

# Cookery NC II

## Course Description

The COOKERY NC II Qualification consists of competencies that a person must achieve to clean kitchen areas, cook/prepare hot, cold meals and desserts for guests in various food and beverage service facilities.

### Nominal Duration

- Basic Competencies 68 hrs.
- Common Competencies 80 hrs.
- Core Competencies 688 hrs.

**TOTAL 836 hrs.**

A person who has achieved this qualification is competent to be:

- ***Garde Manager***
- ***Pastry***
- ***In the Hot Kitchen as:***
- ***Cook***
- ***Assistant***

### TRAINEE ENTRY REQUIREMENTS:

- At least 15 years of age
- Physically and mentally fit
- Can communicate in English, both oral and written
- Can perform basic mathematical operations
- Must undergo Career Profiling and Trainability Evaluation

TWC Training is guided by the ten (10) basic principles of Competency-Based Training (CBT) delivery.

1. The training is based on curriculum developed from the competency standards;
2. Learning is modular in its structure;
3. Training delivery is individualized and self-paced;
4. Training is based on work that must be performed;
5. Training materials are directly related to the competency standards and the curriculum modules;
6. Assessment is based in the collection of evidence of the performance of work to the industry required standard;
7. Training is based on both on and off-the-job components;
8. Allows for recognition of prior learning (RPL) or current competencies;
9. Training allows for multiple entry and exit; and
10. Approved training programs are Nationally Accredited

## Course Structure

### BASIC COMPETENCIES

Unit of Competency	Module Title	Learning Outcomes	Nominal Duration
• Work in a team environment	• Observing gender sensitivity in the workplace	<ul style="list-style-type: none"> <li>• Discuss the differences between sex and gender</li> <li>• Discuss gender identity &amp; sexual orientation</li> <li>• Analyse the different manifestations of gender inequality in TVET and in society</li> <li>• Discuss gender &amp; rights based approach to sexual &amp; reproductive health including HIV-AIDS awareness and prevention</li> </ul>	12 hrs
	• Working in a team environment	<ul style="list-style-type: none"> <li>• Describe team role and scope</li> <li>• Identify individual role &amp; responsibilities within a team</li> <li>• Develop effective workplace relationship including personal values &amp; beliefs related to gender</li> <li>• Work as a team member</li> <li>• Contribute to work group activities</li> </ul>	4 hrs
• Participate in workplace communications	• Participating in workplace communications	<ul style="list-style-type: none"> <li>• Follow routine spoken messages</li> <li>• Perform workplace duties following written notices</li> <li>• Obtain and convey workplace information</li> <li>• Complete relevant work-related documents</li> <li>• Participate in workplace meeting and discussion applying gender-fair language</li> </ul>	20 hrs
• Practice career professionalism	• Demonstrating work and entrepreneurial values and gender sensitivity	<ul style="list-style-type: none"> <li>• Describe the purpose of work and enterprise</li> <li>• Identify and deal with ethical problems</li> <li>• Apply work and entrepreneurial values and gender sensitivity</li> <li>• Maintain integrity of conduct in the workplace</li> </ul>	4 hrs
	• Practicing career professionalism	<ul style="list-style-type: none"> <li>• Integrate gender perspectives with personal and organizational goals</li> <li>• Set and meet work priorities</li> <li>• Maintain professional growth and development</li> </ul>	4 hrs
• Practice occupational health and safety procedures	• Practicing basic housekeeping procedures	<ul style="list-style-type: none"> <li>• Sort and remove unnecessary items</li> <li>• Arrange items</li> <li>• Maintain work areas, tools and equipment</li> <li>• Follow standardized work process and procedures</li> <li>• Perform work spontaneously</li> </ul>	12 hrs
	• Practicing occupational health and safety procedures	<ul style="list-style-type: none"> <li>• Identify hazards and risks</li> <li>• Evaluate hazards and risks</li> <li>• Control hazards and risks</li> <li>• Maintain occupational health and safety awareness including women's issues/ concerns relative to OSH</li> </ul>	12 hrs

