



# Technical, Entrepreneurship and Vocational Education and Training Authority (TEVETA)

## FOOD PRODUCTION TRADE TEST LEVEL I

### Record of Practical Assessment

Learner`s name:\_\_\_\_\_

Learner`s NRC no.:\_\_\_\_\_

Learner`s TEVETA No.:\_\_\_\_\_

Institution Name:\_\_\_\_\_

Institution TVA No.:\_\_\_\_\_

Assessment Period:\_\_\_\_\_

## PREFACE

The Technical Education, Vocational and Entrepreneurship Training Authority (TEVETA) is an institution created under the Technical Education, Vocational and Entrepreneurship Training Act Number 13 of 1998, as amended by the Technical Education, Vocational and Entrepreneurship Training (Amendment) Act Number 11 of 2005.

The Act among other things provides that TEVETA shall:

- (a) regulate and conduct national examinations and assessments relating to technical education, vocational and entrepreneurship training;
- (b) charge and collect fees in respect of examinations, assessments and other services provided by the Authority;
- (c) award certificates to persons who succeed in examinations and assessments undertaken under this Act
- (d) do all such things connected with or incidental to the functions of the Authority under this Act.

Through this mandate, the Assessment and Qualifications Division of TEVETA has developed Practical Assessment Tool Kits to enable learners achieve the competences that are congruent with the demand of the workplace tasks. These tool kits in part are also intended to ensure that similar conditions under which all students in TEVET are assessed and examined apply wherever the course is undertaken in Zambia.

The Trainers shall work with the Learners to collect evidence of competence, using the benchmarks provided by the unit standards. During the year, the Learners shall be required to undertake a series of practical assessment tasks. It is the sum of all these assessments tasks that deems a Learner to be competent (or not).

This approach to assessment is not a one-off event but one that gives learners many opportunities to demonstrate skill and allow for the capturing and recording of these demonstrations.

For the Learner to be deemed competent, they must demonstrate competency in every aspect of the practical tasks being undertaken. It must however be understood by the Trainer that Competency does not mean expert. It means that the candidate has attained sufficient skill and knowledge to perform the activity or service to a degree and quality that is acceptable to the industry and the customer in a time within which a competent person at the level could reasonably be expected to perform the task.

While this will be undertaken at institutional level, it is therefore envisaged that the Assessment principles of VALIDITY, RELIABILITY, FAIRENESS and FLEXIBILITY shall at all times be adhered to.

## Pre-Assessment

Assessment process explained to the Trainee (✓ if Yes).	<input type="checkbox"/>
Any appeal relating to the outcome of the assessment or the way in which the assessment was conducted shall be made through the TEVETA <u>fair treatment policy</u> as explained to the Trainee (✓ if Yes).	<input type="checkbox"/>

<b>Learner/Trainee</b>  Learner/Trainee name: (Print)  Learner/Trainee comments:	<b>Assessor/Examiner</b>  Assessor/Examiner name: (Print)  Assessor/Examiner comments:
I fully understand the assessment and appeals process.	Theory assessment sighted and checked as satisfactory. <input type="checkbox"/>
Signature:  Date:	Signature:  Date:

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## Task 1: SAFETY

No	Activity						
		satisfactory			Not satisfactory		
		1	2	3	1	2	3
	During observation of work activities the candidate demonstrate that they can						
	<input type="checkbox"/> Adhere to safety rules. This should include: <ul style="list-style-type: none"> <li>• Wearing Chefs hat</li> <li>• Wearing Chefs jacket</li> <li>• Wearing Apron</li> <li>• Wearing Trouser</li> <li>• Wearing Flat closed shoe</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Examiner`s comments:

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Examiner Name/Sign:

Learner`s Name/sign:

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Date:

## Task 2: HYGIENE

No	Activity						
		Satisfactory			Not Satisfactory		
		1	2	3	1	2	3
	<b>During observation of work activities the candidate demonstrate that they can</b>						
	<input type="checkbox"/> Adhere to hygiene rules. This should include: <ul style="list-style-type: none"> <li>• clean uniform</li> <li>• Tie back long hair</li> <li>• Food Storage</li> <li>• clean surfaces</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Examiner`s comments:

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Examiner Name/Sign:

Learner`s Name/sign:

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### Task 3: PREPARE STARTERS

No	Activity	Satisfactory			Not satisfactory		
		1	2	3	1	2	3
During observation of work activities the candidate demonstrate that they can							
	<p><b>a) Prepare Coleslaw salad.</b> <b>This should include:</b></p> <p><input type="checkbox"/> <b>Equipment/utensils</b></p> <ul style="list-style-type: none"><li>• Mixing bowl</li><li>• Chef’s knife</li><li>• Chopping board</li><li>• Fridge</li><li>• Wooden spoon</li><li>• salad bowl</li><li>• grater</li></ul> <p><input type="checkbox"/> <b>Ingredients</b></p> <ul style="list-style-type: none"><li>• cabbage</li><li>• carrots</li><li>• white paper</li><li>• mayonnaise</li><li>• salt</li><li>• onion (optional)</li></ul> <p><input type="checkbox"/> <b>Follow Process</b></p> <ul style="list-style-type: none"><li>• Trimming cabbage.</li><li>• Washing cabbage.</li><li>• Shredding cabbage.</li><li>• Grating carrot</li><li>• Mixing all ingredients</li><li>• Seasoning</li><li>• Serving</li></ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



	<p><b>b) Prepare Mixed salad.</b>  <b>This should include:</b></p> <p><input type="checkbox"/> <b>Equipment /utensils</b></p> <ul style="list-style-type: none"> <li>• Mixing bowl</li> <li>• Chef's knife</li> <li>• Chopping board</li> <li>• Platter</li> <li>• Small sauce pan</li> <li>• Colander</li> <li>• Plate</li> <li>• Small jar</li> </ul> <p><input type="checkbox"/> <b>Ingredient</b></p> <ul style="list-style-type: none"> <li>• Eggs</li> <li>• Radishes</li> <li>• Spring onion</li> <li>• Lettuce</li> <li>• Watercress</li> <li>• Mustard</li> <li>• Tomato</li> <li>• Beetroot</li> <li>• Cucumber</li> <li>• Vinaigrette/salad cream</li> <li>• Seasoning</li> </ul> <p><input type="checkbox"/> <b>Follow Process</b></p> <ul style="list-style-type: none"> <li>• Boiling eggs</li> <li>• Washing vegetables.</li> <li>• Slicing vegetables and eggs.</li> <li>• Arranging ingredients.</li> <li>• Serving.</li> </ul>						
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	<p><b>c) Prepare Nicoise salad.</b>  <b>This should include:</b></p> <p><b>☐ Equipment /utensils</b></p> <ul style="list-style-type: none"> <li>• Chef's knife</li> <li>• Mixing bowl</li> <li>• Plate</li> </ul> <p><b>☐ Ingredient</b></p> <ul style="list-style-type: none"> <li>• Tomatoes</li> <li>• French beans</li> <li>• Potatoes</li> <li>• Salt/pepper</li> <li>• Vinaigrette</li> <li>• Fillets</li> <li>• Capers</li> <li>• Olives</li> </ul> <p><b>☐ Follow Process</b></p> <ul style="list-style-type: none"> <li>• Cutting vegetables.</li> <li>• Peeling potatoes.</li> <li>• Dressing ingredients.</li> <li>• Seasoning.</li> <li>• Serving.</li> </ul>						
	<p><b>d) Prepare potato salad.</b>  <b>This should include:</b></p> <p><b>☐ Equipment</b></p> <ul style="list-style-type: none"> <li>• Wooden spoon</li> <li>• sauce pan</li> <li>• chef's knife</li> <li>• mixing bowl</li> </ul> <p><b>☐ Ingredients</b></p> <ul style="list-style-type: none"> <li>• potatoes</li> <li>• onion</li> <li>• mayonnaise</li> <li>• salt/pepper</li> <li>• parsley</li> </ul> <p><b>☐ Follow Process</b></p> <ul style="list-style-type: none"> <li>• Peeling vegetables.</li> <li>• Cutting vegetables.</li> <li>• Cooking potatoes.</li> <li>• Mixing ingredients.</li> <li>• Seasoning.</li> <li>• Serving.</li> </ul>						
	<p><b>e) Prepare potato soup.</b>  <b>This should include:</b></p>						

	<p><b><input type="checkbox"/> Equipment</b></p> <ul style="list-style-type: none"> <li>• Wooden spoon</li> <li>• sauce pan</li> <li>• chef's knife</li> <li>• mixing bowl</li> <li>• cooking stick</li> <li>• soup bowl</li> </ul> <p><b><input type="checkbox"/> Ingredients</b></p> <ul style="list-style-type: none"> <li>• potato</li> <li>• Onion</li> <li>• Bouquet garni</li> <li>• salt/pepper</li> <li>• parsley</li> <li>• butter</li> <li>• stock</li> </ul> <p><b><input type="checkbox"/> Follow Process</b></p> <ul style="list-style-type: none"> <li>• Peeling vegetables.</li> <li>• Cutting vegetables.</li> <li>• Sauteeing vegetables.</li> <li>• Simmering vegetables.</li> <li>• Liquidizing and Seasoning.</li> <li>• Reboiling</li> <li>• Serving.</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<p><b>f) Prepare cream of chicken soup.</b> <b>This should include:</b></p> <p><b><input type="checkbox"/> Equipment</b></p> <ul style="list-style-type: none"> <li>• Wooden spoon</li> <li>• sauce pan</li> <li>• chef's knife</li> <li>• mixing bowl</li> </ul> <p><b><input type="checkbox"/> Ingredients</b></p> <ul style="list-style-type: none"> <li>• chicken breast (cooked)</li> <li>• Onion</li> <li>• Bouquet garni</li> <li>• salt/pepper</li> <li>• double cream</li> <li>• flour</li> <li>• leek</li> <li>• celery</li> <li>• butter</li> <li>• stock</li> </ul> <p><b><input type="checkbox"/> Follow Process</b></p> <ul style="list-style-type: none"> <li>• Peeling vegetables.</li> <li>• Cutting vegetables and chicken breast.</li> <li>• Sauteeing vegetables.</li> <li>• Simmering vegetables.</li> <li>• Liquidizing and Seasoning.</li> <li>• Reboiling</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	<ul style="list-style-type: none"> <li>Serving.</li> </ul>						
	<p><b>g) Prepare cream of vegetable soup.</b>  <b>This should include:</b></p> <p><input type="checkbox"/> <b>Equipment</b></p> <ul style="list-style-type: none"> <li>Wooden spoon</li> <li>sauce pan</li> <li>chef's knife</li> <li>mixing bowl</li> </ul> <p><input type="checkbox"/> <b>Ingredients</b></p> <ul style="list-style-type: none"> <li>onion</li> <li>carrots</li> <li>potatoes</li> <li>flour</li> <li>leek</li> <li>celery</li> <li>butter</li> <li>stock</li> <li>bouquet garni</li> <li>salt</li> <li>pepper</li> </ul> <p><input type="checkbox"/> <b>Follow Process</b></p> <ul style="list-style-type: none"> <li>Peeling vegetables.</li> <li>Cutting vegetables and chicken breast.</li> <li>Sauteeing vegetables.</li> <li>Simmering vegetables.</li> <li>Liquidizing and Seasoning.</li> <li>Reboiling</li> <li>Serving.</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Examiner's comments

