and mixed. 8.6.3 Seasoned with salt, pepper and nutmeg powder. 8.6.4 Color, flavor, aroma and consistency maintained.				
8.7 Prepare French fries	8.7.1 Potato par-boiled. 8.7.2 Par-boiled potato oil blanched till half cooked. 8.7.3 Oil blanched potato cooled down. 8.7.4 Potato deep fried until golden brown. 8.7.5 Deep fried potato strained and sprinkled with salt. 8.7.6 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 Vegetable portioned on plate balancing color and nutritional value. 8.8.4 Vegetable garnished.				

WT- Written Test

OQ- Oral Question

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DO – Direct Observation

SR- Supervisor's report

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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"> • Vegetable Au-gratin <ul style="list-style-type: none"> ○ Seasonal assorted vegetable ○ Butter ○ Cheese ○ Bechamel sauce (White sauce) ○ Salt ○ Pepper • Grilled vegetable <ul style="list-style-type: none"> ○ Assorted vegetable ○ Oil ○ Salt ○ Pepper • Mashed potato <ul style="list-style-type: none"> ○ Potato ○ Milk ○ Butter ○ Salt ○ Pepper ○ Nutmeg powder • French Fries <ul style="list-style-type: none"> ○ Potato ○ Oil ○ Salt



5	Unit No: 9 Unit Title: Prepare basic meat, poultry, fish and sea food	Unit code:
	Elements of competency	Performance standards
	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 Select ingredients	9.2.1 Ingredients received and checked. 9.2.2 Ingredients measured.
	9.3 Prepare mise-en-place	9.3.1 Ingredients washed with potable water. 9.3.2 Ingredients peeled, trimmed and cut as per requirement. 9.3.3 Ingredients marinated. 9.3.4 Ingredients covered/wrapped, labelled and stored in appropriate temperature.
	9.4 Prepare grilled chicken	9.4.1 Chicken marinated and rest in refrigerator for at least half hour. 9.4.2 Marinated chicken grilled till cooked. 9.4.3 Color, flavor, aroma and texture maintained.
	9.5 Prepare chicken chasseur	9.5.1 Chicken marinated and rest in refrigerator for at least half hour. 9.5.2 Marinated chicken sautéed till cooked. 9.5.3 Mushroom added and cooked. 9.5.4 Pan deglazed with white wine. 9.5.5 Brown sauce added. 9.5.6 Chicken chasseur seasoned and finished with fresh cream. 9.5.7 Color, flavor, aroma, texture and consistency maintained.
	9.6 Prepare lamb stew (white)	9.6.1 Lamb simmered in plain water and strained.



		9.6.2 Velouté sauce added in simmered lamb. 9.6.3 Assorted seasonable vegetables added. 9.6.4 Lamb stew seasoned. 9.6.5 Color, flavor, aroma, texture and consistency maintained.
	9.7 Prepare grilled fish	9.7.1 Fish fillet marinated and rest in refrigerator for at least 10 minutes. 9.7.2 Marinated fish grilled in oil until cooked. 9.7.3 Color, flavor, aroma, texture and consistency maintained.
	9.8 Prepare fried prawn	9.8.1 Prawn marinated and rest in refrigerator for at least 10 minutes. 9.8.2 Marinated prawn coated with batter/bread crumb and deep fried. 9.8.3 Color, flavor, aroma and crispiness maintained.
	9.9 Perform plating and presentation	9.9.1 Plate/dish selected as per prepared food. 9.9.2 Portion size determined. 9.9.3 Prepared items with accompaniments arranged on plate balancing color and nutritional value. 9.9.4 Prepared items garnished.
6	Task Performance Requirements (Tools, Equipment and Materials): <ul style="list-style-type: none"> Chef uniform, pot, bowls, pan, sauce pan, platter, ladle, chopping boards, knives, food processor, squeezer, strainer, cooking range, salamander, refrigerator, peeler, steamer, slicer, mincer, blender, mixer, grinder, oven, griddle plate, freezer, deep fat fryer, microwave, induction, food warmer, tong, hot plate, chopper/cleaver, spatula, weighing machine, mise-en-place tray, thermometer, scrapper/silicone spatula, spider, bainmarie and ingredients. 	