## Course Structure

### COMMON COMPETENCIES

Unit of Competency	Module Title	Learning Outcomes	Nominal Duration
• Develop and update industry knowledge	• Developing and updating industry knowledge	<ul style="list-style-type: none"> <li>• Identify and access key sources of information on the industry</li> <li>• Access, apply and share industry information</li> <li>• Update continuously relevant industry knowledge</li> </ul>	4 hrs
• Observe workplace hygiene procedures	• Observing workplace hygiene procedures	<ul style="list-style-type: none"> <li>• Practice personal grooming and hygiene</li> <li>• Practice safe and hygienic handling, storage and disposal of food, beverage and materials</li> </ul>	16 hrs
• Perform computer operations	• Performing computer operations	<ul style="list-style-type: none"> <li>• Identify and explain the functions, general features and capabilities of both hardware and software</li> <li>• Prepare and use appropriate hardware and software according to task requirement</li> <li>• Use appropriate devices and procedures to transfer files/ data</li> <li>• Produce accurate and complete data according to the requirements</li> <li>• Maintain computer system</li> </ul>	40 hrs
• Perform workplace and safety practices	• Performing workplace and safety practices	<ul style="list-style-type: none"> <li>• Practice workplace safety, security and hygiene systems, processes and operations</li> <li>• Respond appropriately to faults, problems and emergency situations in line with enterprise guidelines</li> <li>• Maintain safe personal presentation standards</li> </ul>	16 hrs
• Provide effective customer service	• Providing effective customer service	<ul style="list-style-type: none"> <li>• Apply effective verbal and non-verbal communication skills to respond to customer needs</li> <li>• Provide prompt and quality service to customer</li> <li>• Handle queries promptly and correctly in line with enterprise procedures</li> <li>• Handle customer complaints, evaluation and recommendations</li> <li>• Provide prompt and quality service to customer</li> <li>• Handle queries promptly and correctly in line with enterprise procedures</li> <li>• Handle customer complaints, evaluation and recommendations</li> </ul>	4 hrs

## Course Structure

### CORE COMPETENCIES

Unit of Competency	Module Title	Learning Outcomes	Nominal Duration
• Clean and maintain kitchen premises	• Cleaning and maintaining kitchen premises	• Clean, sanitize and store equipment • Clean and sanitize premises • Dispose of waste	120 hrs
• Prepare stocks, sauces and soup	• Preparing stocks, sauces and soup	• Prepare stocks, glazes and essences required for menu items • Prepare soups required for menu items • Prepare sauces required for menu items • Store and reconstitute stocks, sauces and soups	200 hrs
• Prepare appetizers	• Preparing appetizers	• Perform Mise'en place • Prepare a range of appetizers • Present a range of appetizers • Store appetizers	32 hrs
• Prepare salads and dressings	• Preparing salads and dressings	• Perform Mise'en place • Prepare a variety salads and dressings • Present a variety of salads and dressings • Store salads and dressings	32 hrs
• Prepare sandwiches	• Preparing sandwiches	• Perform Mise en place • Prepare a variety of sandwiches • Present a variety of sandwiches • Store sandwiches	32 hrs
• Preparing meat dishes	• Preparing meat dishes	• Perform Mise en place • Cook meat cuts for service • Present meat cuts for service • Store meat	40 hrs
• Prepare vegetables dishes	• Preparing vegetables dishes	• Perform Mise en place • Prepare vegetable dishes • Present vegetable dishes • Store vegetables dishes	32 hrs
• Prepare egg dishes	• Preparing egg dishes	• Perform Mise en place • Prepare and cook egg dishes • Present egg dishes • Store egg dishes	32 hrs
• Prepare starch dishes	• Preparing starch dishes	• Perform Mise en place • Prepare starch dishes • Present Starch dishes • Store Starch dishes	40 hrs
• Prepare poultry and game dishes	• Preparing poultry and game dishes	• Perform mise en place • Cook poultry and game dishes • Plate/present poultry and game dishes • Store poultry and game	40 hrs
• Prepare seafood dishes	• Preparing seafood dishes	• Perform mise en place • Handle fish and seafood • Cook fish and shellfish • Plate/Present fish and seafood • Store fish and seafood	40 hrs
• Prepare desserts	• Preparing desserts	• Perform mise en place • Prepare desserts and sweet sauces • Plate/Present desserts • Store desserts	40 hrs
• Package prepared food	• Packaging prepared food	• Select packaging materials • Package food	8 hrs



## TESDA Women's Center

### VISION

*“TESDA Women's Center is the lead TVET Institution of excellence in empowering Filipino women.”*

### MISSION

*“As the lead TVET Institution of excellence in women empowerment, TESDA Women's Center advocates and provides programs and services geared towards quality-assured, inclusive and gender-fair TVET.”*

## COOKERY NC II



For inquiries, please call us at

**Telephone Numbers:** 887-7777 or 817-2650

**Email address:** [twc@tesda.gov.ph](mailto:twc@tesda.gov.ph)

**Website:** <http://www.tesda.gov.ph>

**Facebook:** <http://www.facebook.com/TESDAWomenCenter>

Gate 1, TESDA Complex, East Service Road, South Superhighway, Taguig City