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Examiner Name/Sign:

Learner's Name/sign:

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## Task 4: PREPARE SNACKS

No	Activity						
		Satisfactory			Not satisfactory		
	During observation of work activities the candidate demonstrate that they can	1	2	3	1	2	3
	<p><b>a) Prepare sugar coated nuts.</b>  <b>This should include:</b></p> <p><input type="checkbox"/> <b>Equipment/utensils</b></p> <ul style="list-style-type: none"> <li>• Baking sheet</li> <li>• Cooking stick</li> <li>• Sauce pan</li> <li>• Oven</li> <li>• Small plate</li> </ul> <p><input type="checkbox"/> <b>Ingredient</b></p> <ul style="list-style-type: none"> <li>• Sugar</li> <li>• Water</li> <li>• Raw nuts</li> </ul> <p><input type="checkbox"/> <b>Follow Process</b></p> <ul style="list-style-type: none"> <li>• Preheating oven.</li> <li>• Dissolving sugar.</li> <li>• Coating nuts.</li> <li>• Baking nuts.</li> <li>• Serving</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	<p><b>b) Prepare salted nuts</b>  <b>This should include:</b></p> <p><input type="checkbox"/> <b>Equipment/utensils</b></p> <ul style="list-style-type: none"> <li>• Baking sheet</li> <li>• Cooking stick</li> <li>• Sauce pan</li> <li>• Oven</li> <li>• Small plate</li> </ul> <p><input type="checkbox"/> <b>Ingredient</b></p> <ul style="list-style-type: none"> <li>• Nuts</li> <li>• Oil or butter</li> <li>• Salt</li> </ul> <p><input type="checkbox"/> <b>Follow Process</b></p> <ul style="list-style-type: none"> <li>• Preheating oven.</li> <li>• Coating nuts.</li> <li>• Baking nuts.</li> <li>• Serving</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<p><b>c) Prepare samoosas</b>  <b>This should include:</b></p> <p><input type="checkbox"/> <b>Equipment/utensils</b></p> <ul style="list-style-type: none"> <li>• Cooking stick</li> <li>• Mixing bowl</li> <li>• Frying pan</li> <li>• Kitchen paper</li> <li>• Small plate</li> <li>• Rolling pin</li> </ul> <p><input type="checkbox"/> <b>Ingredient</b></p> <ul style="list-style-type: none"> <li>• Plain flour</li> <li>• Salt</li> <li>• Black pepper</li> <li>• Butter</li> <li>• Warm water</li> <li>• Mince meat</li> <li>• Cooking oil</li> <li>• Onion</li> <li>• Coriander stock</li> <li>• Garlic</li> <li>• Spring onion (optional)</li> <li>• Masala</li> </ul> <p><input type="checkbox"/> <b>Follow Process</b></p> <ul style="list-style-type: none"> <li>• Preparing the pastry</li> <li>• Kneading the dough</li> <li>• Preparing the filling</li> <li>• Rolling out the pastry</li> <li>• Adding the filling</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	<ul style="list-style-type: none"> <li>• Frying</li> <li>• Serving</li> </ul>						
	<p><b>d) Prepare soft chapatti</b>  <b>This should include:</b></p> <p><input type="checkbox"/> <b>Equipment/utensils</b></p> <ul style="list-style-type: none"> <li>• Cooking stick</li> <li>• Mixing bowl</li> <li>• Frying pan</li> <li>• Pot</li> <li>• Kitchen paper</li> <li>• Small plate</li> <li>• Rolling pin</li> </ul> <p><input type="checkbox"/> <b>Ingredient</b></p> <ul style="list-style-type: none"> <li>• Plain flour</li> <li>• Salt</li> <li>• Black pepper</li> <li>• Cooking oil</li> <li>• Hot water</li> </ul> <p><input type="checkbox"/> <b>Follow Process</b></p> <ul style="list-style-type: none"> <li>• Preparing the dough</li> <li>• Kneading the dough</li> <li>• Resting the dough</li> <li>• Rolling the dough</li> <li>• Shaping into small portions</li> <li>• Frying</li> <li>• Serving</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<p><b>e) Prepare Shortbread biscuits</b>  <b>This should include:</b></p> <p><input type="checkbox"/> <b>Equipment/utensils</b></p> <ul style="list-style-type: none"> <li>• Baking tray</li> <li>• Sieve</li> <li>• Mixing bowl</li> <li>• Pastry board</li> <li>• Dredger</li> <li>• Knife fork</li> <li>• Cooling wire</li> </ul> <p><input type="checkbox"/> <b>Ingredients</b></p> <ul style="list-style-type: none"> <li>• Butter</li> <li>• Icing sugar</li> <li>• Egg</li> <li>• Flour</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	<p><b>☐Follow Process</b></p> <ul style="list-style-type: none"> <li>• Creaming.</li> <li>• Adding.</li> <li>• Piping.</li> <li>• Baking</li> <li>• Serving.</li> </ul>						
	<p><b>f) Prepare cheese pizza</b></p> <p><b>☐Equipment/utensils</b></p> <ul style="list-style-type: none"> <li>• Chefs knife</li> <li>• Tablespoon</li> <li>• Chopping board</li> <li>• Sauce pan</li> <li>• Sieve</li> <li>• Plate</li> <li>• Cooling rack</li> <li>• Mixing bowl</li> <li>• Baking tary</li> <li>• Wooden spoon</li> </ul> <p><b>☐Ingredients</b></p> <ul style="list-style-type: none"> <li>• Flour</li> <li>• Baking podwer</li> <li>• Salt</li> <li>• Egg</li> <li>• Milk</li> <li>• Tomato</li> <li>• Cheese</li> <li>• Onion</li> <li>• Black pepper</li> <li>• Bacon</li> </ul> <p><b>☐Follow Process</b></p> <ul style="list-style-type: none"> <li>• Preheating oven.</li> <li>• Combining.</li> <li>• Rubbing in.</li> <li>• Frying</li> <li>• Rolling.</li> <li>• Baking.</li> <li>• Serving.</li> </ul>	☐	☐	☐	☐	☐	☐



	<p><b>g) Prepare Mini sausage rolls</b>  <b>This should include:</b></p> <p><b>☐Equipment/ utensils</b></p> <ul style="list-style-type: none"> <li>• Sieve</li> <li>• Mixing bowl</li> <li>• Teaspoon</li> <li>• Knife</li> <li>• Basin</li> <li>• Pastry board</li> <li>• Dredger</li> <li>• Baking tray</li> <li>• Rolling pin</li> <li>• Pastry brush</li> </ul> <p><b>☐Ingredients</b></p> <ul style="list-style-type: none"> <li>• Short crust pastry</li> <li>• Sausages</li> <li>• Black pepper</li> <li>• Egg</li> </ul> <p><b>☐Follow Process</b></p> <ul style="list-style-type: none"> <li>• Preheating oven.</li> <li>• Rolling</li> <li>• Cutting</li> <li>• Adding.</li> <li>• Baking. until golden brown.</li> <li>• Serving.</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<p><b>h) Prepare bhajia</b>  <b>This should include:</b></p> <p><b>☐ Equipment/utensils</b></p> <ul style="list-style-type: none"> <li>• Sauce pan</li> <li>• Cooking stick</li> <li>• Plate</li> <li>• Sauce bowl</li> <li>• Whisker</li> </ul> <p><b>☐ Ingredient</b></p> <ul style="list-style-type: none"> <li>• Potatoes</li> <li>• Water</li> <li>• Turemic</li> <li>• Garlic</li> <li>• Cumin</li> <li>• Paprika</li> <li>• Butter</li> <li>• Cooking oil</li> </ul> <p><b>☐ Follow Process</b></p> <ul style="list-style-type: none"> <li>• Cutting</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	<ul style="list-style-type: none"> <li>• Mixing all the ingredients</li> <li>• Dripping butter</li> <li>• Frying</li> <li>• Serving</li> </ul>						
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Examiner`s comments:

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Signed:

Examiner Name/Sign:

Learner`s Name/sign:

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Date:

Date:

## TASK 5: PREPARE BEVERAGES

No	Activity						
		Satisfactory			Not Satisfactory		
	During observation of work activities the candidate demonstrate that they can	1	2	3	1	2	3
	<p><b>a) Prepare Munkoyo</b> This should include:</p> <p><input type="checkbox"/> <b>Equipment/utensils</b></p> <ul style="list-style-type: none"> <li>• Calabash or bucket</li> <li>• Stove</li> <li>• Cooking stick</li> <li>• Pot</li> <li>• Bowl</li> </ul> <p><input type="checkbox"/> <b>Ingredient</b></p> <ul style="list-style-type: none"> <li>• Water</li> <li>• Maize meal</li> <li>• Munkoyo roots</li> </ul> <p><input type="checkbox"/> <b>Process</b></p> <ul style="list-style-type: none"> <li>• Boiling water.</li> <li>• Stirring in mealie meal</li> <li>• Simmering.</li> <li>• Cooling.</li> <li>• Adding roots.</li> <li>• Fermenting.</li> <li>• Sieving.</li> <li>• Chilling.</li> <li>• Serving</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	<p><b>b) Prepare Thobwa</b>  <b>This should include:</b></p> <p><b>☐Equipment/utensils</b></p> <ul style="list-style-type: none"> <li>• Pot</li> <li>• Cup</li> <li>• Spoon</li> </ul> <p><b>☐Ingredient</b></p> <ul style="list-style-type: none"> <li>• Water</li> <li>• Maize meal</li> <li>• Fermented finger millet</li> <li>• Sugar</li> </ul> <p><b>☐Follow Process</b></p> <ul style="list-style-type: none"> <li>• Boiling water</li> <li>• Blending with maize meal.</li> <li>• Cooking.</li> <li>• Adding millet meal</li> </ul>						
	<p><b>c) Prepare Lemon juice</b>  <b>This should include:</b></p> <p><b>☐Equipment/utensils</b></p> <ul style="list-style-type: none"> <li>• Jug</li> <li>• Knife</li> <li>• Bowl</li> <li>• Squeezer</li> </ul> <p><b>☐Ingredient</b></p> <ul style="list-style-type: none"> <li>• Water</li> <li>• Sugar</li> <li>• Lemons</li> </ul> <p><b>☐Process</b></p> <ul style="list-style-type: none"> <li>• Boiling water.</li> <li>• Sieving.</li> <li>• Chilling.</li> <li>• Serving.</li> </ul>						

