

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"> • Discuss the differences between sex and gender • Discuss gender identity & sexual orientation • Analyse the different manifestations of gender inequality in TVET and in society • Discuss gender & rights based approach to sexual & reproductive health including HIV-AIDS awareness and prevention 	12 hrs
	• Working in a team environment	<ul style="list-style-type: none"> • Describe team role and scope • Identify individual role & responsibilities within a team • Develop effective workplace relationship including personal values & beliefs related to gender • Work as a team member • Contribute to work group activities 	4 hrs
• Participate in workplace communications	• Participating in workplace communications	<ul style="list-style-type: none"> • Follow routine spoken messages • Perform workplace duties following written notices • Obtain and convey workplace information • Complete relevant work-related documents • Participate in workplace meeting and discussion applying gender-fair language 	20 hrs
• Practice career professionalism	• Demonstrating work and entrepreneurial values and gender sensitivity	<ul style="list-style-type: none"> • Describe the purpose of work and enterprise • Identify and deal with ethical problems • Apply work and entrepreneurial values and gender sensitivity • Maintain integrity of conduct in the workplace 	4 hrs
	• Practicing career professionalism	<ul style="list-style-type: none"> • Integrate gender perspectives with personal and organizational goals • Set and meet work priorities • Maintain professional growth and development 	4 hrs
• Practice occupational health and safety procedures	• Practicing basic housekeeping procedures	<ul style="list-style-type: none"> • Sort and remove unnecessary items • Arrange items • Maintain work areas, tools and equipment • Follow standardized work process and procedures • Perform work spontaneously 	12 hrs
	• Practicing occupational health and safety procedures	<ul style="list-style-type: none"> • Identify hazards and risks • Evaluate hazards and risks • Control hazards and risks • Maintain occupational health and safety awareness including women's issues/ concerns relative to OSH 	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"> • Identify and access key sources of information on the industry • Access, apply and share industry information • Update continuously relevant industry knowledge 	4 hrs
• Observe workplace hygiene procedures	• Observing workplace hygiene procedures	<ul style="list-style-type: none"> • Practice personal grooming and hygiene • Practice safe and hygienic handling, storage and disposal of food, beverage and materials 	16 hrs
• Perform computer operations	• Performing computer operations	<ul style="list-style-type: none"> • Identify and explain the functions, general features and capabilities of both hardware and software • Prepare and use appropriate hardware and software according to task requirement • Use appropriate devices and procedures to transfer files/ data • Produce accurate and complete data according to the requirements • Maintain computer system 	40 hrs
• Perform workplace and safety practices	• Performing workplace and safety practices	<ul style="list-style-type: none"> • Practice workplace safety, security and hygiene systems, processes and operations • Respond appropriately to faults, problems and emergency situations in line with enterprise guidelines • Maintain safe personal presentation standards 	16 hrs
• Provide effective customer service	• Providing effective customer service	<ul style="list-style-type: none"> • Apply effective verbal and non-verbal communication skills to respond to customer needs • Provide prompt and quality service to customer • Handle queries promptly and correctly in line with enterprise procedures • Handle customer complaints, evaluation and recommendations • Provide prompt and quality service to customer • Handle queries promptly and correctly in line with enterprise procedures • Handle customer complaints, evaluation and recommendations 	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	<ul style="list-style-type: none"> • Clean, sanitize and store equipment • Clean and sanitize premises • Dispose of waste 	120 hrs
• Prepare stocks, sauces and soup	• Preparing stocks, sauces and soup	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Perform Mise en place • Prepare a variety of sandwiches • Present a variety of sandwiches • Store sandwiches 	32 hrs
• Preparing meat dishes	• Preparing meat dishes	<ul style="list-style-type: none"> • Perform Mise en place • Cook meat cuts for service • Present meat cuts for service • Store meat 	40 hrs
• Prepare vegetables dishes	• Preparing vegetables dishes	<ul style="list-style-type: none"> • Perform Mise en place • Prepare vegetable dishes • Present vegetable dishes • Store vegetables dishes 	32 hrs
• Prepare egg dishes	• Preparing egg dishes	<ul style="list-style-type: none"> • Perform Mise en place • Prepare and cook egg dishes • Present egg dishes • Store egg dishes 	32 hrs
• Prepare starch dishes	• Preparing starch dishes	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Perform mise en place • Prepare desserts and sweet sauces • Plate/Present desserts • Store desserts 	40 hrs
• Package prepared food	• Packaging prepared food	<ul style="list-style-type: none"> • 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

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