7

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 foodstuffs.



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8	Required Knowledge		
	Technical Knowledge	Applied Calculation	Graphical Information
	<ul style="list-style-type: none"> • Introduction to meat • Types of meat • Guidelines • Accompaniments • Standard recipe: <ul style="list-style-type: none"> ○ Introduction ○ Advantage ○ Format ○ Methods of cookery ○ Portioning ○ Garnishing ○ Presentation 	<ul style="list-style-type: none"> • Convert units and metric 	<ul style="list-style-type: none"> • Read and interpret manual/instructional guide. • Read and interpret standard recipe



9	Assessment of Competency						
	Unit: 9 Unit Title: Prepare basic meat, poultry, fish and sea food						
	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		9.1.1 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 Select ingredients		9.2.1 Ingredients received and checked. 9.2.2 Ingredients measured.					
9.3 Prepare mise-en-place		9.3.1 Ingredients washed with potable water. 9.3.2 Ingredients peeled, trimmed and cut as per requirement. 9.3.3 Ingredients marinated. 9.3.4 Ingredients covered/wrapped, labelled and stored in appropriate temperature.					



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9.4 Prepare grilled chicken	9.4.1 Chicken marinated and rest in refrigerator for at least half hour. 9.4.2 Marinated chicken grilled till cooked. 9.4.3 Color, flavor, aroma and texture maintained.				
9.5 Prepare chicken chasseur	9.5.1 Chicken marinated and rest in refrigerator for at least half hour. 9.5.2 Marinated chicken sautéed till cooked. 9.5.3 Mushroom added and cooked. 9.5.4 Pan deglazed with white wine. 9.5.5 Brown sauce added. 9.5.6 Chicken chasseur seasoned and finished with fresh cream. 9.5.7 Color, flavor, aroma, texture and consistency maintained.				
9.6 Prepare lamb stew (white)	9.6.1 Lamb simmered in plain water and strained. 9.6.2 Velouté sauce added in simmered lamb. 9.6.3 Assorted seasonable vegetables added. 9.6.4 Lamb stew seasoned. 9.6.5 Color, flavor, aroma, texture and consistency maintained.				
9.7 Prepare grilled fish	9.7.1 Fish fillet marinated and rest in refrigerator for at least 10 minutes. 9.7.2 Marinated fish grilled in oil until cooked. 9.7.3 Color, flavor, aroma, texture and consistency maintained.				
9.8 Prepare fried prawn	9.8.1 Prawn marinated and rest in refrigerator for at least 10 minutes. 9.8.2 Marinated prawn coated with batter/bread crumb and deep fried. 9.8.3 Color, flavor, aroma and crispiness maintained.				



Range Statement

Variable	Range
Ingredients	<p><i>May include but not limited to:</i></p> <ul style="list-style-type: none"> • Grilled chicken <ul style="list-style-type: none"> ○ Chicken ○ Oil ○ Herbs ○ Salt ○ Pepper ○ Lemon juice/Vinegar • Chicken chasseur <ul style="list-style-type: none"> ○ Chicken ○ Shallots ○ Mushroom ○ Butter ○ White wine ○ Brown sauce ○ Cream ○ Salt ○ Pepper ○ Herbs • Lamb stew (White) <ul style="list-style-type: none"> ○ Lamb ○ Velouté sauce ○ Seasonal vegetables ○ Salt ○ Pepper