	<p><b>d) Prepare Gauva juice</b> This should include:</p> <p><input type="checkbox"/> <b>Equipment/utensils</b></p> <ul style="list-style-type: none"> <li>• Knife</li> <li>• Blender</li> <li>• Jug</li> </ul> <p><input type="checkbox"/> <b>Ingredient</b></p> <ul style="list-style-type: none"> <li>• Water</li> <li>• Sugar</li> <li>• Guava</li> </ul> <p><input type="checkbox"/> <b>Follow Process</b></p> <ul style="list-style-type: none"> <li>• Peeling</li> <li>• Seeding</li> <li>• Blending</li> <li>• Serving</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<p><b>e) Prepare pawpaw juice</b> This should include:</p> <p><input type="checkbox"/> <b>Equipment/utensils</b></p> <ul style="list-style-type: none"> <li>• Jug</li> <li>• Knife</li> <li>• Bowl</li> <li>• Blender</li> </ul> <p><input type="checkbox"/> <b>Ingredient</b></p> <ul style="list-style-type: none"> <li>• Water</li> <li>• Sugar</li> <li>• pawpaw</li> </ul> <p><input type="checkbox"/> <b>Process</b></p> <ul style="list-style-type: none"> <li>• Peeling</li> <li>• Seeding</li> <li>• Blending</li> <li>• Serving.</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	<p><b>f) Prepare Fruits punch</b> This should include:</p> <p><input type="checkbox"/>Equipment /utensil</p> <ul style="list-style-type: none"> <li>• Sauce pan</li> <li>• Cup</li> <li>• Jug</li> <li>• Glass</li> </ul> <p><input type="checkbox"/>Ingredient</p> <ul style="list-style-type: none"> <li>• Orange juice</li> <li>• Lemonade</li> <li>• Pineapple juice</li> <li>• Sugar</li> <li>• Water</li> <li>• Fruits</li> </ul> <p><input type="checkbox"/>Follow Process</p> <ul style="list-style-type: none"> <li>• Combining liquids.</li> <li>• Dissolving</li> <li>• Pouring mixture.</li> <li>• Chilling.</li> <li>• Serving.</li> </ul>						
	<p><b>g) Prepare Brunch punch</b> This should include:</p> <p><input type="checkbox"/> Equipment /utensil</p> <ul style="list-style-type: none"> <li>• Sauce pan</li> <li>• Cup</li> <li>• Jug</li> <li>• Glass</li> </ul> <p><input type="checkbox"/> Ingredient</p> <ul style="list-style-type: none"> <li>• Cranberry juice</li> <li>• Lemo juice</li> <li>• Ginger ale</li> <li>• Sugar</li> <li>• Champagne</li> <li>• Fruits</li> <li>• Whisk</li> </ul> <p><input type="checkbox"/>Follow Process</p> <ul style="list-style-type: none"> <li>• Combining liquids.</li> <li>• Dissolving.</li> <li>• Pouring fruits.</li> <li>• Chilling.</li> <li>• Serving.</li> </ul>						

	<p><b>h) Prepare Rocky shandy</b> <b>This should include:</b></p> <p><b>☐Equipment /utensil</b></p> <ul style="list-style-type: none"> <li>• Sauce pan</li> <li>• Cup</li> <li>• Jug</li> <li>• Glass</li> </ul> <p><b>☐Ingredient</b></p> <ul style="list-style-type: none"> <li>• Ginger ale</li> <li>• Soda water</li> <li>• Bitters</li> <li>• Lemon slice</li> <li>• Lemon peel</li> <li>• Ice cubes</li> </ul> <p><b>☐Follow Process</b></p> <ul style="list-style-type: none"> <li>• Adding ice cubes.</li> <li>• Dashing.</li> <li>• Filling up.</li> <li>• Garnishing.</li> <li>• Serving</li> </ul>						
	<p><b>i) Prepare Malawian shandy</b> <b>This should include:</b></p> <p><b>☐Equipment /utensil</b></p> <ul style="list-style-type: none"> <li>• Sauce pan</li> <li>• Cup</li> <li>• Jug</li> <li>• Glass</li> </ul> <p><b>☐Ingredient</b></p> <ul style="list-style-type: none"> <li>• Ginger ale</li> <li>• Lemonade</li> <li>• Angostura bitters</li> </ul> <p><b>☐Follow Process</b></p> <ul style="list-style-type: none"> <li>• Mixing liquids.</li> <li>• Dashing .</li> <li>• Serving.</li> </ul>	☐	☐	☐	☐	☐	☐

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## Task 6: PREPARE STARCH DISHES

No	Activity						
		Satisfactory			Not Satisfactory		
	During observation of work activities the candidate demonstrate that they can	1	2	3	1	2	3
	<p><b>a) Prepare Maize meal</b>  <b>This should include:</b></p> <p><b>☐Equipment/utensils</b></p> <ul style="list-style-type: none"> <li>• Cooking pot</li> <li>• Cup</li> <li>• Cooking stick</li> <li>• Serving spoon</li> <li>• Plate</li> </ul> <p><b>☐Ingredient</b></p> <ul style="list-style-type: none"> <li>• Maize meal</li> <li>• Water</li> </ul> <p><b>☐Follow Process</b></p> <ul style="list-style-type: none"> <li>• Boiling water.</li> <li>• Blending mealie meal.</li> <li>• Stirring in.</li> <li>• Simmering porridge.</li> <li>• Adding mealie meal.</li> <li>• Simmering.</li> <li>• Serving</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	<p><b>b) Prepare Milletmeal</b>  <b>This should include:</b></p> <p><input type="checkbox"/> <b>Equipment/utensils</b></p> <ul style="list-style-type: none"> <li>• Two Cooking pots</li> <li>• Cooking stick</li> <li>• Serving spoon</li> <li>• Plate</li> <li>• Cup</li> </ul> <p><input type="checkbox"/> <b>Ingredient</b></p> <ul style="list-style-type: none"> <li>• Millet meal</li> <li>• Cold Water</li> <li>• Hot water</li> </ul> <p><input type="checkbox"/> <b>FollowProcess</b></p> <ul style="list-style-type: none"> <li>• Boilling water.</li> <li>• Adding in millet.</li> <li>• Simmering.</li> <li>• Serving.</li> </ul>						
	<p><b>c) Prepare Cassava meal.</b>  <b>This should include:</b></p> <p><input type="checkbox"/> <b>Equipment/utensils</b></p> <ul style="list-style-type: none"> <li>• Two pots</li> <li>• cooking stick</li> <li>• wooden/steel serving spoon</li> </ul> <p><input type="checkbox"/> <b>Ingredient</b></p> <ul style="list-style-type: none"> <li>• cassava meal</li> <li>• water</li> <li>• maize meal</li> </ul> <p><input type="checkbox"/> <b>Follow Process</b></p> <ul style="list-style-type: none"> <li>• Boilling water.</li> <li>• Adding cassava.</li> <li>• Simmering.</li> <li>• Serving.</li> </ul>						
	<p><b>d) Prepare Macaroni cheese</b></p> <p><b>This should include:</b></p> <p><input type="checkbox"/> <b>Equipment/utensils</b></p> <ul style="list-style-type: none"> <li>• Ovenproof dish</li> <li>• Sauce pans</li> <li>• Teaspoon</li> <li>• Tablespoon</li> <li>• Wooden spoon</li> <li>• Skewer</li> </ul>						

	<ul style="list-style-type: none"> <li>• Knife</li> <li>• Grater</li> <li>• Colander</li> <li>• Plate</li> <li>• Sieve</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<b>☐Ingredients</b>						
	<ul style="list-style-type: none"> <li>• Water</li> <li>• Cheese</li> <li>• Macaroni</li> <li>• Milk</li> <li>• Flour</li> <li>• Butter</li> <li>• Salt</li> <li>• Black pepper</li> <li>• Mustard</li> <li>• Parsley</li> </ul>						
	<b>☐Follow Process</b>						
	<ul style="list-style-type: none"> <li>• Cooking.</li> <li>• Stirring.</li> <li>• Seasoning.</li> <li>• Baking.</li> <li>• Serving</li> </ul>						

	<p><b>e) Prepare Spaghetti bolognese</b></p> <p><b>This should include:</b></p> <p><input type="checkbox"/> <b>Equipment/utensils</b></p> <ul style="list-style-type: none"> <li>• Sauce pan</li> <li>• Pot</li> <li>• Chefs knife</li> <li>• Cooking stick</li> <li>• Dinner plate</li> </ul> <p><input type="checkbox"/> <b>Ingredients</b></p> <ul style="list-style-type: none"> <li>• Spaghetti</li> <li>• Mince beef</li> <li>• Onion</li> <li>• Green pepper</li> <li>• Cooking oil</li> <li>• Mushroom</li> <li>• Flour</li> <li>• Tomato</li> <li>• Water</li> <li>• Salt</li> <li>• White pepper</li> </ul> <p><input type="checkbox"/> <b>Follow Process</b></p> <ul style="list-style-type: none"> <li>• Cooking.</li> <li>• Peeling.</li> <li>• Washing.</li> <li>• Frying.</li> <li>• Simmering.</li> <li>• Serving.</li> </ul>						
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	<p><b>f) Prepare Fried rice</b>  <b>This should include:</b></p> <p><b>☐Equipment/utensils</b></p> <ul style="list-style-type: none"> <li>• Sauce pan</li> <li>• Chef's knife</li> <li>• Cooking stick</li> <li>• Dinner plate</li> <li>• Fork</li> <li>• Stove</li> </ul> <p><b>☐Ingredient</b></p> <ul style="list-style-type: none"> <li>• Boiled rice</li> <li>• Spring onion</li> <li>• Beaten egg</li> <li>• Oil</li> <li>• Soy sauce</li> <li>• Salt</li> </ul> <p><b>☐Follow Process</b></p> <ul style="list-style-type: none"> <li>• Boiling rice.</li> <li>• Cutting onion.</li> <li>• Sautéing onion.</li> <li>• Adding egg.</li> <li>• Adding rice.</li> <li>• Mixing soy sauce.</li> <li>• Serving</li> </ul>						
	<p><b>g) Prepare Plain boiled rice.</b>  <b>This should include:</b></p> <p><b>☐Equipment/utensils</b></p> <ul style="list-style-type: none"> <li>• Sauce pan</li> <li>• Dinner plate</li> <li>• Tea towel</li> </ul> <p><b>☐Ingredient</b></p> <ul style="list-style-type: none"> <li>• Rice (long grain)</li> <li>• Water</li> </ul> <p><b>☐Follow Process</b></p> <ul style="list-style-type: none"> <li>• Boiling rice.</li> <li>• Seasoning.</li> <li>• Serving.</li> </ul>						

	<p><b>h) Prepare French fries</b>  <b>This should include:</b></p> <p><input type="checkbox"/> <b>Equipment/utensils</b></p> <ul style="list-style-type: none"> <li>• Pan</li> <li>• Chefs knife</li> <li>• Chopping board</li> <li>• Plate</li> <li>• Lifter</li> <li>• </li> </ul> <p><input type="checkbox"/> <b>Ingredients</b></p> <ul style="list-style-type: none"> <li>• Potatoes</li> <li>• Salt and pepper</li> <li>• Cooking oil</li> </ul> <p><input type="checkbox"/> <b>Follow Process</b></p> <ul style="list-style-type: none"> <li>• Cutting.</li> <li>• Soaking.</li> <li>• Frying.</li> <li>• Draining.</li> <li>• Seasoning.</li> <li>• Serving.</li> </ul>						
	<p><b>i) Prepare baked potatoes</b>  <b>This should include:</b></p> <p><input type="checkbox"/> <b>Equipment/utensils</b></p> <ul style="list-style-type: none"> <li>• Roasting tray</li> <li>• Chopping board</li> <li>• Chefs knife</li> <li>• Plate</li> </ul> <p><input type="checkbox"/> <b>Ingredients</b></p> <ul style="list-style-type: none"> <li>• Potatoes</li> <li>• Salt and pepper</li> <li>• Butter or oil</li> <li>• Parsley</li> </ul> <p><input type="checkbox"/> <b>Follow Process</b></p> <ul style="list-style-type: none"> <li>• Preheating oven.</li> <li>• Cutting.</li> <li>• Baking.</li> <li>• Seasoning.</li> <li>• Serving.</li> </ul>						

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## Task 7: PREPARE POULTRY DISHES

No	Activity						
		Satisfactory			Not satisfactory		
	During observation of work activities the candidate demonstrate that they can	1	2	3	1	2	3
	<p><b>a) Prepare Village chicken</b> <b>This should include:</b></p> <p><b>☐Equipment/utensils</b></p> <ul style="list-style-type: none"> <li>• Chef's knife</li> <li>• Chopping board</li> <li>• Sauce pan</li> <li>• Cooking stick</li> </ul> <p><b>☐Ingredient</b></p> <ul style="list-style-type: none"> <li>• Village chicken pieces</li> <li>• Cooking oil</li> <li>• Tomatoes</li> <li>• Onion</li> <li>• Salt/pepper</li> </ul> <p><b>☐Follow Process</b></p> <ul style="list-style-type: none"> <li>• Cutting</li> <li>• Boiling.</li> <li>• Stir frying.</li> <li>• Adding vegetables.</li> <li>• Simmering.</li> <li>• Seasoning</li> <li>• Serving</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



	<p><b>b) Prepare Fried chicken</b>  <b>This should include:</b></p> <p><b>☐Equipment/utensils</b></p> <ul style="list-style-type: none"> <li>• Chef's knife</li> <li>• Chopping board</li> <li>• Sauce pan</li> <li>• Cooking stick</li> <li>• Colander</li> </ul> <p><b>☐Ingredient</b></p> <ul style="list-style-type: none"> <li>• Chicken pieces</li> <li>• Cooking oil</li> <li>• Breadcrumbs</li> <li>• Flour</li> <li>• Egg</li> <li>• Chicken spice</li> <li>• Salt/pepper</li> </ul> <p><b>☐Follow Process</b></p> <ul style="list-style-type: none"> <li>• Cutting.</li> <li>• Drying.</li> <li>• Seasoning.</li> <li>• Coating.</li> <li>• Stir frying.</li> <li>• Simmering</li> </ul>						
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	<p><b>c) Prepare Roasted chicken</b></p> <p><b>This should include:</b></p> <p><b>☐Equipment/utensils</b></p> <ul style="list-style-type: none"> <li>• Chef's knife</li> <li>• Chopping board</li> <li>• Roasting tray</li> <li>• Mixing bowl</li> <li>• Serving spoon</li> </ul> <p><b>☐Ingredient</b></p> <ul style="list-style-type: none"> <li>• Chicken pieces</li> <li>• Salt</li> <li>• Cooking oil</li> <li>• Chicken spice</li> <li>• Mixed herbs</li> </ul> <p><b>☐Follow Process</b></p> <ul style="list-style-type: none"> <li>• Preheating oven.</li> <li>• Cutting.</li> <li>• Seasoning.</li> <li>• Roasting</li> <li>• Serving</li> </ul>						
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	<b>d) Prepare Chicken curry</b> <b>This should include:</b>						
	<b>☐Equipment/utensils</b> <ul style="list-style-type: none"> <li>• Chef's knife</li> <li>• Chopping board</li> <li>• Sauce pan</li> <li>• Cooking stick</li> </ul> <b>☐Ingredient</b> <ul style="list-style-type: none"> <li>• Cooking onion</li> <li>• Salt/pepper</li> <li>• Paprika</li> <li>• Curry powder</li> <li>• Chicken thighs</li> <li>• Tomato</li> <li>• Chicken stock cube</li> <li>• Water</li> </ul> <b>☐Follow Process</b> <ul style="list-style-type: none"> <li>• Sautéing.</li> <li>• Stir frying.</li> <li>• Adding tomato.</li> <li>• Simmering.</li> <li>• Seasoning.</li> <li>• Serving</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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## Task 8: PREPARE FISH DISHES

No	Activity						
		Satisfactory			Not Satisfactory		
	During observation of work activities the candidate demonstrate that they can	1	2	3	1	2	3
	<p><b>a) Prepare Fish meuniere</b> This should include:</p> <p><input type="checkbox"/> <b>Equipment/Utensils</b></p> <ul style="list-style-type: none"> <li>• Frying pan</li> <li>• Fish lifter</li> <li>• Plate</li> <li>• Knife</li> <li>• Oval flat dish</li> </ul> <p><input type="checkbox"/> <b>Ingredient</b></p> <ul style="list-style-type: none"> <li>• Fish fillet</li> <li>• Cooking oil</li> <li>• Seasoned Flour</li> <li>• Lemon juice</li> <li>• Lemon</li> <li>• Parsley</li> </ul> <p><input type="checkbox"/> <b>Follow Process</b></p> <ul style="list-style-type: none"> <li>• Pan-frying.</li> <li>• Frying.</li> <li>• Seasoning.</li> <li>• Serving</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	<p><b>b) Prepare Fried kapenta</b>  <b>This should include:</b></p> <p><b>☐Equipment/utensils</b></p> <ul style="list-style-type: none"> <li>• Frying pan</li> <li>• Wooden cooking spoon</li> <li>• Knife</li> <li>• Chopping board</li> </ul> <p><b>☐Ingredient</b></p> <ul style="list-style-type: none"> <li>• Kapenta</li> <li>• Tomato</li> <li>• Onion</li> <li>• Salt</li> <li>• Cooking oil</li> </ul> <p><b>☐Follow Process</b></p> <ul style="list-style-type: none"> <li>• Soaking.</li> <li>• Washing.</li> <li>• Frying.</li> <li>• Adding vegetables.</li> <li>• Seasoning</li> <li>• Serving</li> </ul>						
	<p><b>c) Prepare Steamed fish</b>  <b>This should include:</b></p> <p><b>☐Equipment/utensils</b></p> <ul style="list-style-type: none"> <li>• Plate</li> <li>• Pot</li> <li>• Fish lifter</li> </ul> <p><b>☐Ingredient</b></p> <ul style="list-style-type: none"> <li>• Fish</li> <li>• Pepper</li> <li>• Butter</li> </ul> <p><b>☐Follow Process</b></p> <ul style="list-style-type: none"> <li>• Greasing plate.</li> <li>• Preparing fish.</li> <li>• Seasoning.</li> <li>• Steaming.</li> </ul>						

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## Task 9: PREPARE VEGETABLES

No	Activity						
		Satisfactory			Not Satisfactory		
	During observation of work activities the candidate demonstrate that they can	1	2	3	1	2	3
	<p><b>a) Prepare Chibwabwa</b>  <b>This should include:</b></p> <p><b>☐Equipment /utensils</b></p> <ul style="list-style-type: none"> <li>• Pot</li> <li>• Chef's knife</li> <li>• Chopping board</li> <li>• Bowl</li> <li>• colander</li> </ul> <p><b>☐Ingredient</b></p> <ul style="list-style-type: none"> <li>• Chibwabwa</li> <li>• Cooking oil</li> <li>• Tomato</li> <li>• Onion</li> <li>• Water</li> <li>• Salt</li> </ul> <p><b>☐Follow Process</b></p> <ul style="list-style-type: none"> <li>• Cutting chibwabwa.</li> <li>• Cooking.</li> <li>• Seasoning.</li> <li>• Serving.</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	<p><b>b) Prepare Chimpapila or kachesha in groundnuts</b>  <b>This should include:</b></p> <p><input type="checkbox"/> <b>Equipment /Utensils</b></p> <ul style="list-style-type: none"> <li>• Pot</li> <li>• Chef's knife</li> <li>• Chopping board</li> <li>• Bowl</li> <li>• colander</li> </ul> <p><input type="checkbox"/> <b>Ingredient</b></p> <ul style="list-style-type: none"> <li>• Chimpapila or kachesha</li> <li>• Groundnuts</li> <li>• Tomato</li> <li>• Onion</li> <li>• Water</li> <li>• Salt</li> </ul> <p><input type="checkbox"/> <b>Follow Process</b></p> <ul style="list-style-type: none"> <li>• Cutting.</li> <li>• Cooking.</li> <li>• Adding paste.</li> <li>• Simmering.</li> <li>• Serving</li> </ul>						
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



	<p><b>c) Prepare Chines style stir fry vegetables</b>  <b>This should include:</b></p> <p><input type="checkbox"/> <b>Equipment /Utensils</b></p> <ul style="list-style-type: none"> <li>• Pot</li> <li>• Chef's knife</li> <li>• Chopping board</li> <li>• Bowl</li> <li>• colander</li> </ul> <p><input type="checkbox"/> <b>Ingredient</b></p> <ul style="list-style-type: none"> <li>• cauliflower</li> <li>• broocoil</li> <li>• carrot</li> <li>• eggplant</li> <li>• baby marrow</li> <li>• mushroom</li> <li>• cooking oil</li> <li>• curry</li> <li>• stock</li> <li>• salt</li> <li>• pepper</li> </ul> <p><input type="checkbox"/> <b>Follow Process</b></p> <ul style="list-style-type: none"> <li>• Washing vegetables.</li> <li>• Cuting vegetables.</li> <li>• Sautéing vegetables.</li> <li>• Seasoning</li> <li>• Serving</li> </ul>						
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	<p><b>d) Prepare vegetable curry</b>  <b>This should include:</b></p> <p><input type="checkbox"/> <b>Equipment /Utensils</b></p> <ul style="list-style-type: none"> <li>• Pot</li> <li>• Chef's knife</li> <li>• Chopping board</li> <li>• Bowl</li> <li>• colander</li> </ul> <p><input type="checkbox"/> <b>Ingredient</b></p> <ul style="list-style-type: none"> <li>• beans</li> <li>• mushroom</li> <li>• carrots</li> <li>• celery</li> <li>• caulfolwer</li> <li>• broccoli</li> <li>• baby sweet corn</li> <li>• red and green pepper</li> <li>• cooking oil</li> <li>• Salt</li> <li>• Ginger</li> <li>• Soy sauce</li> <li>• White pepper</li> </ul> <p><input type="checkbox"/> <b>Follow Process</b></p> <ul style="list-style-type: none"> <li>• Washing vegetables.</li> <li>• Cuting vegetables.</li> <li>• Sautéing vegetables.</li> <li>• Seasoning</li> <li>• Serving</li> </ul>						
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	<b>e) Prepare Katapa</b> <b>This should include:</b> <b>☐Equipment</b> <ul style="list-style-type: none"> <li>• Pot</li> <li>• Cooking stick</li> <li>• Knife</li> <li>• Ibende/motor</li> </ul> <b>☐Ingredient</b> <ul style="list-style-type: none"> <li>• Katapa</li> <li>• Tomato</li> <li>• Onion</li> <li>• Cooking oil</li> <li>• Salt</li> </ul> <b>☐Process</b> <ul style="list-style-type: none"> <li>• Pounding.</li> <li>• Cooking.</li> <li>• Seasoning</li> <li>• Serving</li> </ul>						
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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## Task 10: PREPARE BASIC RICH CAKE