	<ul style="list-style-type: none"> ○ Herbs ● Grilled fish <ul style="list-style-type: none"> ○ Fish ○ Oil ○ Salt ○ Pepper ○ Herbs ○ Lemon juice ○ Mustard paste ● Fried prawn <ul style="list-style-type: none"> ○ Prawn ○ Oil ○ Lemon juice ○ Salt ○ Pepper ○ Bread crumb ○ Egg ○ Corn starch ○ Flour ○ Paprika
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5	Unit No: 10 Unit Title: Prepare basic dessert items	Unit code:	
	Elements of competency	Performance standards	
	10.1 Perform kitchen opening/closing process	10.1.1 Cooking range and equipment checked. 10.1.2 Gas leakage checked. 10.1.3 Sink/Drainage checked. 10.1.4 Ventilation checked. 10.1.5 Electricity checked. 10.1.6 Smoke exhaust/chimney checked. 10.1.7 Kitchen cleaned.	
	10.2 Select ingredients	10.2.1 Ingredients received and checked. 10.2.2 Ingredients measured.	
	10.3 Prepare mise-en-place	10.3.1 Ingredients washed with potable water. 10.3.2 Ingredients peeled, trimmed and cut as per requirement. 10.3.3 Ingredients covered/wrapped, labelled and stored in appropriate temperature.	
	10.4 Prepare custard	10.4.1 Custard powder, egg yolk and milk mixed together. 10.4.2 Water with sugar boiled and added to the mixture. 10.4.3 Mixture simmered by stirring continuously until smooth and set. 10.4.4 Color, flavor, aroma and consistency maintained.	
	10.5 Prepare Mousse	10.5.1 Gelatin powder and water mixed. 10.5.2 Egg white and egg yolk separated. 10.5.3 Egg white and egg yolk whipped separately. 10.5.4 Fresh cream and sugar whipped. 10.5.5 Whipped cream mixed with gelatin solution. 10.5.6 Whipped ingredients assembled and refrigerated. 10.5.7 Color, flavor, aroma and consistency maintained.	
	10.6 Prepare bread and butter pudding	10.6.1 Bread slice covered with vanilla flavored milk and cream.	



		10.6.2 Bread slice arranged by layering nuts, fruits and raisins. 10.6.3 Pudding baked and topped with icing sugar and fruits. 10.6.4 Color, flavor, aroma and consistency maintained.
	10.7 Prepare fruit salad	10.7.1 Assorted seasonal fruits cut in desired shape and size. 10.7.2 Fresh juice added and tossed. 10.7.3 Color, flavor, aroma and consistency maintained.
	10.8 Perform plating and presentation	10.8.1 Plate/dish selected as per prepared food. 10.8.2 Portion size determined. 10.8.3 Dessert items arranged on plate balancing color. 10.8.4 Dessert items garnished/decorated.
6	Task Performance Requirements (Tools, Equipment and Materials): <ul style="list-style-type: none"> Chef uniform, bowls, sauce pan, platter, whisk, ladle, chopping boards, knives, cooking range, refrigerator, freezer, microwave, induction, food warmer, tong, measuring cup, spatula, weighing machine, mise-en-place tray, nozzle, piping bag, scraper/silicone spatula, pastry brush and ingredients. 	
7	Safety and Hygiene (Occupational Health and Safety): <ul style="list-style-type: none"> 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 foodstuffs. 	



8	Required Knowledge		
	Technical Knowledge	Applied Calculation	Graphical Information
	<ul style="list-style-type: none"> • Introduction to dessert • Types of dessert • Guidelines • Standard recipe: <ul style="list-style-type: none"> ○ Introduction ○ Advantage ○ Format ○ Methods of cookery ○ Portioning ○ Garnishing/decoration ○ Presentation 	<ul style="list-style-type: none"> • Convert units and metric 	<ul style="list-style-type: none"> • Read and interpret manual/instructional guide. • Read and interpret standard recipe