No	Activity						
		Satisfactory			Not Satisfactory		
	During observation of work activities the candidate demonstrates that they can	1	2	3	1	2	3
	<p><b>a) Prepare Madeira cake</b> <b>This should include:</b></p> <p><input type="checkbox"/> <b>Utensils/equipment</b></p> <ul style="list-style-type: none"> <li>• Oven</li> <li>• Baking tin</li> <li>• Wooden spoon</li> <li>• Electric mixer</li> <li>• Teaspoon</li> </ul> <p><input type="checkbox"/> <b>Ingredients</b></p> <ul style="list-style-type: none"> <li>• Flour</li> <li>• Eggs</li> <li>• Butter</li> <li>• Castor sugar</li> <li>• Baking powder</li> <li>• Vanilla essence</li> <li>• Milk</li> <li>• Lemon zest</li> <li>• Candied peel</li> </ul> <p><input type="checkbox"/> <b>Follow Process</b></p> <ul style="list-style-type: none"> <li>• Preheat oven</li> <li>• Creaming.</li> <li>• Adding egg.</li> <li>• Shifting.</li> <li>• Folding in.</li> <li>• Spooning.</li> <li>• Baking.</li> <li>• Serving.</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	<p><b>b) Prepare Chocolate cake</b>  <b>This should include:</b></p> <p><b>☐Equipment /utensils</b></p> <ul style="list-style-type: none"> <li>• Baking tin</li> <li>• Cake rack</li> <li>• Oven</li> <li>• Mixing bowl</li> <li>• Electric mixer</li> <li>• Wooden spoon</li> </ul> <p><b>☐Ingredient</b></p> <ul style="list-style-type: none"> <li>• Eggs</li> <li>• Flour</li> <li>• Baking powder</li> <li>• Castor sugar</li> <li>• Cocoa powder</li> <li>• Boiling water</li> <li>• Icing sugar</li> <li>• Oil</li> </ul> <p><b>☐Follow Proess</b></p> <ul style="list-style-type: none"> <li>• Preheating oven.</li> <li>• Combining ingredients.</li> <li>• Mixing.</li> <li>• Baking.</li> <li>• Serving.</li> </ul>						
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	<b>c) Prepare Vannila sponge cake</b>  <b>This should include:</b>  <b>☐Equipment /untesiils</b>  <ul style="list-style-type: none"> <li>• Baking tin</li> <li>• Mxing bowl</li> <li>• Wooden spoon</li> <li>• Stove</li> <li>• Cooling wire</li> </ul> <b>☐Ingredient</b> <ul style="list-style-type: none"> <li>• Eggs</li> <li>• Flour</li> <li>• Baking powder</li> <li>• Castor sugar</li> <li>• Icing sugar</li> <li>• Margarine</li> <li>• Vanilla</li> <li>• Salt</li> </ul> <b>☐Process</b> <ul style="list-style-type: none"> <li>• Preheating oven.</li> <li>• Mixing ingredients.</li> <li>• Baking.</li> <li>• Serving.</li> </ul>						
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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## Task 11: PREPARE BEEF DISHES

No	Activity						
		Satisfactory			Not Satisfactory		
	During observation of work activities the candidate demonstrate that they can	1	2	3	1	2	3
	<b>a) Prepare Marinated T-bone</b> <b>This should include:</b> <b>☐Equipment</b> <ul style="list-style-type: none"> <li>Mixing bowl</li> <li>Baking sheet</li> <li>Brush</li> <li>Stove</li> <li>Serving spoon</li> <li>Sauce pan</li> <li>Aluminium foil</li> <li>Knife</li> </ul> <b>☐Ingredient</b> <ul style="list-style-type: none"> <li>T-bone</li> <li>Paprika</li> <li>BBQ</li> <li>Salt</li> <li>Pepper</li> <li>Garlic</li> <li>Mustard</li> <li>Worcestershire sauce</li> </ul> <b>☐Follow Process</b> <ul style="list-style-type: none"> <li>Marinading</li> <li>Marinating.</li> <li>Pre heating oven.</li> <li>Baking.</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<b>b) Prepare Beef stew</b> <b>This should include:</b> <b>☐Equipment/utensils</b> <ul style="list-style-type: none"> <li>Sauce pan</li> <li>Cooking stick</li> <li>Chefs knife</li> <li>Chopping board</li> </ul> <b>☐Ingredients</b> <ul style="list-style-type: none"> <li>Beef steak</li> <li>Onion</li> <li>Tomato/tomato puree</li> <li>Salt and pepper</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	<ul style="list-style-type: none"> <li>• Carrots</li> <li>• Cooking oil</li> <li>• Flour</li> <li>• Brown stock</li> <li>• Bouquet garni</li> <li>• Garlic</li> </ul> <p><b>□Follow Process</b></p> <ul style="list-style-type: none"> <li>• Cutting.</li> <li>• Frying.</li> <li>• Adding vegetables.</li> <li>• Thickening.</li> <li>• Adding stock.</li> <li>• Adding bouquet garni</li> <li>• Seasoning</li> <li>• Simmering.</li> <li>• Serving</li> </ul>						
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	<p><b>c) Beef goulash</b>  <b>This should include:</b></p> <p><b>☐Equipment/utensils</b></p> <ul style="list-style-type: none"> <li>• Sauce pan</li> <li>• Cooking stick</li> <li>• Chefs knife</li> <li>• Chopping board</li> </ul> <p><b>☐Ingredients</b></p> <ul style="list-style-type: none"> <li>• Beef steak</li> <li>• Onion</li> <li>• Tomato/tomato puree</li> <li>• Salt and pepper</li> <li>• Carrots</li> <li>• Cooking oil</li> <li>• Flour</li> <li>• Brown stock</li> <li>• Bouquet garni</li> <li>• Garlic</li> <li>• Potatoes</li> <li>• Paprika</li> </ul> <p><b>☐Follow Process</b></p> <ul style="list-style-type: none"> <li>• Cutting.</li> <li>• Frying.</li> <li>• Adding vegetables.</li> <li>• Thickening.</li> <li>• Adding stock.</li> <li>• Adding bouquet garni</li> <li>• Seasoning</li> <li>• Simmering.</li> <li>• Serving</li> </ul>						
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## Task 12: PREPARE LEFTOVER FOOD

No	Activity	Satisfactory			Not Satisfactory		
		1	2	3	1	2	3
During observation of work activities the candidate demonstrate that they can		1	2	3	1	2	3
	<p><b>a) Prepare Shepherd pie</b> <b>This should include:</b></p> <p><input type="checkbox"/><b>Equipment/utensils</b></p> <ul style="list-style-type: none"><li>• Casserole dish</li><li>• Cooking stick</li><li>• Sauce pan</li><li>• Stove</li><li>• Chefs knife</li><li>• Tablespoon</li><li>• Masher</li><li>• Chopping board</li><li>• Frying pan</li><li>• Measuring jug</li></ul> <p><input type="checkbox"/><b>Ingredient</b></p> <ul style="list-style-type: none"><li>• Potatoes</li><li>• Salt and pepper</li><li>• Mince meat</li><li>• Onion</li><li>• Milk</li><li>• Butter</li></ul> <p><input type="checkbox"/><b>Follow Process</b></p> <ul style="list-style-type: none"><li>• Browning.</li><li>• Adding vegetables.</li><li>• Adding gravy.</li><li>• Cooking potatoes.</li><li>• Mashing</li><li>• Seasoning.</li><li>• Placing mince.</li><li>• Piling mash.</li><li>• Grilling.</li><li>• Serving</li></ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	<p><b>b) Prepare Fish pie</b>  <b>This should include:</b></p> <p><b>☐Equipment /utensils</b></p> <ul style="list-style-type: none"> <li>• Chefs knife</li> <li>• Tablespoon</li> <li>• Teaspoon</li> <li>• Wooden spoon</li> <li>• Can opener</li> <li>• Fork or masher</li> <li>• Sauce pan and lid</li> <li>• Chopping broad</li> <li>• Frying pan</li> <li>• Casserole</li> <li>• Sieve</li> </ul> <p><b>☐Ingredient</b></p> <ul style="list-style-type: none"> <li>• Potatoes</li> <li>• Salt and pepper</li> <li>• Fish fillet</li> <li>• Bacon</li> <li>• Onion</li> <li>• Flour</li> <li>• Canned tomato</li> <li>• Milk</li> <li>• Butter</li> </ul> <p><b>☐Follow Process</b></p> <ul style="list-style-type: none"> <li>• Heating oven.</li> <li>• Cutting fish.</li> <li>• Sauteing.</li> <li>• Stirring in flour.</li> <li>• Boilling.</li> <li>• Mashing potatoes.</li> <li>• Seasoning.</li> <li>• Piling mash.</li> <li>• Baking</li> <li>• Serving</li> </ul>						
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### Task 13: PREPARE DIPS

No	Activity						
		Satisfactory			Not Satisfactory		
	During observation of work activities the candidate demonstrates that they can	1	2	3	1	2	3
	<p><b>a) Prepare youhurt dip</b> <b>This should include:</b></p> <p><input type="checkbox"/> <b>Utensils/equipment</b></p> <ul style="list-style-type: none"> <li>• Bowl</li> <li>• Blender</li> <li>• Spoon</li> </ul> <p><input type="checkbox"/> <b>Ingredients</b></p> <ul style="list-style-type: none"> <li>• Plain Youhurt</li> <li>• Sprin onion</li> <li>• Parsley</li> <li>• Radishes</li> <li>• Thyme</li> <li>• Mustard powder</li> <li>• Basil</li> <li>• Salt</li> <li>• Black pepper</li> <li>• Fresh Ginger</li> <li>• Tobasco sauce</li> </ul> <p><input type="checkbox"/> <b>Follow Process</b></p> <ul style="list-style-type: none"> <li>• Mixing all ingredients</li> <li>• Serving</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	<p><b>b) Prepare hot chilli dip</b>  <b>This should include:</b></p> <p><b>☐Equipment /utensils</b></p> <ul style="list-style-type: none"> <li>• Spoon</li> <li>• Mixing bowl</li> </ul> <p><b>☐Ingredient</b></p> <ul style="list-style-type: none"> <li>• Hot chilli sauce</li> <li>• Black pepper</li> <li>• Fresh cream</li> <li>• Garlic powder (optional)</li> </ul> <p><b>☐Follow Proess</b></p> <ul style="list-style-type: none"> <li>• Mixing all the ingredients.</li> <li>• Serving</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<p><b>c) Prepare mayonnaise dip</b>  <b>This should include:</b></p> <p><b>☐Equipment /untensils</b></p> <ul style="list-style-type: none"> <li>• Whisker</li> <li>• Bowl</li> </ul> <p><b>☐Ingredient</b></p> <ul style="list-style-type: none"> <li>• Lemon juice</li> <li>• Vinegar</li> <li>• Mustard sauce</li> <li>• Salt</li> <li>• Fresh chilli</li> </ul> <p><b>☐Process</b></p> <ul style="list-style-type: none"> <li>• Mixing all the ingredients.</li> <li>• Serving</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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## Task 14: PREPARE VEGETARIAN DISHES

No	Activity						
		Satisfactory			Not Satisfactory		
	During observation of work activities the candidate demonstrate that they can	1	2	3	1	2	3
	<p><b>a) Prepare Mexcian bean pot</b> This should include:</p> <p><input type="checkbox"/> <b>Equipment</b></p> <ul style="list-style-type: none"> <li>• Pot</li> <li>• Bowl</li> <li>• Cooking stick</li> <li>• Chopping board</li> <li>• Chef's knife</li> </ul> <p><input type="checkbox"/> <b>Ingredient</b></p> <ul style="list-style-type: none"> <li>• Dry red beans</li> <li>• Onion</li> <li>• Carrots</li> <li>• Tomatoes</li> <li>• Garlic</li> <li>• Paprika</li> <li>• Marajoram</li> <li>• Fresh chilli</li> <li>• Red pepper</li> <li>• Yeast</li> <li>• Seasoning</li> <li>• Chives</li> </ul> <p><input type="checkbox"/> <b>FollowProcess</b></p> <ul style="list-style-type: none"> <li>• Soaking beans.</li> <li>• Bolling.</li> <li>• Adding ingredients</li> <li>• Simmering</li> <li>• Serving</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	<p><b>b) Mixed vegetable stir fry</b>  <b>This should include:</b></p> <p><b>☐Equipment</b></p> <ul style="list-style-type: none"> <li>• Sauce pan</li> <li>• Cooking stick</li> <li>• Chopping board</li> <li>• Chef's knife</li> <li>• Plate</li> </ul> <p><b>☐Ingredient</b></p> <ul style="list-style-type: none"> <li>• Carrots</li> <li>• Green beans</li> <li>• Broccoli</li> <li>• Cauliflower</li> <li>• Baby marrow</li> <li>• Assorted pepper</li> <li>• Onion</li> <li>• Soy sauce</li> <li>• Salt and pepper</li> <li>• Garlic powder</li> <li>• Ginger powder</li> </ul> <p><b>☐Follow Process</b></p> <ul style="list-style-type: none"> <li>• Cutting vegetables.</li> <li>• Str frying.</li> <li>• Seasoning.</li> <li>• Serving.</li> </ul>						
	<p><b>c) Prepare Ratatouille</b>  <b>This should include:</b></p> <p><b>☐Equipment</b></p> <ul style="list-style-type: none"> <li>• Chopping board</li> <li>• Chef's knife</li> <li>• Table spoon</li> <li>• Sauce pan</li> <li>• Plate</li> <li>• Casserole dish</li> <li>• Mixing bowl</li> <li>• Cooking stick</li> <li>• Frying pan</li> </ul> <p><b>☐Ingredient</b></p> <ul style="list-style-type: none"> <li>• Red onion</li> <li>• Garlic</li> <li>• Baby marrow</li> <li>• Egg plants</li> </ul>						



	<ul style="list-style-type: none"> <li>• Assorted pepper</li> <li>• Fresh basil</li> <li>• Cooking oil (olive oil)</li> <li>• Fresh thyme</li> <li>• Tomato</li> <li>• Balsamic vinegar</li> <li>• Lemon</li> </ul> <p><b>☐Follow Process</b></p> <ul style="list-style-type: none"> <li>• Cutting vegetables.</li> <li>• Deseeding</li> <li>• Adding all vegetables</li> <li>• Simmering.</li> <li>• Serving</li> </ul>						
	<p><b>a) Prepare vegetarian lasagne</b> <b>This should include:</b></p> <p><b>☐Equipment</b></p> <ul style="list-style-type: none"> <li>• Sauce pan</li> <li>• Pot</li> <li>• Chefs knife</li> <li>• Cooking stick</li> <li>• Dinner plate</li> </ul> <p><b>☐Ingredient</b></p> <ul style="list-style-type: none"> <li>• lasagne sheet</li> <li>• onion</li> <li>• cooking oil</li> <li>• garlic</li> <li>• mushroom</li> <li>• cucumber</li> <li>• tomato</li> <li>• oregano</li> <li>• tomato puree</li> <li>• salt and pepper</li> <li>• vegetable stock or water</li> <li>• butter</li> <li>• flour</li> <li>• milk</li> <li>• cheddar cheese</li> </ul> <p><b>☐Follow Process</b></p> <ul style="list-style-type: none"> <li>• Preheating oven</li> <li>• Cooking</li> <li>• Cutting vegetables</li> <li>• Seasoning</li> </ul>	☐	☐	☐	☐	☐	☐

	<ul style="list-style-type: none"> <li>• Adding milk.</li> <li>• Simmering</li> <li>• Stirring</li> <li>• Baking</li> <li>• Serving</li> </ul>						
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## Task 15: PREPARE PASTRIES

No	Activity						
		Satisfactory			Not Satisfactory		
	During observation of work activities the candidate demonstrates that they can	1	2	3	1	2	3
	<p><b>a) Prepare jam tart</b>  <b>This should include:</b></p> <p><input type="checkbox"/> <b>Equipment /utensil</b></p> <ul style="list-style-type: none"> <li>• Mixing bowl</li> <li>• Cooking stick</li> <li>• Baking sheet</li> <li>• Cutter</li> </ul> <p><input type="checkbox"/> <b>Ingredient</b></p> <ul style="list-style-type: none"> <li>• Plain flour</li> <li>• Jam</li> <li>• Salt</li> <li>• Butter</li> <li>• Cold water</li> </ul> <p><input type="checkbox"/> <b>Follow Process</b></p> <ul style="list-style-type: none"> <li>• Preheating</li> <li>• Short Crust pastry</li> <li>• Cutting out</li> <li>• Baking</li> <li>• spooning jam</li> <li>• Cooling</li> <li>• Serving</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	<p><b>b) Prepare apple flan</b></p> <p><b>This should include:</b></p> <p><b>☐Equipment /utensil</b></p> <ul style="list-style-type: none"> <li>• Sieve</li> <li>• Mixing bowl</li> <li>• Plate</li> <li>• Teaspoon</li> <li>• Knife</li> <li>• Fork</li> <li>• Wooden spoon</li> <li>• Basin</li> <li>• Flan ring</li> <li>• Rolling pin</li> <li>• Chopping board</li> <li>• Measuring jug</li> <li>• Baking tray</li> </ul> <p><b>☐Ingredient</b></p> <ul style="list-style-type: none"> <li>• Eggs</li> <li>• Butter</li> <li>• Sugar</li> <li>• Salt</li> <li>• Cooking apple</li> <li>• Jam</li> </ul> <p><b>☐Follow Process</b></p> <ul style="list-style-type: none"> <li>• Creaming.</li> <li>• Rolling out.</li> <li>• Peeling apples.</li> <li>• Cooking</li> <li>• Baking.</li> <li>• Serving</li> </ul>						
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	<p><b>c) Prepare Cheese straws</b>  <b>This should include:</b>  <b>Equipment /utensil</b></p> <ul style="list-style-type: none"> <li>• Mixing bowl</li> <li>• Rolling pin</li> <li>• Chopping board</li> <li>• Fridge</li> <li>• Chefs knife</li> </ul> <p><b>Ingredient</b></p> <ul style="list-style-type: none"> <li>• Plain flour</li> <li>• Salt</li> <li>• Butter</li> <li>• Ice cold water</li> <li>• Cheese</li> <li>• Egg yolk</li> <li>• Cayenne pepper</li> </ul> <p><input type="checkbox"/> <b>Follow Process</b></p> <ul style="list-style-type: none"> <li>• Mixing.</li> <li>• Rubbing in.</li> <li>• Stirring in.</li> <li>• Chilling.</li> <li>• Rolling.</li> <li>• Baking.</li> <li>• Serving.</li> </ul>						
	<p><b>d) Prepare Meat pie</b>  <b>This should include:</b>  <input type="checkbox"/> <b>Equipment /utensil</b></p> <ul style="list-style-type: none"> <li>• Mixing bowl</li> <li>• Rolling pin</li> <li>• Chopping board</li> <li>• Fridge</li> <li>• Chefs knife</li> <li>• Baking sheet</li> </ul> <p><input type="checkbox"/> <b>Ingredient</b></p> <ul style="list-style-type: none"> <li>• Flour</li> <li>• Salt</li> <li>• Butter</li> <li>• Ice cold water</li> <li>• Lemon juice</li> <li>• Eggs</li> <li>• Cooked meat</li> </ul> <p><input type="checkbox"/> <b>Follow Process</b></p>						

	<ul style="list-style-type: none"> <li>• Mixing ingredients.</li> <li>• Rolling.</li> <li>• Folding</li> <li>• Chilling.</li> <li>• Filling.</li> <li>• Baking.</li> <li>• Serving</li> </ul>						
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## TASK 17:PREPARE PUDDINGS