9	Assessment of Competency						
	Unit: 10 Unit Title: Prepare dessert items						
	Candidate Details			Assessors Detail			
	Candidate's Name: Registration Number: Symbol No: Test Centre:			Assessors' Name 1. 2. 3.		ID/License No:	
	Test Date:						
Element of competency		Performance Standards		Standard Met	Standard Not Met	Evidence Type	Comments
10.1 Perform kitchen opening/closing process		10.1.1 Cooking range and equipment checked. 10.1.2 Gas leakage checked. 10.1.3 Sink/Drainage checked. 10.1.4 Ventilation checked. 10.1.5 Electricity checked. 10.1.6 Smoke exhaust/chimney checked. 10.1.7 Kitchen cleaned.					
10.2 Select ingredients		10.2.1 Ingredients received and checked. 10.2.2 Ingredients measured.					
10.3 Prepare mise-en-place		10.3.1 Ingredients washed with potable water. 10.3.2 Ingredients peeled, trimmed and cut as per requirement. 10.3.3 Ingredients covered/wrapped, labelled and stored in appropriate temperature.					



10.4 Prepare custard	10.4.1 Custard powder, egg yolk and milk mixed together. 10.4.2 Water with sugar boiled and added to the mixture. 10.4.3 Mixture simmered by stirring continuously until smooth and set. 10.4.4 Color, flavor, aroma and consistency maintained.				
10.5 Prepare Mousse	10.5.1 Gelatin powder and water mixed. 10.5.2 Egg white and egg yolk separated. 10.5.3 Egg white and egg yolk whipped separately. 10.5.4 Fresh cream and sugar whipped. 10.5.5 Whipped cream mixed with gelatin solution. 10.5.6 Whipped ingredients assembled and refrigerated. 10.5.7 Color, flavor, aroma and consistency maintained.				
10.6 Prepare bread and butter pudding	10.6.1 Bread slice covered with vanilla flavored milk and cream. 10.6.2 Bread slice arranged by layering nuts, fruits and raisins. 10.6.3 Pudding baked and topped with icing sugar and fruits. 10.6.4 Color, flavor, aroma and consistency maintained.				
10.7 Prepare fruit salad	10.7.1 Assorted seasonal fruits cut in desired shape and size. 10.7.2 Fresh juice added and tossed. 10.7.3 Color, flavor, aroma and consistency maintained.				
10.8 Perform plating and presentation	10.8.1 Plate/dish selected as per prepared food. 10.8.2 Portion size determined. 10.8.3 Dessert items arranged on plate balancing color. 10.8.4 Dessert items garnished/decorated.				

WT- Written Test

OQ- Oral Question

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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"> • Custard <ul style="list-style-type: none"> ○ Custard powder ○ Egg yolk ○ Milk ○ Sugar • Mousse <ul style="list-style-type: none"> ○ Gelatin powder ○ Egg ○ Cream ○ Sugar • Bread and butter pudding <ul style="list-style-type: none"> ○ Bread ○ Vanilla essence ○ Cream ○ Milk ○ Nuts ○ Raisins ○ Sugar ○ Fruits • Fruit salad <ul style="list-style-type: none"> ○ Assorted fruits ○ Juice



5	Unit No: 11 Unit Title: Prepare sandwich and burger	Unit code:
	Elements of competency	Performance standards
	11.1 Perform kitchen opening/closing process	11.1.1 Cooking range and equipment checked. 11.1.2 Gas leakage checked. 11.1.3 Sink/Drainage checked. 11.1.4 Ventilation checked. 11.1.5 Electricity checked. 11.1.6 Smoke exhaust/chimney checked. 11.1.7 Kitchen cleaned.
	11.2 Select ingredients	11.2.1 Ingredients received and checked. 11.2.2 Ingredients measured.
	11.3 Prepare mise-en-place	11.3.1 Ingredients washed with potable water. 11.3.2 Ingredients peeled, trimmed and cut as per requirement. 11.3.3 Ingredients covered/wrapped, labelled and stored in appropriate temperature.
	11.4 Prepare Grilled sandwich	11.4.1 Ingredients checked, selected and measured. 11.4.2 Butter/mayonnaise applied evenly on bread. 11.4.3 Chicken/cheese layered on bread and grilled. 11.4.4 Grilled sandwich accompanied with fries and dips. 11.4.5 Color, flavor and texture maintained.
	11.5 Prepare Club sandwich	11.5.1 Ingredients checked, selected and measured. 11.5.2 Butter/mayonnaise applied evenly on toasted bread. 11.5.3 Fried egg, bacon, ham, lettuce, tomatoes, cucumber, turkey/chicken slice and coleslaw layered sequentially on toasted bread. 11.5.4 Double decker maintained. 11.5.5 Club sandwich accompanied with fries and dips. 11.5.6 Color, flavor and texture maintained.
	11.6 Prepare Toasted sandwich	11.6.1 Ingredients checked, selected and measured. 11.6.2 Butter/mayonnaise applied evenly on toasted bread.



		11.6.3 Egg/bacon/ham/chicken slice/tuna, lettuce, tomatoes, cucumber and coleslaw layered on toasted bread. 11.6.4 Toasted sandwich accompanied with fries and dips. 11.6.5 Color, flavor and texture maintained.
	11.7 Prepare Cheese sandwich	11.7.1 Ingredients checked, selected and measured. 11.7.2 Butter/mayonnaise applied evenly on bread. 11.7.3 Cheese layered on bread. 11.7.4 Plain sandwich accompanied with fries and dips. 11.7.5 Color, flavor and texture maintained.
	11.8 Prepare Burger	11.8.1 Ingredients checked, selected and measured. 11.8.2 Minced meat, chopped onion, garlic, bread crumb, egg white, salt and pepper mixed. 11.8.3 Patties prepared and grilled. 11.8.4 Butter/mayonnaise applied evenly on toasted bun. 11.8.5 Lettuce, patties, sliced cheese, sliced tomatoes, sliced onion, sliced pickled cucumber layered sequentially on toasted bun. 11.8.6 Burger accompanied with fries and dips. 11.8.7 Color, flavor and texture maintained.
	11.9 Perform plating and presentation	11.9.1 Plate/dish selected as per prepared food. 11.9.2 Portion size determined. 11.9.3 Sandwich and burger arranged with accompaniments on plate balancing color. 11.9.4 Sandwich and burger garnished.
6	Task Performance Requirements (Tools, Equipment and Materials): <ul style="list-style-type: none"> Chef uniform, pan, chopping boards, knives, food processor, squeezer, toaster, cooking range/induction, refrigerator, peeler, slicer/turner, mincer, griddle plate, freezer, deep fat fryer, microwave, food warmer, tong, hot plate, measuring cup, wooden skewer, colander, weighing machine, accompaniment tray, mixing bowls, mise-en-place tray, thermometer, scraper/silicone spatula and ingredients. 	



7

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 foodstuffs.



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8	Required Knowledge		
	Technical Knowledge	Applied Calculation	Graphical Information
	<ul style="list-style-type: none"> • Sandwich and burger: <ul style="list-style-type: none"> ○ Introduction ○ Types ○ Accompaniments • Standard recipe: <ul style="list-style-type: none"> ○ Introduction ○ Advantage ○ Format ○ Methods of cookery ○ Portioning ○ Garnishing ○ Presentation 	<ul style="list-style-type: none"> • Convert units and metric 	<ul style="list-style-type: none"> • Read and interpret manual/instructional guide. • Read and interpret standard recipe • Read and interpret nutrition value/calories



9	Assessment of Competency						
	Unit: 11 Unit Title: Prepare sandwich and burger						
	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
11.1 Perform kitchen opening/closing process		11.1.1 Cooking range and equipment checked. 11.1.2 Gas leakage checked. 11.1.3 Sink/Drainage checked. 11.1.4 Ventilation checked. 11.1.5 Electricity checked. 11.1.6 Smoke exhaust/chimney checked. 11.1.7 Kitchen cleaned.					
11.2 Select ingredients		11.2.1 Ingredients received and checked. 11.2.2 Ingredients measured.					
11.3 Prepare mise-en-place		11.3.1 Ingredients washed with potable water. 11.3.2 Ingredients peeled, trimmed and cut as per requirement. 11.3.3 Ingredients covered/wrapped, labelled and stored in appropriate temperature.					



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11.4 Prepare Grilled sandwich	11.4.1 Ingredients checked, selected and measured. 11.4.2 Butter/mayonnaise applied evenly on bread. 11.4.3 Chicken/cheese layered on bread and grilled. 11.4.4 Grilled sandwich accompanied with fries and dips. 11.4.5 Color, flavor and texture maintained.				
11.5 Prepare Club sandwich	11.5.1 Ingredients checked, selected and measured. 11.5.2 Butter/mayonnaise applied evenly on toasted bread. 11.5.3 Fried egg, bacon, ham, lettuce, tomatoes, cucumber, turkey/chicken slice and coleslaw layered sequentially on toasted bread. 11.5.4 Double decker maintained. 11.5.5 Club sandwich accompanied with fries and dips. 11.5.6 Color, flavor and texture maintained.				
11.6 Prepare Toasted sandwich	11.6.1 Ingredients checked, selected and measured. 11.6.2 Butter/mayonnaise applied evenly on toasted bread. 11.6.3 Egg/bacon/ham/chicken slice/tuna, lettuce, tomatoes, cucumber and coleslaw layered on toasted bread. 11.6.4 Toasted sandwich accompanied with fries and dips. 11.6.5 Color, flavor and texture maintained.				
11.7 Prepare Cheese sandwich	11.7.1 Ingredients checked, selected and measured. 11.7.2 Butter/mayonnaise applied evenly on bread. 11.7.3 Cheese layered on bread. 11.7.4 Plain sandwich accompanied with fries and dips. 11.7.5 Color, flavor and texture maintained.				
11.8 Prepare Burger	11.8.1 Ingredients checked, selected and measured. 11.8.2 Minced meat, chopped onion, garlic, bread crumb, egg white, salt and pepper mixed. 11.8.3 Patties prepared and grilled. 11.8.4 Butter/mayonnaise applied evenly on toasted bun. 11.8.5 Lettuce, patties, sliced cheese, sliced tomatoes, sliced onion, sliced pickled cucumber layered sequentially on				



	toasted bun. 11.8.6 Burger accompanied with fries and dips. 11.8.7 Color, flavor and texture maintained.				
11.9 Perform plating and presentation	11.9.1 Plate/dish selected as per prepared food. 11.9.2 Portion size determined. 11.9.3 Sandwich and burger arranged with accompaniments on plate balancing color. 11.9.4 Sandwich and burger garnished.				

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"> • Grilled sandwich <ul style="list-style-type: none"> ○ Bread ○ Butter ○ Mayonnaise ○ Chicken ○ Cheese ○ Salt ○ Pepper • Club sandwich <ul style="list-style-type: none"> ○ Bread ○ Butter ○ Mayonnaise ○ Chicken/Turkey ○ Cheese ○ Salt ○ Pepper ○ Egg ○ Bacon ○ Ham ○ Lettuce ○ Tomato ○ Cucumber ○ Carrot ○ Cabbage



- **Toasted sandwich**

- Bread
- Egg
- Bacon
- Ham
- Chicken
- Tuna
- Butter
- Mayonnaise
- Cheese
- Salt
- Pepper
- Lettuce
- Tomato
- Cucumber
- Carrot
- Cabbage

- **Cheese sandwich**

- Bread
- Butter
- Cheese
- Salt
- Pepper

- **Burger**

- Bun
- Butter
- Mayonnaise
- Minced meat
- Onion



	<ul style="list-style-type: none"> ○ Garlic ○ Bread crumb ○ Egg ○ Salt ○ Pepper ○ Cheese ○ Tomato ○ Lettuces ○ Pickled cucumber ○ Ketchup
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