No	Activity						
		Satisfactory			Not Satisfactory		
	During observation of work activities the candidate demonstrate that they can	1	2	3	1	2	3
	<p><b>a) Prepare Bread and butter pudding</b> This should include:</p> <p><input type="checkbox"/> <b>Equipment /utensil</b></p> <ul style="list-style-type: none"> <li>• Mixing bowl</li> <li>• Ovenproof dish (casserole )</li> <li>• Cooking stick</li> <li>• Wire rack</li> <li>• Whisker</li> <li>• Roasting tray</li> <li>• Sauce pan</li> <li>• Plate</li> </ul> <p><input type="checkbox"/> <b>Ingredient</b></p> <ul style="list-style-type: none"> <li>• Bread slices</li> <li>• Butter</li> <li>• Fried fruits (raisins)</li> <li>• Sugar</li> <li>• Milk</li> <li>• Eggs</li> <li>• Nutmeg</li> </ul> <p><input type="checkbox"/> <b>Follow Process</b></p> <ul style="list-style-type: none"> <li>• Preheating oven.</li> <li>• Greasing.</li> <li>• Cutting.</li> <li>• Overlapping.</li> <li>• Soaking.</li> <li>• Baking</li> <li>• Serving</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	<p><b>b) Prepare Rice pudding</b>  <b>This should include:</b></p> <p><b>☐Equipment</b></p> <ul style="list-style-type: none"> <li>• Casserole dish</li> <li>• Mixing bowl</li> <li>• Cooking stick</li> <li>• Sieve</li> <li>• Teaspoon</li> <li>• Pot</li> <li>• Wire rack</li> <li>• Sauce pan</li> </ul> <p><b>☐Ingredient</b></p> <ul style="list-style-type: none"> <li>• Rice</li> <li>• Sugar</li> <li>• Milk</li> <li>• Butter</li> </ul> <p><b>☐Follow Process</b></p> <ul style="list-style-type: none"> <li>• Preheating oven.</li> <li>• Washing rice.</li> <li>• Boiling</li> <li>• Baking</li> <li>• Serving</li> </ul>						
	<p><b>c) Prepare Steamed chocolate pudding</b>  <b>This should include:</b></p> <p><b>☐Equipment</b></p> <ul style="list-style-type: none"> <li>• Pudding dish or casserole</li> <li>• Mixing bowl</li> <li>• Basin</li> <li>• Cooking stick</li> <li>• Wire rack</li> <li>• Whisker</li> <li>• Sauce pan</li> <li>• Pot</li> <li>• Foil paper</li> </ul> <p><b>☐Ingredient</b></p> <ul style="list-style-type: none"> <li>• Cocoa podwer</li> <li>• Flour</li> <li>• Baking powder</li> <li>• Butter</li> <li>• Castor sugar</li> <li>• Jam</li> <li>• Water</li> </ul> <p><b>☐Follow Process</b></p> <ul style="list-style-type: none"> <li>• Mixing ingredients.</li> <li>• Steaming.</li> </ul>						



	<ul style="list-style-type: none"> <li>• Serving</li> </ul>						
	<b>d) Prepare Pineapple upsidedown pudding</b> <b>This should include:</b> <input type="checkbox"/> <b>Equipment</b> <ul style="list-style-type: none"> <li>• Baking tin</li> <li>• Mixing bowl</li> <li>• Basin</li> <li>• Cooking stick</li> <li>• Wire rack</li> <li>• Whisker</li> </ul> <input type="checkbox"/> <b>Ingredient</b> <ul style="list-style-type: none"> <li>• Flour</li> <li>• Baking powder</li> <li>• Butter</li> <li>• Castor sugar</li> <li>• Pineapple ring</li> <li>• Milk</li> </ul> <input type="checkbox"/> <b>FollowProcess</b> <ul style="list-style-type: none"> <li>• Preheating oven.</li> <li>• Mixing ingredients.</li> <li>• Baking.</li> <li>• Serving</li> </ul>						

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## Task 17: PREPARE PORK DISHES

No	Activity						
		Satisfactory			Not Satisfactory		
	During observation of work activities the candidate demonstrate that they can	1	2	3	1	2	3
	<p><b>a) Prepare Marinated spare ribs</b> This should include:</p> <p><input type="checkbox"/> <b>Equipment</b></p> <ul style="list-style-type: none"> <li>• Mixing bowl</li> <li>• Baking sheet</li> <li>• Brush</li> <li>• Stove</li> <li>• Serving spoon</li> <li>• Sauce pan</li> <li>• Aluminium foil</li> <li>• Knife</li> </ul> <p><input type="checkbox"/> <b>Ingredient</b></p> <ul style="list-style-type: none"> <li>• Spare ribs</li> <li>• Paprika</li> <li>• Sugar</li> <li>• BBQ</li> <li>• Salt</li> <li>• Pepper</li> <li>• Honey</li> <li>• Garlic</li> <li>• Mustard</li> <li>• Worcestershire sauce</li> </ul> <p><input type="checkbox"/> <b>Follow Process</b></p> <ul style="list-style-type: none"> <li>• Marinating.</li> <li>• Pre heating oven.</li> <li>• Combining .</li> <li>• Baking.</li> <li>• Serving.</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	<p><b>b) Prepare Sweet and sour pork chops</b>  <b>This should include:</b></p> <p><b>☐Equipment/utensils</b></p> <ul style="list-style-type: none"> <li>• Cup</li> <li>• Teaspoon</li> <li>• Pan</li> <li>• Colander</li> <li>• Shallow bowl</li> <li>• Cooking stick</li> <li>• Chefs knife</li> <li>• Plate</li> </ul> <p><b>☐Ingredient</b></p> <ul style="list-style-type: none"> <li>• Pork loin</li> <li>• Sugar</li> <li>• Dry sherry</li> <li>• Soy sauce</li> <li>• Cooking oil</li> <li>• Cornflour</li> <li>• Garlic</li> <li>• Root ginger</li> <li>• Onion</li> <li>• Green pepper</li> <li>• Chillies</li> <li>• Sweet and sour sauce</li> <li>• Pineapple rings</li> <li>• Spring onion</li> </ul> <p><b>☐Follow Process</b></p> <ul style="list-style-type: none"> <li>• Marinading.</li> <li>• Frying.</li> <li>• Boiling.</li> <li>• Simmering.</li> <li>• Deep frying.</li> <li>• Serving.</li> </ul>						
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	<p><b>c) Prepare Pork stir fry</b>  <b>This should include:</b></p> <p><b>☐Equipment</b></p> <ul style="list-style-type: none"> <li>• Sauce pan</li> <li>• Cooking stick</li> <li>• Plate</li> </ul> <p><b>☐Ingredient</b></p> <ul style="list-style-type: none"> <li>• Pork chunks</li> <li>• Cooking oil</li> <li>• Shallots</li> <li>• Garlic</li> <li>• Button mushroom</li> <li>• Lemon and herbs spice</li> <li>• Soy sauce</li> <li>• Dry white wine</li> <li>• Honey</li> <li>• Salt and pepper</li> </ul> <p><b>☐Follow Process</b></p> <ul style="list-style-type: none"> <li>• Sautéing .</li> <li>• Cooking.</li> <li>• Simmering.</li> <li>• Seasoning.</li> <li>• Serving.</li> </ul>						
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	<p><b>d) Prepare Pork piccata</b>  <b>This should include:</b></p> <p><b>☐Equipment</b></p> <ul style="list-style-type: none"> <li>• Cup</li> <li>• Teaspoon</li> <li>• Sauce pan</li> <li>• Platter</li> <li>• Grater</li> <li>• Shallow bowl</li> </ul> <p><b>☐Ingredient</b></p> <ul style="list-style-type: none"> <li>• Butter</li> <li>• Bonesless pork chops</li> <li>• Fresh Lemon juice</li> <li>• Lemon zest</li> <li>• Capers</li> <li>• Parsley</li> <li>• Salt and pepper</li> <li>• White wine</li> </ul> <p><b>☐Follow Process</b></p> <ul style="list-style-type: none"> <li>• Combining.</li> <li>• Coating.</li> <li>• Cooking.</li> <li>• Seasoning.</li> <li>• Serving</li> </ul>						
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## Task 18: PREPARE BROTH SOUP

No	Activity						
		Satisfactory			Not Satisfactory		
	During observation of work activities the candidate demonstrate that they can	1	2	3	1	2	3
	<p><b>a) Prepare Chicken broth soup</b>  <b>This should include:</b></p> <p><input type="checkbox"/> <b>Equipment/utensils</b></p> <ul style="list-style-type: none"> <li>• Chopping board</li> <li>• Chef's knife</li> <li>• Sauce pan</li> <li>• Measuring jar</li> <li>• Mixing bowl</li> <li>• Sieve</li> <li>• Tablespoon</li> </ul> <p><input type="checkbox"/> <b>Ingredient</b></p> <ul style="list-style-type: none"> <li>• Chicken breast</li> <li>• Chicken stock</li> <li>• Carrots</li> <li>• Potatoes</li> <li>• Parsley</li> </ul> <p><input type="checkbox"/> <b>Follow Process</b></p> <ul style="list-style-type: none"> <li>• Cutting.</li> <li>• Peeling.</li> <li>• Cooking.</li> <li>• Simmering</li> <li>• Serving.</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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## Task 19: PREPARE YEAST PRODUCTS

No	Activity						
		Satisfactory			Not Satisfactory		
	During observation of work activities the candidate demonstrate that they can	1	2	3	1	2	3
	<b>a) Prepare Bread rolls</b> <b>This should include:</b> <input type="checkbox"/> <b>Equipments/utensils</b> <ul style="list-style-type: none"> <li>• Measuring jug</li> <li>• Small pan</li> <li>• Teaspoon</li> <li>• Knife</li> <li>• Wooden spoon</li> <li>• Fork</li> <li>• Sieve</li> <li>• Mixing bowl</li> <li>• Tea towel</li> <li>• Cloth</li> <li>• Pastry board</li> <li>• Dredgrer</li> <li>• Pastry brush</li> <li>• Baking tray</li> </ul> <input type="checkbox"/> <b>Ingredients</b> <ul style="list-style-type: none"> <li>• Flour</li> <li>• Dried yeast</li> <li>• Butter</li> <li>• Castor sugar</li> <li>• Salt</li> </ul> <input type="checkbox"/> <b>Follow Process</b> <ul style="list-style-type: none"> <li>• Making dough.</li> <li>• Kneading.</li> <li>• Moulding.</li> <li>• Proving.</li> <li>• Baking</li> <li>• Serving.</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



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## Task 20: PREPARE PANCAKES

No	Activity						
		Satisfactory			Not Satisfactory		
	During observation of work activities the candidate demonstrate that they can	1	2	3	1	2	3
	<b>a) Prepare Pancakes</b> <b>This should include:</b> <input type="checkbox"/> <b>Equipment/utensils</b> <ul style="list-style-type: none"> <li>• Sieve</li> <li>• Mixing bowl</li> <li>• Jug</li> <li>• Wooden spoon</li> <li>• Chef knife</li> <li>• Frying pan</li> <li>• Basin</li> <li>• Plate</li> </ul> <input type="checkbox"/> <b>Ingredients</b> <ul style="list-style-type: none"> <li>• Plain flour</li> <li>• Egg</li> <li>• Milk</li> <li>• Castor sugar</li> <li>• Lemon</li> <li>• Cooking oil</li> </ul> <input type="checkbox"/> <b>Follow Process</b> <ul style="list-style-type: none"> <li>• Mixing ingredients.</li> <li>• Pan frying.</li> <li>• Serving.</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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## Task 21: PREPARE EGG DISHES

No	Activity						
		Satisfactory			Not Satisfactory		
	During observation of work activities the candidate demonstrate that they can	1	2	3	1	2	3
	<b>a) Prepare Scotched eggs</b>  <b>This should include:</b> <input type="checkbox"/> <b>Equipment/utensil</b> <ul style="list-style-type: none"> <li>• Pan</li> <li>• Mixing bowl</li> <li>• Egg lifter</li> <li>• Knife</li> <li>• Plate</li> </ul> <input type="checkbox"/> <b>Ingredient</b> <ul style="list-style-type: none"> <li>• Boiled egg</li> <li>• Mince meat</li> <li>• Raw egg</li> <li>• Breadcrumbs</li> </ul> <input type="checkbox"/> <b>Follow Process</b> <ul style="list-style-type: none"> <li>• Boiling.</li> <li>• Paneeing.</li> <li>• Deep frying.</li> <li>• Serving.</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

<b>b) Prepare Stuffed egg</b>  <b>This should include:</b> <input type="checkbox"/> <b>Equipment/utensil</b> <ul style="list-style-type: none"> <li>• Piping bag</li> <li>• Pot</li> <li>• Plate</li> <li>• Knife</li> <li>• Spoon</li> <li>• Fork</li> </ul> <input type="checkbox"/> <b>Ingredient</b> <ul style="list-style-type: none"> <li>• Eggs</li> <li>• Lettuce</li> <li>• Tomato</li> <li>• Cheese</li> <li>• Butter</li> <li>• Salt</li> <li>• Black pepper</li> </ul> <input type="checkbox"/> <b>Follow Process</b> <ul style="list-style-type: none"> <li>• Boiling.</li> <li>• Cutting.</li> <li>• Mixing.</li> <li>• Seasoning.</li> <li>• Piping.</li> <li>• Serving.</li> </ul>						
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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## Task 22: PREPARE FRUIT DISHES

No	Activity						
		Satisfactory			Not Satisfactory		
	During observation of work activities the candidate demonstrate that they can	1	2	3	1	2	3
	<b>a) Prepare Fruit salad</b> <b>This should include:</b> <input type="checkbox"/> <b>Equipment/utensils</b> <ul style="list-style-type: none"> <li>• Knife</li> <li>• Mixing bowl</li> <li>• Plate</li> <li>• Spoon</li> </ul> <input type="checkbox"/> <b>Ingredients</b> <ul style="list-style-type: none"> <li>• Apple</li> <li>• Banana</li> <li>• Orange</li> <li>• Grapes</li> <li>• Lemon juice</li> <li>• Sugar</li> <li>• Water</li> </ul> <input type="checkbox"/> <b>Follow Process</b> <ul style="list-style-type: none"> <li>• Dissolving.</li> <li>• Cutting.</li> <li>• Mixing.</li> <li>• Serving</li> </ul>						
	<b>b) Prepare Fruit crumble</b> <b>This should include:</b> <input type="checkbox"/> <b>Equipment/utensils</b> <ul style="list-style-type: none"> <li>• Knife</li> <li>• Dessert bowl</li> <li>• Plate</li> <li>• Mixing bowl</li> <li>• Cooking stick</li> <li>• Ovenproof dish</li> </ul> <input type="checkbox"/> <b>Ingredients</b> <ul style="list-style-type: none"> <li>• Fruits (cooking apple and berries)</li> <li>• Sugar</li> <li>• Flour</li> <li>• Butter</li> <li>• Castor sugar</li> </ul> <input type="checkbox"/> <b>Follow Process</b> <ul style="list-style-type: none"> <li>• Simmering.</li> <li>• Rubbing in.</li> </ul>						

	<ul style="list-style-type: none"> <li>• Beating.</li> <li>• Baking.</li> <li>• Serving</li> </ul>						
	<b>C) Prepare Fruit fool</b> <b>This should include:</b> <input type="checkbox"/> <b>Equipment/utensils</b> <ul style="list-style-type: none"> <li>• Pot</li> <li>• Chopping board</li> <li>• Grater</li> <li>• Plate</li> <li>• Knife</li> <li>• Cooking stick</li> <li>• Mixing bowl</li> </ul> <input type="checkbox"/> <b>Ingredients</b> <ul style="list-style-type: none"> <li>• Cooking apple or other fruits</li> <li>• Sugar</li> <li>• Milk</li> <li>• Water</li> <li>• Custard powder</li> <li>• Grated chocolate</li> </ul> <input type="checkbox"/> <b>Follow Process</b> <ul style="list-style-type: none"> <li>• Cutting.</li> <li>• Simmering.</li> <li>• Stirring.</li> <li>• Making custard</li> <li>• Mixing.</li> <li>• Serving</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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## Task 23: PREPARE STOCK

No	Activity						
		Satisfactory			Not Satisfactory		
	During observation of work activities the candidate demonstrates that they can	1	2	3	1	2	3
	<b>a) Prepare Vegetable stock</b> <b>This should include:</b>  <b>☐ Equipment/utensils</b> <ul style="list-style-type: none"> <li>• Chopping board</li> <li>• Sauce pan</li> <li>• Chefs knife</li> <li>• Strainer</li> <li>• Bowl</li> <li>• stove</li> </ul> <b>☐ Ingredients</b> <ul style="list-style-type: none"> <li>• Onion</li> <li>• Carrots</li> <li>• Celery</li> <li>• Leek</li> <li>• Water</li> </ul> <b>☐ Follow Process</b> <ul style="list-style-type: none"> <li>• Mirepoix.</li> <li>• Simmering.</li> <li>• Skimming.</li> <li>• Storing.</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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## Task 24: PREPARE SANDWICHES

No	Activity	Satisfactory			Not Satisfactory		
		1	2	3	1	2	3
During observation of work activities the candidate demonstrate that they can		1	2	3	1	2	3
	<p><b>a) Prepare Club sandwich</b></p> <p><b>This should include:</b></p> <p><input type="checkbox"/>Equipment/utensils</p> <ul style="list-style-type: none"><li>• Knife</li><li>• Plate</li><li>• Chopping board</li></ul> <p><input type="checkbox"/>Ingredients</p> <ul style="list-style-type: none"><li>• Buttered toasted bread slices</li><li>• Lettuce</li><li>• Grilled bacon</li><li>• Slices of hard boiled egg</li><li>• Mayonnaise</li><li>• Slices of chicken breast</li></ul> <p><input type="checkbox"/>Follow Process</p> <ul style="list-style-type: none"><li>• Sandwiching.</li><li>• Serving.</li></ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Examiner's comments

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Learner's Name/sign:

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## Task 25: PREPARE SAUCES

No	Activity						
During observation of work activites the candiate demonsrated that they can							
	<b>a) Prepare Mayonnaise sauce</b> <b>This should include:</b> <input type="checkbox"/> <b>Equipment/utensils</b> <ul style="list-style-type: none"><li>Sauce bowl</li><li>Blender or food processor</li></ul> <input type="checkbox"/> <b>Ingredients</b> <ul style="list-style-type: none"><li>Egg york</li><li>Cooking oil</li><li>Vinegar or lemon</li><li>Mustard</li><li>Sugar</li><li>Salt</li><li>Pepper</li></ul> <input type="checkbox"/> <b>Follow Process</b> <ul style="list-style-type: none"><li>Mixing ingredients.</li><li>Serving.</li></ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<b>b) Prepare Hollandaise sauce</b> <b>This should include:</b> <input type="checkbox"/> <b>Equipment/utensils</b> <ul style="list-style-type: none"><li>Whisker</li><li>Pot</li><li>Basin</li><li>Sauce bowl</li><li>Knife</li><li>Chopping board</li></ul> <input type="checkbox"/> <b>Ingredients</b> <ul style="list-style-type: none"><li>Vinegar or lemon</li><li>Water</li><li>Salt</li><li>Pepper</li><li>Egg york</li><li>Butter</li></ul> <input type="checkbox"/> <b>Follow Process</b> <ul style="list-style-type: none"><li>Boiling.</li><li>Mashing.</li><li>Beating.</li><li>Serving.</li></ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Examiner`s comments:

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Signed:

Examiner Name/Sign:

Learner`s Name/sign:

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Date:

Date:

## FINAL PRACTICAL ASSESSMENT SUMMARY

Practical assessment summary	Satisfactory	Not Satisfactory
<b>TASK 1: SAFETY</b>	<input type="checkbox"/>	<input type="checkbox"/>
<b>TASK 2: HYGIENE</b>	<input type="checkbox"/>	<input type="checkbox"/>
<b>TASK 3: PREPARE STARTERS</b>	<input type="checkbox"/>	<input type="checkbox"/>
<b>TASK 4: PREPARE SNACKS</b>	<input type="checkbox"/>	<input type="checkbox"/>
<b>TASK 5: PREPARE BEVERAGE</b>	<input type="checkbox"/>	<input type="checkbox"/>
<b>TASK 6: PREPARE STARCH</b>	<input type="checkbox"/>	<input type="checkbox"/>
<b>TASK 7: PREPARE POULTRY DISHES</b>	<input type="checkbox"/>	<input type="checkbox"/>
<b>TASK 8: PREPARE FISH DISHES</b>	<input type="checkbox"/>	<input type="checkbox"/>
<b>TASK 9: PREPARE VEGETABLE DISHES</b>	<input type="checkbox"/>	<input type="checkbox"/>
<b>TASK 10: PREPARE BASIC CAKES</b>	<input type="checkbox"/>	<input type="checkbox"/>
<b>TASK 11: PREPARE BEEF DISHES</b>	<input type="checkbox"/>	<input type="checkbox"/>
<b>TASK 12: PREPARE LEFTOVERS FOODS</b>	<input type="checkbox"/>	<input type="checkbox"/>
<b>TASK 13: PREPARE DIPS</b>	<input type="checkbox"/>	<input type="checkbox"/>
<b>TASK 14: PREPARE VEGETARIAN DISHES</b>	<input type="checkbox"/>	<input type="checkbox"/>
<b>TASK 15: PREPARE PASTRIES</b>	<input type="checkbox"/>	<input type="checkbox"/>
<b>TASK 16: PREPARE PUDDINGS</b>	<input type="checkbox"/>	<input type="checkbox"/>



## ASSESSMENT OUTCOME

Competent ☐

Not Competent ☐

Learner/Trainee	Assessor/Examiner
Learner/Trainee name: _____ (Print)	Assessor/Examiner name: _____ (Print)
<b>Learner/Trainee comments:</b>	<b>Assessor/Examiner comments:</b>
Signature: _____  Date: _____	Signature: _____  Date: _____

VALIDATION OF THE ASSESSMENT

NAME:.....

DATE:.....

POSITION: **PRINCIPAL/HEAD OF INSTITUTION**

SIGNATURE:.....

NAME INSTITUTION:.....

STAMP:

