

COOK

Assessment Package

National Vocational
Certificate Level 2

Version 1 - July 2013

Published by

National Vocational and Technical Training Commission
Government of Pakistan

Headquarter

Plot 38, Kirthar Road, Sector H-9/4, Islamabad, Pakistan
www.navttc.org

Responsible

Director General Skills Standard and Curricula, National Vocational and Technical Training Commission
National Deputy Head, TVET Reform Support Programme, Deutsche Gesellschaft für Internationale
Zusammenarbeit (GIZ) GmbH

Layout & design

SAP Communications

Photo Credits

TVET Reform Support Programme

URL links

Responsibility for the content of external websites linked in this publication always lies with their respective publishers. TVET Reform Support Programme expressly dissociates itself from such content.

This document has been produced with the technical assistance of the TVET Reform Support Programme, which is funded by the European Union, the Embassy of the Kingdom of the Netherlands, the Federal Republic of Germany and the Royal Norwegian Embassy and has been commissioned by the German Federal Ministry for Economic Cooperation and Development (BMZ). The Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ) GmbH in close collaboration with the National Vocational and Technical Training Commission (NAVTTTC) as well as provincial Technical Education and Vocational Training Authorities (TEVTAs), Punjab Vocational Training Council (PVTC), Qualification Awarding Bodies (QABs) and private sector organizations.

Document Version

July, 2013

Islamabad, Pakistan

COOK

Assessment Package

National Vocational
Certificate Level 2

Version 1 - July 2013



ASSESSMENT MATERIAL EVIDENCE GUIDE	<h1>PREPARE AND COOK VEGETABLES</h1>																				
Qualification Cook CS Code: Level: 2 Credit: 6 Version: 1																					
CONTENTS	1. Assessment Summary and Record 2. Candidate Assessment 3. Assessor Judgment Guide 4. List of required tools/equipment, material and context of assessment																				
ASSESSMENT AND ASSESSOR DETAILS	Competent <input type="checkbox"/> Not Yet Competent <input type="checkbox"/>																				
	Assessment <input type="checkbox"/> Re-Assessment <input type="checkbox"/>																				
	Assessor's Name Assessor's Code Assessor's Signature Date <table border="1" style="display: inline-table; vertical-align: middle;"><tr><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td></tr></table> <div style="display: flex; justify-content: space-around; font-size: small;"> DD MM YYYY </div>																				
CANDIDATE DETAILS	Candidate's Name <div style="display: flex; justify-content: space-between; font-size: x-small;"> First Name Last Name </div>																				
	Father's Name																				
	Institute Name and District																				
	CNIC/BFORM # <table border="1" style="display: inline-table; vertical-align: middle;"><tr><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td></tr></table>																				
	Registration Number issued by Assessment Body																				
	Gender Male <input type="checkbox"/> Female <input type="checkbox"/> Transgender <input type="checkbox"/>																				
Candidate's Consent I agree to the time and date of the assessment and am aware of the requirements of the assessment. I fully understand my rights of appeal.																					
Candidate's Signature																					
ASSESSMENT RESULTS SUMMARY FORM	You can use this coversheet as an <i>Assessment Results Summary Form</i> . Simply post a photocopy of this completed coversheet to NAVTTCC																				
NAVTTCC OFFICE ONLY	1. DATE FORM RECEIVED: <table border="1" style="display: inline-table; vertical-align: middle;"><tr><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td></tr></table> DD MM YYYY 2. DATE ENTERED INTO DATABASE: <table border="1" style="display: inline-table; vertical-align: middle;"><tr><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td></tr></table> DD MM YYYY																				

1

ASSESSMENT SUMMARY & RECORD

ACTIVITY	METHOD				DESIRED OUTCOMES	RESULT	
	WRITTEN	ORAL	PORTFOLIO	OBSERVATION		COMPETENT	NOT YET COMPETENT
NATURE OF ACTIVITY					DESIRED OUTCOMES FOR SUCCESSFUL ASSESSMENT OF COMPETENCY STANDARD: PREPARE AND COOK VEGETABLES		
Practical Skill Demonstration				✓	<ul style="list-style-type: none"> Prepare and cook vegetables 		
Knowledge Assessment	✓	✓			<ul style="list-style-type: none"> Answer all questions your Assessor may have during the practical assessment. 		
Other Requirements			✓		<ul style="list-style-type: none"> N/A 		

2

CANDIDATE ASSESSMENT

Candidate's Name.....Father's Name

ALL WORK ASSESSED IN THIS COMPETENCY STANDARD MUST BE YOUR OWN WORK.

GUIDANCE TO CANDIDATE

To meet this standard you are required to complete the following tasks within **half hour** timeframe:

- Prepare to cook 250 grams mixed vegetables (Potato, Peas and Carrots)
- Cook 250 grams mixed vegetables (Potato, Peas and Carrots)

ACTIVITIES	CANDIDATE RESPONSE
<p>1. Complete practical task of Preparing and cooking vegetables under observation by an assessor</p>	<p>During a practical assessment, under observation by an assessor, I will correctly :</p> <ul style="list-style-type: none"> • Prepare mixed vegetables (Potato, Peas and Carrots). ✓ Collect fresh raw materials (potatoes, peas, carrots, cooking oil & spices). ✓ Collect knives, peeler, cutting boards, pan spoon, frying pan, serving dish. ✓ Peel and cut vegetables for cooking mixed vegetables. • Cook mixed vegetables (Potato, Peas and Carrots). ✓ Place frying pan on burner for cooking mixed vegetables. ✓ Add 50 ml cooking oil, mixed vegetables and other ingredients in frying pan for cooking. ✓ Cook for 10 to 15 minutes and check the quality by taste, flavour and texture. ✓ Place mixed vegetables in serving dish. ✓ Garnish with coriander & ginger and serve mixed vegetables.
<p>2. Other requirements</p>	<ul style="list-style-type: none"> • N/A
<p>3. Answer any questions your assessor may have during the practical assessment</p>	<p>My answers to questions are correct and demonstrate my understanding of the topics and their application.</p>

3

ASSESSOR JUDGEMENT GUIDE

Candidate's Name Father's Name

INSTRUCTIONS FOR ASSESSOR

This section contains minimum evidence requirements. Oral questioning may be used to clarify candidate understanding of the topic and its application.

ACTIVITIES	MINIMUM EVIDENCE REQUIRED	YES	NO	ASSESSOR COMMENTS
1. Complete practical task of Preparing and cooking vegetables under observation by an assessor	During a practical assessment, under observation by an assessor, the candidate correctly carried out the following tasks:			
Prepare to cook 250 grams mixed vegetables (Potato, Peas and Carrots)	Collected fresh raw materials (potatoes, peas, carrots, cooking oil & spices).			
	Collected knives, peeler, cutting boards, pan spoon, frying pan, serving dish.			
	Peeled and cut vegetables for cooking mixed vegetables.			
Cook 250 grams mixed vegetables (Potato, Peas and Carrots)	Placed frying pan on burner for cooking mixed vegetables.			
	Added 50ml cooking oil, mixed vegetables and other ingredients in frying pan for cooking.			
	Cooked for 10 to 15 minutes and check the quality by taste, flavour and texture.			
	Placed mixed vegetables in serving dish.			
	Garnished with coriander & ginger and serve mixed vegetables.			
2. Other requirements	N/A			

3. Answer any questions the assessor may have during the practical assessment

Candidate's answers to questions are correct and demonstrate understanding of the topics and their application.

Assessor to document below all questions asked and candidate answers. Use extra sheets if required and attach.



ASSESSMENT MATERIAL EVIDENCE GUIDE	<h1>PREPARE AND COOK PASTA AND RICE DISHES</h1>																				
Qualification Cook CS Code: Level: 2 Credit: 5 Version: 1																					
CONTENTS	1. Assessment Summary and Record 2. Candidate Assessment 3. Assessor Judgment Guide 4. List of required tools/equipment, material and context of assessment																				
ASSESSMENT AND ASSESSOR DETAILS	Competent <input type="checkbox"/> Not Yet Competent <input type="checkbox"/>																				
	Assessment <input type="checkbox"/> Re-Assessment <input type="checkbox"/>																				
	Assessor's Name Assessor's Code Assessor's Signature Date <table border="1" style="display: inline-table; vertical-align: middle;"><tr><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td></tr></table> <div style="display: flex; justify-content: space-around; width: 100px;"> DD MM YYYY </div>																				
CANDIDATE DETAILS	Candidate's Name <div style="display: flex; justify-content: space-between; width: 100%; font-size: small;"> First Name Last Name </div>																				
	Father's Name																				
	Institute Name and District																				
	CNIC/BFORM # <table border="1" style="display: inline-table; vertical-align: middle;"><tr><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td></tr></table>																				
	Registration Number issued by Assessment Body																				
	Gender Male <input type="checkbox"/> Female <input type="checkbox"/> Transgender <input type="checkbox"/>																				
Candidate's Consent I agree to the time and date of the assessment and am aware of the requirements of the assessment. I fully understand my rights of appeal. Candidate's Signature																					
ASSESSMENT RESULTS SUMMARY FORM	You can use this coversheet as an <i>Assessment Results Summary Form</i> . Simply post a photocopy of this completed coversheet to NAVTTCC																				
NAVTTCC OFFICE ONLY	1. DATE FORM RECEIVED: <table border="1" style="display: inline-table; vertical-align: middle;"><tr><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td></tr></table> <div style="display: flex; justify-content: space-around; width: 100px; font-size: small;"> DD MM YYYY </div>																				
	2. DATE ENTERED INTO DATABASE: <table border="1" style="display: inline-table; vertical-align: middle;"><tr><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td></tr></table> <div style="display: flex; justify-content: space-around; width: 100px; font-size: small;"> DD MM YYYY </div>																				

1

ASSESSMENT SUMMARY & RECORD

ACTIVITY	METHOD				DESIRED OUTCOMES	RESULT	
	WRITTEN	ORAL	PORTFOLIO	OBSERVATION		COMPETENT	NOT YET COMPETENT
NATURE OF ACTIVITY					DESIRED OUTCOMES FOR SUCCESSFUL ASSESSMENT OF QUALIFICATION (COOK): PREPARE AND COOK PASTA AND RICE DISHES		
Practical Skill Demonstration				✓	<ul style="list-style-type: none"> Prepare and cook pasta and rice dishes 		
Knowledge Assessment	✓	✓			<ul style="list-style-type: none"> Answer all questions your Assessor may have during the practical assessment. 		
Other Requirements			✓		<ul style="list-style-type: none"> N/A 		

2

CANDIDATE ASSESSMENT

Candidate's Name.....Father's Name

ALL WORK ASSESSED IN THIS COMPETENCY STANDARD MUST BE YOUR OWN WORK.

GUIDANCE TO CANDIDATE

To meet this standard you are required to complete the following tasks within **2 hour** timeframe:

- Prepare for cooking 100 grams simple Pasta
- Cook 100 grams simple Pasta
- Prepare for cooking 250 grams egg fried rice
- Cook 250 grams egg fried rice

ACTIVITIES	CANDIDATE RESPONSE
<p>1. Complete practical task of Preparing and cooking pasta and rice dishes under observation by an assessor</p>	<p>During a practical assessment, under observation by an assessor, I will correctly :</p> <ul style="list-style-type: none"> • Prepare for cooking 100 grams simple Pasta <ul style="list-style-type: none"> ✓ Collect and assemble raw materials (Pasta, garlic paste, cooking oil, parsley, parmesan cheese, black pepper and salt) from kitchen/store. ✓ Collect all raw material, and equipment/utensils from kitchen/store ✓ Add water in boiling pot and add required quantity of table spoon cooking oil. ✓ Add pasta in boiling pot and half boil for required time. ✓ Use strainer to strain water from pasta. • Cook 100 grams simple Pasta. <ul style="list-style-type: none"> ✓ Set the burner at normal flame required for cooking pasta ✓ Add required amount of oil, and garlic paste in frying pan and sauté. ✓ Add boiled pasta required pinch of black pepper and salt in frying pan ✓ Cook all ingredients for required time using pan spoon. ✓ Garnish with parsley & parmesan cheese and serve. • Prepare for cooking 250 grams egg fried rice. <ul style="list-style-type: none"> ✓ Collect fresh raw materials (Rice, chopped carrots, 2 eggs, salt, black pepper, chicken powder, green onion and cooking oil). ✓ Collect required utensils (boiling pot, strainer, wok, rice ladle and serving dish) and assemble.. ✓ Soak rice in bowl for standard time frame before cooking. ✓ Add water in boiling pot and 1 table spoon cooking oil. ✓ Put rice in boiling pot and boil for 10-15 minutes ✓ Use strainer to strain water from rice. • Cook 250 grams egg fried rice. <ul style="list-style-type: none"> ✓ Put wok on the burner and add 3 table spoon cooking oil. ✓ Beat 2 eggs using wisk and add in wok. ✓ Cook for 1-2 minutes in wok. ✓ Add chopped carrots and mix all ingredients with ladle. ✓ Add boiled rice in wok and 1 tea spoon salt, black pepper and chicken powder. ✓ Mix all ingredients and cook for 3-5 minutes. ✓ Place in serving dish and garnish with green onion.
<p>2. Other Requirements</p>	<ul style="list-style-type: none"> • N/A

3. Answer any questions your assessor may have during the practical assessment	My answers to questions are correct and demonstrate my understanding of the topics and their application.
---	---

3

ASSESSOR JUDGEMENT GUIDE

Candidate's Name Father's Name.....

INSTRUCTIONS FOR ASSESSOR

This section contains minimum evidence requirements. Oral questioning may be used to clarify candidate understanding of the topic and its application.

ACTIVITIES	MINIMUM EVIDENCE REQUIRED	YES	NO	ASSESSOR COMMENTS
1. Complete practical task of Preparing and cooking pasta and rice dishes under observation by an assessor	During a practical assessment, under observation by an assessor, the candidate correctly carried out the following tasks:			
Prepare for cooking 100 grams simple Pasta	Collected fresh raw materials (Pasta, garlic paste, cooking oil, parsley, parmesan cheese, black pepper and salt).			
	Collected bowl, boiling pot, frying pan, pan spoon, wisk, strainer and serving dish.			
	Added water in boiling pot and 1 table spoon cooking oil.			
	Added pasta in boiling pot and half boil for 8-10 minutes.			
	Used strainer to strain water from pasta.			
Cook 100 grams simple Pasta.	Put frying pan on burner and add 1 table spoon cooking oil in frying pan.			
	Added 1 tea spoon garlic paste in frying pan and sauté.			
	Added boiled pasta and add 1 pinch of black pepper and salt in frying pan			
	Cooked all ingredients for 5 minutes using pan spoon.			
	Garnished with parsley & parmesan cheese and serve.			
Prepare for cooking 250 grams egg fried rice	Collected fresh raw materials (Rice, chopped carrots, 2 eggs, salt, black pepper, chicken powder, green onion and cooking oil).			
	Collected boiling pot, strainer, wok, rice ladle and serving dish.			
	Soaked 2 cups rice in bowl for 20 minutes.			
	Added water in boiling pot and 1 table spoon cooking oil.			
	Put rice in boiling pot and boil for 10-15 minutes			
	Used strainer to strain water from rice.			
	Collected fresh raw materials (Rice, chopped carrots, 2 eggs, salt, black pepper, chicken powder, green onion and cooking oil).			
Cook 250 grams egg fried rice	Put wok on the burner and add 3 table spoon cooking oil.			
	Beat 2 eggs using wisk and add in wok.			
	Cooked for 1-2 minutes in wok			
	Added chopped carrots and mix all ingredients with ladle.			
	Added boiled rice in wok and 1 tea spoon salt, black pepper and chicken powder.			
	Mixed all ingredients and cook for 3-5 minutes.			
	Placed in serving dish and garnish with green onion.			
2. Other requirements	N/A			

<p>3. Answer any questions the assessor may have during the practical assessment</p>	<p>Candidate's answers to questions are correct and demonstrate understanding of the topics and their application.</p> <p>Assessor to document below all questions asked and candidate answers. Use extra sheets if required and attach.</p>			
---	--	--	--	--

4

LIST OF TOOLS, EQUIPMENT, MATERIAL AND CONTEXT OF ASSESSMENT

INSTRUCTIONS	<p>This section contains information regarding;</p> <ul style="list-style-type: none"> Context of the assessment List of required tools and equipment. List of consumable items required during the service
1. Context of Assessment	This task will be performed in real time environment.

2. List of tools and equipment required (for five candidates)		
S. No	Items	Quantity
1	Boiling pot	5
2	Bowl	5
3	Frying pan	5
4	Pan spoon	5
5	Strainer	5
6	Wisk	5
7	Wok	5
8	Rice ladle	5
9	Serving dish	10

3. List of consumable items required(for five candidates)		
S. No	Items	Quantity
1	Pasta	500 grams
2	Garlic paste	100 grams
3	Cooking oil	500 ml
4	Parsley	50 grams
5	Parmesan cheese	200 grams
6	Salt	50 grams
7	Black pepper	50 grams
8	Rice	1 Kg
9	Chopped carrots	200 grams
10	Eggs	10
11	Chicken powder	100 grams
12	Green onion	200 grams

4

LIST OF TOOLS, EQUIPMENT, MATERIAL AND CONTEXT OF ASSESSMENT

INSTRUCTIONS	<p>This section contains information regarding;</p> <ul style="list-style-type: none"> Context of the assessment List of required tools and equipment. List of consumable items required during the service
1. Context of Assessment	This task will be performed in real time environment.

2. List of tools and equipment required (for five candidates)		
S. No	Items	Quantity
1	Knife	5
2	Peeler	5
3	Cutting board	5
4	Pan spoon	5
5	Frying Pan	5
6	Serving Dish	5

3. List of consumable items required (for five candidates)		
S. No	Items	Quantity
1	Potato	500 grams
2	Carrots	500 grams
3	Peas	250 grams
4	Cooking Oil	250 ml
5	Salt	50 grams
6	Red chillies powder	50 grams
7	Black pepper	50 grams



ASSESSMENT MATERIAL EVIDENCE GUIDE	<h1>PREPARE, COOK AND FINISH MEAT, POULTRY AND FISH DISHES</h1>																																		
Qualification Cook CS Code: Level: 2 Credit: 11 Version: 1																																			
CONTENTS	1. Assessment Summary and Record 2. Candidate Assessment 3. Assessor Judgment Guide 4. List of required tools/equipment, material and context of assessment																																		
ASSESSMENT AND ASSESSOR DETAILS	Competent <input type="checkbox"/> Not Yet Competent <input type="checkbox"/>																																		
	Assessment <input type="checkbox"/> Re-Assessment <input type="checkbox"/>																																		
	Assessor's Name Assessor's Code Assessor's Signature Date <table border="1" style="display: inline-table; border-collapse: collapse;"> <tr> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> </tr> <tr> <td style="text-align: center;">DD</td> <td style="text-align: center;">MM</td> <td colspan="4"></td> <td style="text-align: center;">YYYY</td> </tr> </table>											DD	MM					YYYY																	
DD	MM					YYYY																													
CANDIDATE DETAILS	Candidate's Name <small style="margin-left: 100px;">First Name</small> <small>Last Name</small>																																		
	Father's Name																																		
	Institute Name and District																																		
	CNIC/BFORM # <table border="1" style="display: inline-table; border-collapse: collapse;"> <tr> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> </tr> </table>																																		
	Registration Number issued by Assessment Body																																		
	Gender Male <input type="checkbox"/> Female <input type="checkbox"/> Transgender <input type="checkbox"/>																																		
Candidate's Consent I agree to the time and date of the assessment and am aware of the requirements of the assessment. I fully understand my rights of appeal.																																			
Candidate's Signature																																			
ASSESSMENT RESULTS SUMMARY FORM	You can use this coversheet as an <i>Assessment Results Summary Form</i> . Simply post a photocopy of this completed coversheet to NAVTTTC																																		
NAVTTTC OFFICE ONLY	1. DATE FORM RECEIVED: <table border="1" style="display: inline-table; border-collapse: collapse;"> <tr> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> </tr> <tr> <td style="text-align: center;">DD</td> <td style="text-align: center;">MM</td> <td colspan="4"></td> <td style="text-align: center;">YYYY</td> </tr> </table> 2. DATE ENTERED INTO DATABASE: <table border="1" style="display: inline-table; border-collapse: collapse;"> <tr> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> </tr> <tr> <td style="text-align: center;">DD</td> <td style="text-align: center;">MM</td> <td colspan="4"></td> <td style="text-align: center;">YYYY</td> </tr> </table>											DD	MM					YYYY											DD	MM					YYYY
DD	MM					YYYY																													
DD	MM					YYYY																													

1

ASSESSMENT SUMMARY & RECORD

ACTIVITY	METHOD				DESIRED OUTCOMES	RESULT	
	WRITTEN	ORAL	PORTFOLIO	OBSERVATION		COMPETENT	NOT YET COMPETENT
NATURE OF ACTIVITY					DESIRED OUTCOMES FOR SUCCESSFUL ASSESSMENT OF COMPETENCY STANDARD: PREPARE, COOK AND FINISH MEAT, POULTRY AND FISH DISHES		
Practical Skill Demonstration				✓	<ul style="list-style-type: none"> Prepare, cook and finish meat, poultry and fish dishes 		
Knowledge Assessment	✓	✓			<ul style="list-style-type: none"> Answer all questions your Assessor may have during the practical assessment. 		
Other Requirements			✓		<ul style="list-style-type: none"> N/A 		

2

CANDIDATE ASSESSMENT

Candidate's Name..... Father's Name

ALL WORK ASSESSED IN THIS COMPETENCY STANDARD MUST BE YOUR OWN WORK.

GUIDANCE TO CANDIDATE

To meet this standard you are required to complete the following tasks within **three hours** timeframe:

- Prepare and cook 1 Kg chicken ginger
- Prepare and cook 0.5 Kg fish tikka
- Prepare and cook 0.5 Kg mutton handi

ACTIVITIES	CANDIDATE RESPONSE
<p>1. Complete practical task of prepare, cook and finish meat, poultry and fish dishes under observation by an assessor</p>	<p>During a practical assessment, under observation by an assessor, I will correctly :</p> <ul style="list-style-type: none"> • Prepare and cook 1 Kg chicken ginger <ul style="list-style-type: none"> ✓ Assemble raw material and utensils for cooking chicken ginger ✓ Heat 9 table spoons (tbsp) of cooking oil in cooking pan for 1-2 minutes. ✓ Fry slices of 3 onions and 6 tbsp of ginger & garlic paste in heated cooking oil for 20-25 seconds. ✓ Add 1 Kg boneless chicken into same cooking pan and cook it for 4-5 minutes till it colour changes to brown. ✓ Add spices (salt to taste, red chillies powder to taste, 1.5 tbsp garam masala powder and 3 tea spoons (tsp) turmeric powder) in same cooking pan. ✓ Add 12 chopped green chillies in same cooking pan and cook it for 6-8 minutes. ✓ Add 450 grams beaten yoghurt in same cooking pan. ✓ Add 100 mL water in same cooking pan and cook it for 3-4 minutes till the gravy leaves the oil and chicken become tender. ✓ Take out chicken ginger in plate. ✓ Garnish chicken ginger with chopped ginger & coriander. ✓ Serve chicken ginger with naan or chappati. • Prepare and cook 0.5 Kg fish tikka <ul style="list-style-type: none"> ✓ Assemble raw material, equipment and utensils for cooking fish tikka ✓ Take a mixing bowl and marinate 0.5 Kg fresh boneless fish cubes in it with 2 tbsp cooking oil, 2 tbsp yoghurt, ½ tsp chopped coriander, 1.5 tsp chopped garlic & 1 tsp chopped red chillies, salt to taste, 1 tsp cumin, ¼ tsp turmeric powder, 2 tbsp lemon juice and 1 pinch yellow food grade colour for 25-30 minutes. ✓ Put marinated fish over skewers and BBQ over charcoal for 10-15 minutes ✓ Put fish tikka in plate ✓ Garnish with lemon veggies or sauces ✓ Serve fish tikka with mint sauce or tamarind sauce or naan • Prepare and cook 0.5 Kg mutton handi <ul style="list-style-type: none"> ✓ Assemble raw material and utensils for cooking mutton handi ✓ Heat half cup of cooking oil in cooking pan for 1-2 minutes. ✓ Add slices of 2 medium sized onions, 1 tsp ginger and garlic paste in heated cooking oil and fry for 20-25 seconds ✓ Add half Kg fresh boneless meat cubes, 1 tbsp red chillies powder, salt to taste and 1 tsp garam masala powder in same cooking pan. ✓ Add 250 mL water in same cooking pan to tender meat. ✓ Cover same cooking pan with lid and cook on heat for 20-25 minutes until meat is soft and water dries. ✓ Add half cup yogurt in same cooking pan and fry it on heat for 4-5 minutes until oil comes on top. ✓ Add 1 tsp butter in same cooking pan and simmer on heat for 5 minutes. ✓ Take out mutton handi in the plate.

	✓ Serve mutton handi with naan or chappati.
2. Other requirements	<ul style="list-style-type: none"> • N/A
3. Answer any questions your assessor may have during the practical assessment	My answers to questions are correct and demonstrate my understanding of the topics and their application.

3

ASSESSOR JUDGEMENT GUIDE

Candidate's Name Father's Name.....

INSTRUCTIONS FOR ASSESSOR

This section contains minimum evidence requirements. Oral questioning may be used to clarify candidate understanding of the topic and its application.

ACTIVITIES	MINIMUM EVIDENCE REQUIRED	YES	NO	ASSESSOR COMMENTS
1. Complete practical task of prepare, cook and finish meat, poultry and fish dishes under observation by an assessor	During a practical assessment, under observation by an assessor, the candidate correctly carried out the following tasks:			
Prepare and cook 1 Kg chicken ginger	Assembled raw material and utensils for cooking chicken ginger			
	Heated 9 (table spoons) tbsp of cooking oil in cooking pan for 1-2 minutes.			
	Fried slices of 3 onions and 6 tbsp of ginger & garlic paste in heated cooking oil for 20-25 seconds.			
	Added 1 Kg boneless chicken into same cooking pan and cooked it for 4-5 minutes till it colour changed to brown.			
	Added spices (salt to taste, red chillies powder to taste, 1.5 tbsp garam masala powder and 3 tea spoons (tsp) turmeric powder) in same cooking pan.			
	Added 12 chopped green chillies in same cooking pan and cooked it for 6-8 minutes			
	Added 450 grams beaten yoghurt in same cooking pan.			
	Added 100 mL water in same cooking pan and cooked it for 3-4 minutes till the gravy left the oil and chicken became tender.			
	Took out chicken ginger in plate			
	Garnished chicken ginger with chopped ginger & coriander.			
Served chicken ginger with naan or chappati.				
Prepare and cook 0.5 Kg fish tikka	Assembled raw material, equipment and utensils for cooking fish tikka			
	Took a mixing bowl and marinated 0.5 Kg fresh boneless fish cubes in it with 2 tbsp cooking oil, 2 tbsp yoghurt, ½ tsp chopped coriander, 1.5 tsp chopped garlic & 1 tsp chopped red chillies, salt to taste, 1 tsp cumin, ¼ tsp turmeric powder, 2 tbsp lemon juice and 1 pinch yellow food grade colour for 25-30 minutes.			
	Put marinated fish over skewers and BBQ over charcoal for 10-15 minutes			
	Put fish tikka in plate			
	Garnished with lemon veggies or sauces			
	Served fish tikka with mint sauce or tamarind sauce or naan			
Prepare and cook 0.5 Kg mutton handi	Assembled raw material and utensils for cooking mutton handi			
	Heated half cup of cooking oil in cooking pan for 1-2 minutes.			

	Added slices of 2 medium sized onion , 1 tsp ginger and garlic paste in heated cooking oil and fried for 20-25 seconds			
	Added half Kg fresh boneless meat cubes, 1 tbsp red chillies powder, salt to taste and 1 tsp garam masala powder in same cooking pan.			
	Added 250 mL water in same cooking pan to tender meat.			
	Covered same cooking pan with lid and cooked on heat for 20-25 minutes until meat was soft and water dried.			
	Added half cup yogurt in same cooking pan and fried it on heat for 4-5 minutes until oil came on top.			
	Added 1 tsp butter in same cooking pan and simmered on heat for 5 minutes.			
	Took out mutton handi in the plate			
	Served mutton handi with naan or chappati.			
2. Other requirements	N/A			

3. Answer any questions the assessor may have during the practical assessment

Candidate's answers to questions are correct and demonstrate understanding of the topics and their application.

Assessor to document below all questions asked and candidate answers. Use extra sheets if required and attach.

4

LIST OF TOOLS, EQUIPMENT, MATERIAL AND CONTEXT OF ASSESSMENT

INSTRUCTIONS	<p>This section contains information regarding;</p> <ul style="list-style-type: none"> Context of the assessment List of required tools and equipment. List of consumable items required during the service
1. Context of Assessment	This task will be performed in real time environment.

2. List of tools and equipment required (for five candidates)		
S. No	Items	Quantity
1	Knives	5
2	Cutting/chopping boards	5
3	Beaters	5
4	Cooking pans	10
5	Curry spoons	10
6	Mixing bowls	5
7	Skewers	5
8	Plates	15
9	Stoves	15

3. List of consumable items required (for five candidates)		
S. No	Items	Quantity
1	Cooking oil	1500 mL
2	Onions	2 Kg
3	Ginger and garlic paste	200 grams
4	Boneless meat cubes	2.5 Kg
5	Boneless chicken	5 Kg
6	Turmeric powder	100 grams
7	Gram masala powder	150 grams
8	Chopped green chillies	150 grams
9	Coriander	100 grams
10	Butter	200 grams
11	Chopped garlic	125
12	Red chillies powder	100 grams
13	Cumin	40 grams
14	Lemon juice	100 mL
15	Yellow food grade colour	50 grams
16	Fish	2.5 Kg
17	Yoghurt	2.5 Kg
18	Water	1750 mL
19	Charcoal	2 Kg



ASSESSMENT
MATERIAL

EVIDENCE GUIDE

Qualification

Cook

CS Code:

Level: 2

Credit: 3

Version: 1

PREPARE AND FINISH SIMPLE SALAD AND FRUIT DISHES

CONTENTS

1. Assessment Summary and Record
2. Candidate Assessment
3. Assessor Judgment Guide
4. List of required tools/equipment, material and context of assessment

ASSESSMENT AND ASSESSOR DETAILS

Competent

Not Yet Competent

Assessment

Re-Assessment

Assessor's Name

Assessor's Code

Assessor's Signature

Date

DD	MM	YYYY							

CANDIDATE DETAILS

Candidate's Name

First Name

Last Name

Father's Name

Institute Name and District

CNIC/BFORM #

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Registration Number issued by
Assessment Body

Gender

Male

Female

Transgender

Candidate's Consent

I agree to the time and date of the assessment and am aware of the requirements of the assessment. I fully understand my rights of appeal.

Candidate's Signature

ASSESSMENT RESULTS SUMMARY FORM

You can use this coversheet as an *Assessment Results Summary Form*. Simply post a photocopy of this completed coversheet to **NAVTTC**

NAVTTC OFFICE ONLY

1. DATE
FORM
RECEIVED:

DD	MM	YYYY							

2. DATE ENTERED INTO
DATABASE:

DD	MM	YYYY							

1

ASSESSMENT SUMMARY & RECORD

ACTIVITY	METHOD				DESIRED OUTCOMES	RESULT	
	WRITTEN	ORAL	PORTFOLIO	OBSERVATION		COMPETENT	NOT YET COMPETENT
NATURE OF ACTIVITY					DESIRED OUTCOMES FOR SUCCESSFUL ASSESSMENT OF COMPETENCY STANDARD: PREPARE AND FINISH SIMPLE SALAD AND FRUIT DISHES		
Practical Skill Demonstration				✓	<ul style="list-style-type: none"> Prepare and finish simple salad and fruit dishes 		
Knowledge Assessment	✓	✓			<ul style="list-style-type: none"> Answer all questions your Assessor may have during the practical assessment. 		
Other Requirements			✓		<ul style="list-style-type: none"> N/A 		

2

CANDIDATE ASSESSMENT

Candidate's Name.....Father's Name

ALL WORK ASSESSED IN THIS COMPETENCY STANDARD MUST BE YOUR OWN WORK.

GUIDANCE TO CANDIDATE

To meet this standard you are required to complete the following tasks within **half hour** timeframe:

- Prepare one serving of fresh garden salad
- Prepare one serving of citrus fruit salad

ACTIVITIES	CANDIDATE RESPONSE
<p>1. Complete practical task to Prepare simple salad and fruit dishes under observation by an assessor</p>	<p>During a practical assessment, under observation by an assessor, I will correctly :</p> <ul style="list-style-type: none"> • Prepare one serving of fresh garden salad <ul style="list-style-type: none"> ✓ Collect raw materials, equipment and utensils from kitchen/store required to prepare fresh salad. ✓ Peel and cut vegetables in required shapes and size for mixing ✓ Mix all ingredients in required proportion for preparing the fresh garden salad. ✓ Garnish with coriander and serve • Prepare one serving of citrus fruit salad <ul style="list-style-type: none"> ✓ Collect raw materials (orange segments, grape fruit segments, coloured capsicum, ice burg, pineapple slices and cherry). ✓ Select tools and utensils required for cutting the fruits and serving salad ✓ Peel and cut fruits in required shapes and size for mixing ✓ Mix the fruits in equal quantity for making the fruit salad. ✓ Garnish with pineapple slices and cherry and serve
<p>2. Other requirements</p>	<ul style="list-style-type: none"> • N/A
<p>3. Answer any questions your assessor may have during the practical assessment</p>	<p>My answers to questions are correct and demonstrate my understanding of the topics and their application.</p>

3

ASSESSOR JUDGEMENT GUIDE

Candidate's NameFather's Name.....

INSTRUCTIONS FOR ASSESSOR

This section contains minimum evidence requirements. Oral questioning may be used to clarify candidate understanding of the topic and its application.

ACTIVITIES	MINIMUM EVIDENCE REQUIRED	YES	NO	ASSESSOR COMMENTS
1. Complete practical task to Prepare simple salad and fruit dishes under observation by an assessor	During a practical assessment, under observation by an assessor, the candidate correctly carried out the following tasks:			
Prepare one serving of fresh garden salad	Collected raw materials, equipment and utensils from kitchen/store required to prepare fresh salad..			
	Peeled and cut vegetables in required shapes and size for mixing			
	Mixed all ingredients in required proportion for preparing the fresh garden salad			
	Garnished with coriander and serve			
Prepare one serving of citrus fruit salad	Collected raw materials (orange segments, grape fruit segments, coloured capsicum, ice burg, pineapple slices and cherry).			
	Selected tools and utensils required for cutting the fruits and serving salad			
	Peeled and cut fruits in required shapes and size for mixing			
	Mixed the fruits in equal quantity for making the fruit salad			
	Garnished with pineapple slices and cherry and serve			
2. Other requirements	N/A			

<p>3. Answer any questions the assessor may have during the practical assessment</p>	<p>Candidate's answers to questions are correct and demonstrate understanding of the topics and their application.</p> <p>Assessor to document below all questions asked and candidate answers. Use extra sheets if required and attach.</p>			
---	--	--	--	--

4

LIST OF TOOLS, EQUIPMENT, MATERIAL AND CONTEXT OF ASSESSMENT

INSTRUCTIONS	<p>This section contains information regarding;</p> <ul style="list-style-type: none"> Context of the assessment List of required tools and equipment. List of consumable items required during the service
1. Context of Assessment	This task will be performed in real time environment.

2. List of tools and equipment required (for five candidates)		
S. No	Items	Quantity
1	Knife	5
2	Peeler	5
3	Cutting board	5
4	Bowl	5
5	Serving dish	10

3. List of consumable items required (for five candidates)		
S. No	Items	Quantity
1	Ice burg	500 grams
2	Cucumber	5
3	Tomato	5
4	Onion	5
5	Green onion	5
6	Capsicum	5
7	Sugar beet	5
8	Orange	5
9	Grape fruit	5
10	Coloured capsicum	10
11	Pineapple slices	5
12	Cherry	5
13	Coriander	100 grams



ASSESSMENT MATERIAL EVIDENCE GUIDE	<h1>PREPARE AND COOK EGGS AND EGG DISHES</h1>																				
Qualification Cook CS Code: Level: 2 Credit: 4 Version: 1																					
CONTENTS	1. Assessment Summary and Record 2. Candidate Assessment 3. Assessor Judgment Guide 4. List of required tools/equipment, material and context of assessment																				
ASSESSMENT AND ASSESSOR DETAILS	Competent <input type="checkbox"/> Not Yet Competent <input type="checkbox"/>																				
	Assessment <input type="checkbox"/> Re-Assessment <input type="checkbox"/>																				
	Assessor's Name Assessor's Code Assessor's Signature Date <table border="1" style="display: inline-table; vertical-align: middle;"><tr><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td></tr></table> <div style="display: flex; justify-content: space-around; width: 100px;">DDMMYYYY</div>																				
CANDIDATE DETAILS	Candidate's Name <div style="display: flex; justify-content: space-between;">First NameLast Name</div>																				
	Father's Name																				
	Institute Name and District																				
	CNIC/BFORM # <table border="1" style="display: inline-table; vertical-align: middle;"><tr><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td></tr></table>																				
	Registration Number issued by Assessment Body																				
	Gender Male <input type="checkbox"/> Female <input type="checkbox"/> Transgender <input type="checkbox"/>																				
Candidate's Consent I agree to the time and date of the assessment and am aware of the requirements of the assessment. I fully understand my rights of appeal.																					
Candidate's Signature																					
ASSESSMENT RESULTS SUMMARY FORM	You can use this coversheet as an <i>Assessment Results Summary Form</i> . Simply post a photocopy of this completed coversheet to NAVTTCC																				
NAVTTCC OFFICE ONLY	1. DATE FORM RECEIVED: <table border="1" style="display: inline-table; vertical-align: middle;"><tr><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td></tr></table> DD MM YYYY 2. DATE ENTERED INTO DATABASE: <table border="1" style="display: inline-table; vertical-align: middle;"><tr><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td></tr></table> DD MM YYYY																				

1

ASSESSMENT SUMMARY & RECORD

ACTIVITY	METHOD				DESIRED OUTCOMES	RESULT	
	WRITTEN	ORAL	PORTFOLIO	OBSERVATION		COMPETENT	NOT YET COMPETENT
NATURE OF ACTIVITY					DESIRED OUTCOMES FOR SUCCESSFUL ASSESSMENT OF COMPETENCY STANDARD: PREPARE AND COOK EGGS AND EGG DISHES		
Practical Skill Demonstration				✓	<ul style="list-style-type: none"> Prepare and cook eggs and egg dishes 		
Knowledge Assessment	✓	✓			<ul style="list-style-type: none"> Answer all questions your Assessor may have during the practical assessment. 		
Other Requirements			✓		<ul style="list-style-type: none"> N/A 		

2

CANDIDATE ASSESSMENT

Candidate's Name..... Father's Name

ALL WORK ASSESSED IN THIS COMPETENCY STANDARD MUST BE YOUR OWN WORK.

GUIDANCE TO CANDIDATE

To meet this standard you are required to complete the following tasks within **30 minutes** timeframe:

- Prepare 2 eggs cheese omelette.

ACTIVITIES	CANDIDATE RESPONSE
1. Complete practical task of preparing and cooking eggs and egg dishes under observation by an assessor	During a practical assessment, under observation by an assessor, I will correctly : <ul style="list-style-type: none">• Prepare 2 eggs cheese omelette<ul style="list-style-type: none">✓ Assemble ingredients for egg omelette.✓ Assemble equipment for egg omelette.✓ Crack the both eggs into a mixing bowl.✓ Beat the eggs in egg beater for 2 minutes.✓ Season with salt and pepper.✓ Place skillet over medium-high heat.✓ Melt 5 gram butter in skillet.✓ Tilt the skillet as the butter melts to evenly coat the bottom.✓ Pour the beaten eggs into the skillet.✓ Tilt the pan so the eggs coat the entire bottom.✓ Finish cooking in 1 to 2 minutes.✓ Slide the omelette in the plate✓ Garnish with cheese & minced parsley.✓ Serve while still hot.
2. Other requirements	<ul style="list-style-type: none">• N/A
3. Answer any questions your assessor may have during the practical assessment	My answers to questions are correct and demonstrate my understanding of the topics and their application.

3

ASSESSOR JUDGEMENT GUIDE

Candidate's Name Father's Name.....

INSTRUCTIONS FOR ASSESSOR

This section contains minimum evidence requirements. Oral questioning may be used to clarify candidate understanding of the topic and its application.

ACTIVITIES	MINIMUM EVIDENCE REQUIRED	YES	NO	ASSESSOR COMMENTS
1. Complete practical task of preparing and cooking eggs and egg dishes under observation by an assessor	During a practical assessment, under observation by an assessor, the candidate correctly carried out the following tasks:			
Prepare 2 eggs cheese omelette	Assembled ingredients for egg omelette.			
	Assembled equipment for egg omelette.			
	Cracked the both eggs into a mixing bowl.			
	Beaten eggs in egg beater for 2 minutes.			
	Seasoned with salt and pepper.			
	Placed skillet over medium-high heat.			
	Melted 5 gram butter in skillet.			
	Tilted the skillet as the butter melts to evenly coat the bottom.			
	Poured the beaten eggs into the skillet.			
	Tilted the pan so the eggs coat the entire bottom.			
	Finished cooking in 1 to 2 minutes.			
	Slided the omelette in the plate			
	Garnished with cheese & minced parsley.			
Served while still hot				
2. Other requirements	N/A			

3. Answer any questions the assessor may have during the practical assessment

Candidate's answers to questions are correct and demonstrate understanding of the topics and their application.

Assessor to document below all questions asked and candidate answers. Use extra sheets if required and attach.

4

LIST OF TOOLS, EQUIPMENT, MATERIAL AND CONTEXT OF ASSESSMENT

INSTRUCTIONS	<p>This section contains information regarding;</p> <ul style="list-style-type: none"> Context of the assessment List of required tools and equipment. List of consumable items required during the service
1. Context of Assessment	This task will be performed in real time environment.

2. List of tools and equipment required (for five candidates)		
S. No	Items	Quantity
1	Skillet	5
2	Spatula	5
3	Stove	5

3. List of consumable items required (for five candidates)		
S. No	Items	Quantity
1	Egg	10
2	Butter	25 g
3	Salt & Pepper	As per requirement
4	Cheese	100 g
5	Parsley	20 g



ASSESSMENT MATERIAL EVIDENCE GUIDE	<h1>PREPARE AND COOK GRAIN AND PULSE DISHES</h1>																				
Qualification Cook CS Code: Level: 2 Credit: 5 Version: 1																					
CONTENTS	1. Assessment Summary and Record 2. Candidate Assessment 3. Assessor Judgment Guide 4. List of required tools/equipment, material and context of assessment																				
ASSESSMENT AND ASSESSOR DETAILS	Competent <input type="checkbox"/> Not Yet Competent <input type="checkbox"/>																				
	Assessment <input type="checkbox"/> Re-Assessment <input type="checkbox"/>																				
	Assessor's Name Assessor's Code Assessor's Signature Date <table border="1" style="display: inline-table; vertical-align: middle;"><tr><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td></tr></table> DD MM YYYY																				
CANDIDATE DETAILS	Candidate's Name First Name Last Name																				
	Father's Name																				
	Institute Name and District																				
	CNIC/BFORM # <table border="1" style="display: inline-table; vertical-align: middle;"><tr><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td></tr></table>																				
	Registration Number issued by Assessment Body																				
	Gender Male <input type="checkbox"/> Female <input type="checkbox"/> Transgender <input type="checkbox"/>																				
Candidate's Consent I agree to the time and date of the assessment and am aware of the requirements of the assessment. I fully understand my rights of appeal. Candidate's Signature																					
ASSESSMENT RESULTS SUMMARY FORM	You can use this coversheet as an <i>Assessment Results Summary Form</i> . Simply post a photocopy of this completed coversheet to NAVTTCC																				
NAVTTCC OFFICE ONLY	1. DATE FORM RECEIVED: <table border="1" style="display: inline-table; vertical-align: middle;"><tr><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td></tr></table> DD MM YYYY																				
	2. DATE ENTERED INTO DATABASE: <table border="1" style="display: inline-table; vertical-align: middle;"><tr><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td></tr></table> DD MM YYYY																				

1

ASSESSMENT SUMMARY & RECORD

ACTIVITY	METHOD				DESIRED OUTCOMES	RESULT	
	WRITTEN	ORAL	PORTFOLIO	OBSERVATION		COMPETENT	NOT YET COMPETENT
NATURE OF ACTIVITY					DESIRED OUTCOMES FOR SUCCESSFUL ASSESSMENT OF COMPETENCY STANDARD: PREPARE AND COOK GRAIN AND PULSE DISHES		
Practical Skill Demonstration				✓	<ul style="list-style-type: none"> Prepare and cook grain and pulse dishes. 		
Knowledge Assessment	✓	✓			<ul style="list-style-type: none"> Answer all questions your Assessor may have during the practical assessment. 		
Other Requirements			✓		<ul style="list-style-type: none"> N/A 		

2

CANDIDATE ASSESSMENT

Candidate's Name.....Father's Name

ALL WORK ASSESSED IN THIS COMPETENCY STANDARD MUST BE YOUR OWN WORK.

GUIDANCE TO CANDIDATE

To meet this standard you are required to complete the following tasks within **1:30 minutes** timeframe:

- Cook dhaba style mash ke daal (lentil)
- Cook butter rice (250 grams)

ACTIVITIES	CANDIDATE RESPONSE
<p>1. Complete practical task of Prepare and cook grain and pulse dishes under observation by an assessor</p>	<p>During a practical assessment, under observation by an assessor, I will correctly :</p> <ul style="list-style-type: none"> • [Cook dhaba style mash ke daal (lentil) <ul style="list-style-type: none"> ✓ Assemble ingredients for Dhaba style mash ke daal. ✓ Assemble equipment / utensils for Dhaba style mash ke daal. ✓ Take already soaked lentil (mash ke daal) ✓ Slice and sauté 50 grams onion in the fry pan ✓ Add five grams ginger & garlic in the fry pan ✓ Add 250 grams lentil in the fry pan ✓ Add half kg water, whole red chilli, black pepper, cumin and salt in the fry pan. ✓ Cook for 15 to 20 minutes to tender lentil. ✓ Take another fry pan and golden brown 10 grams onion in ghee and butter. ✓ Pour the onion with butter and ghee on the lentil in the fry pan. ✓ Takeout in the lentil in a platter ✓ Sprinkle five grams gram masala powder. ✓ Garnish the lentil with green chilli, coriander and mint. ✓ Serve hot lentil with naan or chapatti. • Cook butter rice <ul style="list-style-type: none"> ✓ Assemble ingredients for butter rice. ✓ Assemble equipment / utensils for butter rice ✓ Melt 40 gram butter in a large heavy-based saucepan over medium heat. ✓ Add garlic and ginger 10 grams each in saucepan. ✓ Cook for 1 minute, Stir occasionally ✓ Add 250 gram rice and 3 bay leaves in the saucepan. ✓ Raise the heat to boil contents in the saucepan. ✓ Reduce heat to medium-low. ✓ Simmer, uncovered saucepan for 10 minutes or until liquid is absorbed. ✓ Remove the saucepan from heat. ✓ Cover the saucepan, and set aside for 10 minutes. ✓ Fluff rice with a fork. ✓ Season with salt and pepper. ✓ Serve topped with fried shallots.
<p>2. Other requirements</p>	<p>N/A</p>

3. Answer any questions your assessor may have during the practical assessment	My answers to questions are correct and demonstrate my understanding of the topics and their application.
---	---

3

ASSESSOR JUDGEMENT GUIDE

Candidate's NameFather's Name.....

INSTRUCTIONS FOR ASSESSOR

This section contains minimum evidence requirements. Oral questioning may be used to clarify candidate understanding of the topic and its application.

ACTIVITIES	MINIMUM EVIDENCE REQUIRED	YES	NO	ASSESSOR COMMENTS
1. Complete practical task of [Competency Standard Title] under observation by an assessor	During a practical assessment, under observation by an assessor, the candidate correctly carried out the following tasks:			
Cook dhaba style mash ke daal (lentil)	Assembled ingredients for Dhaba style mash ke daal.			
	Assembled equipment / utensils for Dhaba style mash ke daal.			
	Took already soaked lentil (mash ke daal)			
	Sliced and sautéed 50 grams onion in the fry pan			
	Added five grams ginger & garlic in the fry pan			
	Added 250 grams lentil in the fry pan			
	Added half kg water, whole red chilli, black pepper, cumin and salt in the fry pan.			
	Cooked for 15 to 20 minutes to tender lentil.			
	Took another fry pan and golden brown 10 grams onion in ghee and butter.			
	Poured the onion with butter and ghee on the lentil in the fry pan.			
	Took out in the lentil in a platter			
	Sprinkled five grams garam masala powder.			
	Garnished the lentil with green chilli, coriander and mint.			
Served hot lentil with naan or chapatti.				
Cook butter rice	Assembled ingredients for butter rice.			
	Assembled equipment / utensils for butter rice			
	Melted 40 gram butter in a large heavy-based saucepan over medium heat.			
	Added garlic and ginger 10 grams each in saucepan.			
	Cooked for 1 minute, Stir occasionally			
	Added 250 gram rice and 3 bay leaves in the saucepan.			
	Raised the heat to boil contents in the saucepan.			
	Reduced heat to medium-low.			

	Simmered, uncovered saucepan for 10 minutes or until liquid is absorbed.			
	Removed the saucepan from heat.			
	Covered the saucepan, and set aside for 10 minutes.			
	Fluffed rice with a fork.			
	Seasoned with salt and pepper.			
	Served topped with fried shallots.			
2. Other requirements	N / A			

<p>3. Answer any questions the assessor may have during the practical assessment</p>	<p>Candidate's answers to questions are correct and demonstrate understanding of the topics and their application.</p> <p>Assessor to document below all questions asked and candidate answers. Use extra sheets if required and attach.</p>			
---	--	--	--	--

4

LIST OF TOOLS, EQUIPMENT, MATERIAL AND CONTEXT OF ASSESSMENT

INSTRUCTIONS	<p>This section contains information regarding;</p> <ul style="list-style-type: none"> Context of the assessment List of required tools and equipment. List of consumable items required during the service
1. Context of Assessment	This task will be performed in real time environment.

2. List of tools and equipment required(for five candidates)		
S. No	Items	Quantity
1	Lentil (mash ke daal)	1.25 kg
2	Ghee	600 g
3	Butter	600 g
	Onion	500 g
	Whole red chilli	30
	Green chilli	30
	Black pepper	25 g
	Cumin powder	50 g
	White cumin seed	50 g
	Mint	115 g
	Coriander	115 g
	Whole spice powder	50 g
	Salt	As required
	Garlic	50 g
	Ginger	50 g
	Rice	1.25 kg
	Bay leaves	3

3. List of consumable items required(for five candidates)		
S. No	Items	Quantity
1	Bowl	5
2	Pan	10
3	Spoon	10
4	Plates	5
5	Knives	10
6	Chopping board	10
7	Fork	5
8	Stove	5



ASSESSMENT MATERIAL EVIDENCE GUIDE	<h1>PREPARE AND COOK STOCKS, SOUPS AND SAUCES</h1>																																															
Qualification Cook CS Code: Level: 2 Credit: 7 Version: 1																																																
CONTENTS	1. Assessment Summary and Record 2. Candidate Assessment 3. Assessor Judgment Guide 4. List of required tools/equipment, material and context of assessment																																															
ASSESSMENT AND ASSESSOR DETAILS	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 30%;">Competent</td> <td style="width: 30%; text-align: center;"><input type="checkbox"/></td> <td style="width: 30%;">Not Yet Competent</td> <td style="width: 10%; text-align: center;"><input type="checkbox"/></td> </tr> <tr> <td>Assessment</td> <td style="text-align: center;"><input type="checkbox"/></td> <td>Re-Assessment</td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> <tr> <td colspan="2">Assessor's Name</td> <td colspan="2">Assessor's Code</td> </tr> <tr> <td colspan="2">Assessor's Signature</td> <td colspan="2">Date</td> </tr> <tr> <td colspan="2"></td> <td style="text-align: center;"> <table border="1" style="display: inline-table; border-collapse: collapse;"> <tr> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> </tr> </table> </td> <td style="text-align: center;"> <table border="1" style="display: inline-table; border-collapse: collapse;"> <tr> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> </tr> </table> </td> </tr> <tr> <td colspan="2"></td> <td style="text-align: center;">DD</td> <td style="text-align: center;">MM</td> <td style="text-align: center;">YYYY</td> </tr> </table>	Competent	<input type="checkbox"/>	Not Yet Competent	<input type="checkbox"/>	Assessment	<input type="checkbox"/>	Re-Assessment	<input type="checkbox"/>	Assessor's Name		Assessor's Code		Assessor's Signature		Date				<table border="1" style="display: inline-table; border-collapse: collapse;"> <tr> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> </tr> </table>													<table border="1" style="display: inline-table; border-collapse: collapse;"> <tr> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> </tr> </table>													DD	MM	YYYY
Competent	<input type="checkbox"/>	Not Yet Competent	<input type="checkbox"/>																																													
Assessment	<input type="checkbox"/>	Re-Assessment	<input type="checkbox"/>																																													
Assessor's Name		Assessor's Code																																														
Assessor's Signature		Date																																														
		<table border="1" style="display: inline-table; border-collapse: collapse;"> <tr> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> </tr> </table>													<table border="1" style="display: inline-table; border-collapse: collapse;"> <tr> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> </tr> </table>																																	
		DD	MM	YYYY																																												
CANDIDATE DETAILS	Candidate's Name <small style="display: flex; justify-content: space-between; width: 100%;"> First Name Last Name </small> Father's Name Institute Name and District CNIC/BFORM # <table border="1" style="width: 100%; border-collapse: collapse; margin-bottom: 5px;"> <tr> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> </tr> </table> Registration Number issued by Assessment Body Gender Male <input type="checkbox"/> Female <input type="checkbox"/> Transgender <input type="checkbox"/> Candidate's Consent I agree to the time and date of the assessment and am aware of the requirements of the assessment. I fully understand my rights of appeal. Candidate's Signature																																															
ASSESSMENT RESULTS SUMMARY FORM	You can use this coversheet as an <i>Assessment Results Summary Form</i> . Simply post a photocopy of this completed coversheet to NAVTTCC																																															
NAVTTCC OFFICE ONLY	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; vertical-align: top;"> 1. DATE FORM RECEIVED: <table border="1" style="display: inline-table; border-collapse: collapse; margin-left: 10px;"> <tr> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> </tr> </table> <small style="display: flex; justify-content: space-between; width: 100%;"> DD MM YYYY </small> </td> <td style="width: 50%; vertical-align: top;"> 2. DATE ENTERED INTO DATABASE: <table border="1" style="display: inline-table; border-collapse: collapse; margin-left: 10px;"> <tr> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> </tr> </table> <small style="display: flex; justify-content: space-between; width: 100%;"> DD MM YYYY </small> </td> </tr> </table>	1. DATE FORM RECEIVED: <table border="1" style="display: inline-table; border-collapse: collapse; margin-left: 10px;"> <tr> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> </tr> </table> <small style="display: flex; justify-content: space-between; width: 100%;"> DD MM YYYY </small>											2. DATE ENTERED INTO DATABASE: <table border="1" style="display: inline-table; border-collapse: collapse; margin-left: 10px;"> <tr> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> </tr> </table> <small style="display: flex; justify-content: space-between; width: 100%;"> DD MM YYYY </small>																																			
1. DATE FORM RECEIVED: <table border="1" style="display: inline-table; border-collapse: collapse; margin-left: 10px;"> <tr> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> </tr> </table> <small style="display: flex; justify-content: space-between; width: 100%;"> DD MM YYYY </small>											2. DATE ENTERED INTO DATABASE: <table border="1" style="display: inline-table; border-collapse: collapse; margin-left: 10px;"> <tr> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> </tr> </table> <small style="display: flex; justify-content: space-between; width: 100%;"> DD MM YYYY </small>																																					

1

ASSESSMENT SUMMARY & RECORD

ACTIVITY	METHOD				DESIRED OUTCOMES	RESULT	
	WRITTEN	ORAL	PORTFOLIO	OBSERVATION		COMPETENT	NOT YET COMPETENT
NATURE OF ACTIVITY					DESIRED OUTCOMES FOR SUCCESSFUL ASSESSMENT OF COMPETENCY STANDARD: PREPARE AND COOK STOCKS, SOUPS AND SAUCES		
Practical Skill Demonstration				✓	<ul style="list-style-type: none"> Prepare and cook stocks, soups and sauces 		
Knowledge Assessment	✓	✓			<ul style="list-style-type: none"> Answer all questions your Assessor may have during the practical assessment. 		
Other Requirements			✓		<ul style="list-style-type: none"> N/A 		

2

CANDIDATE ASSESSMENT

Candidate's Name.....Father's Name

ALL WORK ASSESSED IN THIS COMPETENCY STANDARD MUST BE YOUR OWN WORK.

GUIDANCE TO CANDIDATE

To meet this standard you are required to complete the following tasks within **2.5 hours** timeframe:

- Prepare and cook 1 litre chicken stock
- Prepare and cook 250mL hot and sour soup
- Prepare and cook 250mL Béchamel sauce

ACTIVITIES	CANDIDATE RESPONSE
<p>1. Complete practical task of Preparing and cooking stock, soup and sauce under observation by an assessor</p>	<p>During a practical assessment, under observation by an assessor, I will correctly :</p> <ul style="list-style-type: none"> • Prepare and cook 1 litre chicken stock. <ul style="list-style-type: none"> ✓ Collect knives, cutting board, peeler, stockpot, strainer, skimmer, serving bowl. ✓ Collect raw materials, equipments and utensils from kitchen/store. ✓ Put stockpot on burner and add 2 litres cold water in stockpot. ✓ Add 2 chicken bones in stockpot and cook for 15 minutes. ✓ Scum impurities during cooking process. ✓ Add maripou (100g carrots, 1 whole onion, 10g celery) in stockpot ✓ Add Bouquet garni (10g thyme, 10g parsley stems, 1 bay leave, 10g whole cloves, 10g peppercorns) in stockpot. ✓ Keep stockpot on burner for 1 more hour. ✓ Strain chicken stock from stockpot using strainer. ✓ Pour chicken stock in bowl for serving. • Prepare and cook 250mL hot and sour soup <ul style="list-style-type: none"> ✓ Collect raw materials, equipments and utensils from kitchen/store. ✓ Cut carrots and cabbage in brunoise cutting. ✓ Cut chicken in Julian cutting. ✓ Put soup pot on burner and add 200ml chicken stock in soup pot. ✓ Warm for 5 minutes and add 50 grams chicken Julian cutting in soup pot. ✓ Cook chicken Julian cutting for 3-4 minutes in soup pot. ✓ Add 20 grams carrots and 20 grams cabbage in soup pot and cook for 2-3 minutes. ✓ Add 1 tea spoon of black pepper, salt, vinegar and soy sauce in soup pot. ✓ Cook all ingredients for 5 minutes. ✓ Add 1 table spoon corn flour in water to make solution. ✓ Add corn flour solution in soup pot and stir continuously all ingredients. ✓ Beat 1 egg using egg beater and add it in soup pot. ✓ Cook all ingredients for 5 more minutes. ✓ Pour in serving bowl, garnish with green onion and serve. • Prepare and cook 250mL Béchamel sauce <ul style="list-style-type: none"> ✓ Collect raw materials, equipments and utensils from kitchen/store. ✓ Put sauce pan on burner and add butter in sauce pan. ✓ Melt 50 gram butter for 2 minutes by warming in sauce pan. ✓ Add 50 gram flour in sauce pan and cook it for 3-4 minutes ✓ Place 250ml milk in boiling pot and add whole onion, bay leave and cloves. ✓ Warm milk in boiling pot for 3-5 minutes. ✓ Strain milk using strainer. ✓ Pour milk in sauce pan slowly and keep stirring mixture with spatula until desired consistency. ✓ Pour in serving bowl and serve.

2. Other requirements	<ul style="list-style-type: none">• N/A
3. Answer any questions your assessor may have during the practical assessment	My answers to questions are correct and demonstrate my understanding of the topics and their application.

3

ASSESSOR JUDGEMENT GUIDE

Candidate's NameFather's Name.....

INSTRUCTIONS FOR ASSESSOR

This section contains minimum evidence requirements. Oral questioning may be used to clarify candidate understanding of the topic and its application.

ACTIVITIES	MINIMUM EVIDENCE REQUIRED	YES	NO	ASSESSOR COMMENTS
1. Complete practical task of prepare and cook stocks, soups and sauces under observation by an assessor	During a practical assessment, under observation by an assessor, the candidate correctly carried out the following tasks:			
Prepare and cook 1 litre chicken stock	Collected raw materials, equipments and utensils from kitchen/store.			
	Put stockpot on burner and added 2 litres cold water in stockpot.			
	Added 2 chicken bones in stockpot and cooked for 15 minutes.			
	Scum impurities during cooking process.			
	Added maripou (100g carrots, 100g onion, 10g celery) in			
	Added Bouquet garni (10g thyme, 10g parsley stems, 1 bay leave, 10g whole cloves, 10g peppercorns).			
	Kept stockpot on burner for 1 more hour.			
	Strained chicken stock from stockpot using strainer.			
	Poured chicken stock in bowl for serving.			
Prepare and cook 250mL hot and sour soup	Collected raw materials, equipments and utensils from kitchen/store.			
	Cut carrots and cabbage in brunoise cutting.			
	Cut chicken in Julian cutting.			
	Put soup pot on burner and added 200ml chicken stock in soup pot.			
	Warmed for 5 minutes and added 50 grams chicken Julian cutting in soup pot.			
	Cooked chicken Julian cutting for 3-4 minutes in soup pot.			
	Added 20 grams carrots and 20 grams cabbage in soup pot and cook for 2-3 minutes.			
	Added 1 tea spoon of black pepper, salt, vinegar and soy sauce in soup pot.			
	Cooked all ingredients for 5 minutes.			
	Add 1 table spoon corn flour in water to make solution.			
Added corn flour solution in soup pot and stir continuously all ingredients.				

	Beat 1 egg using egg beater and add it in soup pot.			
	Cooked all ingredients for 5 more minutes.			
	Poured in serving bowl, garnish with green onion and serve.			
Prepare and cook 250mL Béchamel sauce	Collected raw materials, equipments and utensils from kitchen/store.			
	Put sauce pan on burner and add butter in sauce pan.			
	Melted 50 gram butter for 2 minutes by warming in sauce pan.			
	Added 50 gram flour in sauce pan and cooked it for 3-4 minutes			
	Placed 250ml milk in boiling pot and added whole onion, bay leave and cloves.			
	Warmed milk in boiling pot for 3-5 minutes.			
	Strained milk using strainer.			
	Poured milk in sauce pan slowly and keep stirring mixture with spatula until desired consistency.			
	Poured in serving bowl and serve.			
2. Other requirements	N/A			

<p>3. Answer any questions the assessor may have during the practical assessment</p>	<p>Candidate's answers to questions are correct and demonstrate understanding of the topics and their application.</p> <p>Assessor to document below all questions asked and candidate answers. Use extra sheets if required and attach.</p>			
---	--	--	--	--

4

LIST OF TOOLS, EQUIPMENT, MATERIAL AND CONTEXT OF ASSESSMENT

INSTRUCTIONS	<p>This section contains information regarding;</p> <ul style="list-style-type: none"> Context of the assessment List of required tools and equipment. List of consumable items required during the service
1. Context of Assessment	This task will be performed in real time environment.

2. List of tools and equipment required (for five candidates)		
S. No	Items	Quantity
1	Knife	5
2	Cutting board	5
3	Peeler	5
4	Stockpot	5
5	Strainer	5
6	Skimmer	5
7	Serving bowl	5
8	Soup pot	5
9	Pan spoon	5
10	Egg beater	5
11	Soup serving bowl & spoon	5
12	Sauce pan	5
13	Spatula	5
14	Boiling pot	5
15	Sauce serving bowl	5

3. List of consumable items required (for five candidates)		
S. No	Items	Quantity
1	Chicken bones	1 kg
2	Carrots	1 Kg
3	Whole Onion	10
4	Celery	50 grams
5	Thyme	50 grams
6	Parsley stems	50 grams
7	Bay leaves	10
8	Whole cloves	50
9	Whole peppercorns	25
10	Chicken stock	1 litre
11	Chicken	250 grams
12	Salt	100 grams
13	Black pepper	100 grams
14	Cabbage	100 grams
15	Eggs	5
16	Corn flour	100 grams
17	Soya sauce	50ml
18	Vinegar	50ml
19	Butter	500 grams
20	Flour	500 grams

21	Milk 250ml pack	5
----	-----------------	---



ASSESSMENT MATERIAL EVIDENCE GUIDE	<h1>PREPARE, BAKE AND FINISH SIMPLE BREAD AND DOUGH PRODUCTS</h1>																																						
Qualification Cook CS Code: Level: 2 Credit: 5 Version: 1																																							
CONTENTS	1. Assessment Summary and Record 2. Candidate Assessment 3. Assessor Judgment Guide 4. List of required tools/equipment, material and context of assessment																																						
ASSESSMENT AND ASSESSOR DETAILS	Competent <input type="checkbox"/> Not Yet Competent <input type="checkbox"/>																																						
	Assessment <input type="checkbox"/> Re-Assessment <input type="checkbox"/>																																						
	Assessor's Name Assessor's Code Assessor's Signature Date <table border="1" style="display: inline-table; border-collapse: collapse;"><tr><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td></tr><tr><td style="text-align: center;">DD</td><td style="text-align: center;">MM</td><td colspan="6"></td><td style="text-align: center;">YYYY</td></tr></table>											DD	MM							YYYY																			
DD	MM							YYYY																															
CANDIDATE DETAILS	Candidate's Name <small style="display: flex; justify-content: space-between; width: 100%;">First Name Last Name</small>																																						
	Father's Name																																						
	Institute Name and District																																						
	CNIC/BFORM # <table border="1" style="display: inline-table; border-collapse: collapse;"><tr><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td></tr></table>																																						
	Registration Number issued by Assessment Body																																						
	Gender Male <input type="checkbox"/> Female <input type="checkbox"/> Transgender <input type="checkbox"/>																																						
Candidate's Consent I agree to the time and date of the assessment and am aware of the requirements of the assessment. I fully understand my rights of appeal. Candidate's Signature																																							
ASSESSMENT RESULTS SUMMARY FORM	You can use this coversheet as an <i>Assessment Results Summary Form</i> . Simply post a photocopy of this completed coversheet to NAVTTCC																																						
NAVTTCC OFFICE ONLY	1. DATE FORM RECEIVED: <table border="1" style="display: inline-table; border-collapse: collapse;"><tr><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td></tr><tr><td style="text-align: center;">DD</td><td style="text-align: center;">MM</td><td colspan="6"></td><td style="text-align: center;">YYYY</td></tr></table> 2. DATE ENTERED INTO DATABASE: <table border="1" style="display: inline-table; border-collapse: collapse;"><tr><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td></tr><tr><td style="text-align: center;">DD</td><td style="text-align: center;">MM</td><td colspan="6"></td><td style="text-align: center;">YYYY</td></tr></table>											DD	MM							YYYY											DD	MM							YYYY
DD	MM							YYYY																															
DD	MM							YYYY																															

1

ASSESSMENT SUMMARY & RECORD

ACTIVITY	METHOD				DESIRED OUTCOMES	RESULT	
	WRITTEN	ORAL	PORTFOLIO	OBSERVATION		COMPETENT	NOT YET COMPETENT
NATURE OF ACTIVITY					DESIRED OUTCOMES FOR SUCCESSFUL ASSESSMENT OF COMPETENCY STANDARD: PREPARE, BAKE AND FINISH SIMPLE BREAD AND DOUGH PRODUCTS		
Practical Skill Demonstration				✓	<ul style="list-style-type: none"> Prepare, bake and finish simple bread and dough products. 		
Knowledge Assessment	✓	✓			<ul style="list-style-type: none"> Answer all questions your Assessor may have during the practical assessment. 		
Other Requirements			✓		<ul style="list-style-type: none"> N/A 		

2

CANDIDATE ASSESSMENT

Candidate's Name.....Father's Name

ALL WORK ASSESSED IN THIS COMPETENCY STANDARD MUST BE YOUR OWN WORK.

GUIDANCE TO CANDIDATE

To meet this standard you are required to complete the following tasks within [mention hours] timeframe:

- Prepare the pizza dough
- Cook the simple tikka pizza.
- Cooking of French toast.

ACTIVITIES	CANDIDATE RESPONSE
<p>1. Complete practical task of prepare, bake and finish simple bread and dough products under observation by an assessor</p>	<p>During a practical assessment, under observation by an assessor, I will correctly :</p> <ul style="list-style-type: none"> • Prepare the pizza dough <ul style="list-style-type: none"> ✓ Assemble ingredients for Pizza dough. ✓ Assemble equipment for Pizza dough. ✓ Take 250 ml cup warm water in a large bowl. ✓ Add sugar, salt and mix it. ✓ Add yeast in it and wait till yeast is active (5 minutes). ✓ Add flour in multipurpose machines bowl. ✓ Add egg, oil, milk and yeast in it. ✓ Mix it for 10 minutes in multipurpose machine. ✓ Put aside the dough for fermentation for 30 minutes. ✓ Form the dough into two equal balls. ✓ Use a rolling pin to form a thin crust about 10 inches in diameter. ✓ Place the crust in pan. • Cook the simple pizza tikka. <ul style="list-style-type: none"> ✓ Take 250 grams chicken breast meat. ✓ Cut the meat into cubes. ✓ Bake chicken cubes for 15 minutes at 300 °C. ✓ Spread tomato paste evenly on crust. ✓ Spread sliced onion on crust. ✓ Put cooked meat on the crust. ✓ Sprinkle grated cheese on it. ✓ Preheat oven at a temperature of 250 to 260 °C ✓ Place the pans in oven & bake it for 10 minutes. ✓ Take out from the oven. ✓ Serve while hot. • Cooking French toast. <ul style="list-style-type: none"> ✓ Assemble ingredients for French toast. ✓ Assemble equipment for French toast. ✓ Crake one egg in the plate. ✓ Add 15 to 20 grams sugar and 20 ml milk in it. ✓ Beat to form egg-sugar-milk mixture. ✓ Take 2 slices of simple bread. ✓ Soak slices of bread in the egg-sugar-milk mixture. ✓ Heat up a fry pan to medium-low heat. ✓ Grease the pan with 10 gram butter ✓ Cook the bread slices in fry pan until it is golden brown ✓ Flip the bread slices with a spatula. ✓ Cook other side of bread slices until golden brown. ✓ Garnish with butter ✓ Serve in the plate

2. Other requirements	<ul style="list-style-type: none">• NA
3. Answer any questions your assessor may have during the practical assessment	My answers to questions are correct and demonstrate my understanding of the topics and their application.

3

ASSESSOR JUDGEMENT GUIDE

Candidate's NameFather's Name.....

INSTRUCTIONS FOR ASSESSOR

This section contains minimum evidence requirements. Oral questioning may be used to clarify candidate understanding of the topic and its application.

ACTIVITIES	MINIMUM EVIDENCE REQUIRED	YES	NO	ASSESSOR COMMENTS
1. Complete practical task of prepare, bake and finish simple bread and dough products under observation by an assessor	During a practical assessment, under observation by an assessor, the candidate correctly carried out the following tasks:			
Prepare the pizza dough	Assembled ingredients for Pizza dough.			
	Assembled equipment for Pizza dough.			
	Took 250 ml cup warm water in a large bowl.			
	Added sugar, salt and mix it.			
	Added yeast in it and wait till yeast is active (5 minutes).			
	Added flour in multipurpose machines bowl.			
	Added egg, oil, milk and yeast in it.			
	Mixed it for 10 minutes in multipurpose machine.			
	Put aside the dough for fermentation for 30 minutes.			
	Formed the dough into two equal balls.			
	Used a rolling pin to form a thin crust about 10 inches in diameter.			
Placed the crust in pan.				
Cook the simple pizza tikka.	Took 250 grams chicken breast meat.			
	Cut the meat into cubes.			
	Baked chicken cubes for 15 minutes at 300 °C.			
	Spread tomato paste evenly on crust.			
	Spread sliced onion on crust.			
	Put cooked meat on the crust.			
	Sprinkled grated cheese on it.			
	Preheated oven at a temperature of 250 to 260 °C			
	Placed the pans in oven & bake it for 10 minutes.			
	Took out from the oven.			
	Served while hot.			
Cooking French toast.	Assembled ingredients for French toast.			
	Assembled equipment for French toast.			

	Cracked one egg in the plate.			
	Added 15 to 20 grams sugar and 20 ml milk in it.			
	Beaten to form egg-sugar-milk mixture.			
	Took 2 slices of simple bread.			
	Soaked slices of bread in the egg-sugar-milk mixture.			
	Heated up a fry pan to medium-low heat.			
	Greased the pan with 10 gram butter			
	Cooked the bread slices in fry pan until it is golden brown			
	Fliped the bread slices with a spatula.			
	Cooked other side of bread slices until golden brown.			
	Garnished with butter			
	Serve in the plate			
2. Other requirements	N/A			

<p>3. Answer any questions the assessor may have during the practical assessment</p>	<p>Candidate's answers to questions are correct and demonstrate understanding of the topics and their application.</p> <p>Assessor to document below all questions asked and candidate answers. Use extra sheets if required and attach.</p>			
---	--	--	--	--

4

LIST OF TOOLS, EQUIPMENT, MATERIAL AND CONTEXT OF ASSESSMENT

INSTRUCTIONS	<p>This section contains information regarding;</p> <ul style="list-style-type: none"> Context of the assessment List of required tools and equipment. List of consumable items required during the service
1. Context of Assessment	This task will be performed in real time environment.

2. List of tools and equipment required(for five candidates)		
S. No	Items	Quantity
1	Multipurpose machine	2
2	Rolling Pin	5
3	Pizza Pan	10
4	Oven	1
5	Grater	5
6	Spatula	5
7	Frying Pan	5
8	Stove	2
9	Plate	10

3. List of consumable items required(for five candidates)		
S. No	Items	Quantity
1	Flour	2.5 kg
2	Sugar	150 g
3	Salt	25 g
4	Yeas	50 g
5	Egg	10
6	Milk	150 ml
7	Chicken	1.25 kg
8	Onion	50 g
9	Cheese	1.75 kg
10	Bread slice	10



ASSESSMENT MATERIAL EVIDENCE GUIDE	<h1>PREPARE HOT AND COLD SANDWICHES</h1>																				
Qualification Cook CS Code: Level: 2 Credit: 4 Version: 1																					
CONTENTS	1. Assessment Summary and Record 2. Candidate Assessment 3. Assessor Judgment Guide 4. List of required tools/equipment, material and context of assessment																				
ASSESSMENT AND ASSESSOR DETAILS	Competent <input type="checkbox"/> Not Yet Competent <input type="checkbox"/>																				
	Assessment <input type="checkbox"/> Re-Assessment <input type="checkbox"/>																				
	Assessor's Name Assessor's Code Assessor's Signature Date <table border="1" style="display: inline-table; vertical-align: middle;"><tr><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td></tr></table> DD MM YYYY																				
CANDIDATE DETAILS	Candidate's Name First Name Last Name																				
	Father's Name																				
	Institute Name and District																				
	CNIC/BFORM # <table border="1" style="display: inline-table; vertical-align: middle;"><tr><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td></tr></table>																				
	Registration Number issued by Assessment Body																				
	Gender Male <input type="checkbox"/> Female <input type="checkbox"/> Transgender <input type="checkbox"/>																				
Candidate's Consent I agree to the time and date of the assessment and am aware of the requirements of the assessment. I fully understand my rights of appeal. Candidate's Signature																					
ASSESSMENT RESULTS SUMMARY FORM	You can use this coversheet as an <i>Assessment Results Summary Form</i> . Simply post a photocopy of this completed coversheet to NAVTTCC																				
NAVTTCC OFFICE ONLY	1. DATE FORM RECEIVED: <table border="1" style="display: inline-table; vertical-align: middle;"><tr><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td></tr></table> DD MM YYYY																				
	2. DATE ENTERED INTO DATABASE: <table border="1" style="display: inline-table; vertical-align: middle;"><tr><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td></tr></table> DD MM YYYY																				

1

ASSESSMENT SUMMARY & RECORD

ACTIVITY	METHOD				DESIRED OUTCOMES	RESULT	
	WRITTEN	ORAL	PORTFOLIO	OBSERVATION		COMPETENT	NOT YET COMPETENT
NATURE OF ACTIVITY					DESIRED OUTCOMES FOR SUCCESSFUL ASSESSMENT OF COMPETENCY STANDARD: PREPARE HOT AND COLD SANDWICHES		
Practical Skill Demonstration				✓	<ul style="list-style-type: none"> Prepare Hot and Cold Sandwiches 		
Knowledge Assessment	✓	✓			<ul style="list-style-type: none"> Answer all questions your Assessor may have during the practical assessment. 		
Other Requirements			✓		<ul style="list-style-type: none"> N/A 		

2

CANDIDATE ASSESSMENT

Candidate's Name.....Father's Name

ALL WORK ASSESSED IN THIS COMPETENCY STANDARD MUST BE YOUR OWN WORK.

GUIDANCE TO CANDIDATE

To meet this standard you are required to complete the following tasks within **45 minutes** timeframe:

- Prepare one club sandwich in the kitchen
- Prepare one chicken sandwich in the kitchen

ACTIVITIES	CANDIDATE RESPONSE
<p>1. Complete practical task of Preparing hot and cold sandwich under observation by an assessor</p>	<p>During a practical assessment, under observation by an assessor, I will correctly :</p> <ul style="list-style-type: none"> • Prepare one club sandwich in the kitchen <ul style="list-style-type: none"> ✓ Collect raw materials, equipment and utensils from kitchen/store. ✓ Marinate chicken breast piece with mustard paste, soya sauce, black pepper and salt for 5 minutes. ✓ Grill chicken breast piece on hot grill for 5-7 minutes ✓ Take 2 sandwich bread pieces and apply mayonnaise on bread piece and place lettuce leave. ✓ Place grilled chicken breast piece and fried egg on lettuce leave. ✓ Place cucumber and tomato pieces on this layer. ✓ Place covering sandwich piece over all stuff and remove sides of bread pieces. ✓ Divide into two piece using knife and place on serving plate and serve with tomato ketchup. • Prepare one chicken sandwich in the kitchen <ul style="list-style-type: none"> ✓ Collect raw materials, equipment and utensils from kitchen/store. ✓ Take water and pour in boiling pot placed on burner. ✓ Add 100 grams chicken in boiling pot and boil for 10-15 minutes. ✓ Use strainer to strain water from boiling pot. ✓ Shred boiled chicken with knife ✓ Take chicken in bowl and add 3 table spoon mayonnaise, one tea spoon salt and black pepper. ✓ Mix all ingredients using spatula. ✓ Take 2 sandwich bread pieces and apply chicken mayonnaise mixture on bread piece. ✓ Place covering sandwich piece over first piece and remove sides of bread pieces ✓ Divide into two piece using knife and place on serving plate and serve.
<p>2. Other requirements</p>	<ul style="list-style-type: none"> • N/A
<p>3. Answer any questions your assessor may have during the practical assessment</p>	<p>My answers to questions are correct and demonstrate my understanding of the topics and their application.</p>

3

ASSESSOR JUDGEMENT GUIDE

Candidate's Name Father's Name.....

INSTRUCTIONS FOR ASSESSOR

This section contains minimum evidence requirements. Oral questioning may be used to clarify candidate understanding of the topic and its application.

ACTIVITIES	MINIMUM EVIDENCE REQUIRED	YES	NO	ASSESSOR COMMENTS
1. Complete practical task of Preparing cold and hot sandwich under observation by an assessor	During a practical assessment, under observation by an assessor, the candidate correctly carried out the following tasks:			
Prepare one club sandwich in the kitchen	Collected all raw materials, equipments and utensils from kitchen/store.			
	Marinated chicken breast piece with mustard paste, soya sauce, black pepper and salt for 5 minutes.			
	Grilled chicken breast piece on hot grill for 5-7 minutes			
	Took 2 sandwich bread pieces and applied mayonnaise on bread piece and place lettuce leave.			
	Placed grilled chicken breast piece and fried egg on lettuce leave.			
	Placed cucumber and tomato pieces on this layer.			
	Placed covering sandwich piece over all stuff and removed sides of bread pieces.			
	Divided into two piece using knife and place on serving plate and serve with tomato ketchup.			
Prepare one chicken sandwich in the kitchen	Collected all raw materials, equipments and utensils from kitchen/store.			
	Took water and pour in boiling pot placed on burner.			
	Added 100 grams chicken in boiling pot and boiled for 10-15 minutes.			
	Used strainer to strain water from boiling pot.			
	Shredded boiled chicken with knife			
	Took chicken in bowl and added 3 table spoon mayonnaise, one tea spoon salt and black pepper.			
	Mixed all ingredients using spatula.			
	Took 2 sandwich bread pieces and applied chicken mayonnaise mixture on bread piece.			
	Placed covering sandwich piece over first piece and removed sides of bread pieces			
Divided into two piece using knife and placed on serving plate and serve.				
2. Other requirements	N/A			

<p>3. Answer any questions the assessor may have during the practical assessment</p>	<p>Candidate's answers to questions are correct and demonstrate understanding of the topics and their application.</p> <p>Assessor to document below all questions asked and candidate answers. Use extra sheets if required and attach.</p>			
---	--	--	--	--

4

LIST OF TOOLS, EQUIPMENT, MATERIAL AND CONTEXT OF ASSESSMENT

INSTRUCTIONS	<p>This section contains information regarding;</p> <ul style="list-style-type: none"> Context of the assessment List of required tools and equipment. List of consumable items required during the service
1. Context of Assessment	This task will be performed in real time environment.

2. List of tools and equipment required (for five candidates)		
S. No	Items	Quantity
1	Knife	5
2	Cutting board	5
3	Peeler	5
4	Hot Plate	1
5	Hot Grill	1
6	Spatula	5
7	Bowl	5
8	Strainer	5
9	Boiling Pot	5
10	Serving dish	10

3. List of consumable items required (for five candidates)		
S. No	Items	Quantity
1	Sandwich bread	2
2	Chicken breast piece	5
3	Cucumber	5
4	Tomato	5
5	Mayonnaise	1 Kg
6	Soya sauce	100mL
7	Fried egg	5
8	Lettuce leave	5
9	Tomato ketchup sachet	5
10	Raw Chicken	500 grams
11	Salt	100 gram
12	Black Pepper	100 gram



ASSESSMENT MATERIAL EVIDENCE GUIDE	<h1>PREPARE AND FINISH SIMPLE SWEET DISHES</h1>																																		
Qualification Cook CS Code: Level: 2 Credit: 5 Version: 1																																			
CONTENTS	1. Assessment Summary and Record 2. Candidate Assessment 3. Assessor Judgment Guide 4. List of required tools/equipment, material and context of assessment																																		
ASSESSMENT AND ASSESSOR DETAILS	Competent <input type="checkbox"/> Not Yet Competent <input type="checkbox"/>																																		
	Assessment <input type="checkbox"/> Re-Assessment <input type="checkbox"/>																																		
	Assessor's Name Assessor's Code Assessor's Signature Date <table border="1" style="display: inline-table; border-collapse: collapse;"> <tr> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> </tr> <tr> <td style="text-align: center;">DD</td> <td style="text-align: center;">MM</td> <td colspan="6"></td> <td style="text-align: center;">YYYY</td> </tr> </table>													DD	MM							YYYY													
DD	MM							YYYY																											
CANDIDATE DETAILS	Candidate's Name <small style="display: flex; justify-content: space-between; width: 100%;"> First Name Last Name </small>																																		
	Father's Name																																		
	Institute Name and District																																		
	CNIC/BFORM # <table border="1" style="display: inline-table; border-collapse: collapse;"> <tr> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> </tr> </table>																																		
	Registration Number issued by Assessment Body																																		
	Gender Male <input type="checkbox"/> Female <input type="checkbox"/> Transgender <input type="checkbox"/>																																		
Candidate's Consent I agree to the time and date of the assessment and am aware of the requirements of the assessment. I fully understand my rights of appeal.																																			
Candidate's Signature																																			
ASSESSMENT RESULTS SUMMARY FORM	You can use this coversheet as an <i>Assessment Results Summary Form</i> . Simply post a photocopy of this completed coversheet to NAVTTCC																																		
NAVTTCC OFFICE ONLY	1. DATE FORM RECEIVED: <table border="1" style="display: inline-table; border-collapse: collapse;"> <tr> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> </tr> <tr> <td style="text-align: center;">DD</td> <td style="text-align: center;">MM</td> <td colspan="4"></td> <td style="text-align: center;">YYYY</td> </tr> </table> 2. DATE ENTERED INTO DATABASE: <table border="1" style="display: inline-table; border-collapse: collapse;"> <tr> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> </tr> <tr> <td style="text-align: center;">DD</td> <td style="text-align: center;">MM</td> <td colspan="4"></td> <td style="text-align: center;">YYYY</td> </tr> </table>											DD	MM					YYYY											DD	MM					YYYY
DD	MM					YYYY																													
DD	MM					YYYY																													

1

ASSESSMENT SUMMARY & RECORD

ACTIVITY	METHOD				DESIRED OUTCOMES	RESULT	
	WRITTEN	ORAL	PORTFOLIO	OBSERVATION		COMPETENT	NOT YET COMPETENT
NATURE OF ACTIVITY					DESIRED OUTCOMES FOR SUCCESSFUL ASSESSMENT OF COMPETENCY STANDARD: PREPARE AND FINISH SIMPLE SWEET DISHES		
Practical Skill Demonstration				✓	<ul style="list-style-type: none"> Prepare and finish simple sweet dishes 		
Knowledge Assessment	✓	✓			<ul style="list-style-type: none"> Answer all questions your Assessor may have during the practical assessment. 		
Other Requirements			✓		<ul style="list-style-type: none"> N/A 		

2

CANDIDATE ASSESSMENT

Candidate's Name..... Father's Name

ALL WORK ASSESSED IN THIS COMPETENCY STANDARD MUST BE YOUR OWN WORK.

GUIDANCE TO CANDIDATE

To meet this standard you are required to complete the following tasks within **one and half hour** timeframe:

- Prepare and cook 2 standard cups of jelly custard
- Prepare and cook 4 standard cups of rice pudding

ACTIVITIES	CANDIDATE RESPONSE
<p>1. Complete practical task of preparing and finishing simple sweet dishes under observation by an assessor</p>	<p>During a practical assessment, under observation by an assessor, I will correctly :</p> <ul style="list-style-type: none"> • Prepare and cook 2 standard cups of jelly custard <ul style="list-style-type: none"> ✓ Assemble raw material and utensils for cooking jelly custard ✓ Take 125 mL milk in a mixing bowl. ✓ Add 100 grams custard powder in same mixing bowl. ✓ Mix milk and custard powder in mixing bowl for 1 minute to form a thick mixture. ✓ Take 500 mL milk in a sauce pan and boil at 100 °C for 4-5 minutes ✓ Add 30 grams sugar in boiled milk ✓ Add thick mixture of milk and custard powder into same sauce pan and cook it for 5 minutes ✓ Take out custard from sauce pan and pour it into bowl ✓ Keep bowl in refrigerator at 0-4 °C and allow it to cool for 5-10 minutes ✓ Take 100 grams jelly powder in a sauce pan ✓ Add 300 mL water in jelly powder and cook it for 8 minutes while continuous stirring ✓ Pour jelly in the plate and put it in freezer at -18-20 °C for 4-5 minutes ✓ Take out jelly from freezer and cut it into cubes ✓ Put jelly over refrigerated custard and serve it in desserts cups • Prepare and cook 4 standard cups of rice pudding <ul style="list-style-type: none"> ✓ Assemble raw material, equipment and utensils for cooking rice pudding ✓ Take 50 grams basmati rice and soak in 600 mL water in a bowl for 5-10 minutes ✓ Strain water from the soaked rice and rinse in fresh water ✓ Grind the soaked rice into fine paste in a mixer for 1 minute and keep aside in bowls ✓ Take 1 L milk in a sauce pan and boil it at 100 °C for 2-3 minutes ✓ Add fine paste of rice in the boiled milk and cook on medium heat (50-60 °C) for half an hour with continuous stirring till the mixture thickens and rice cooks ✓ Add 60 grams sugar and 1 pinch cinnamon in the thickened mixture of boiled milk and fine paste of rice ✓ Cook it for 2-3 minutes on low heat (30-40 °C) ✓ Pour the rice pudding in desserts cups ✓ Garnish with almonds & pistachio slices and silver paper ✓ Cool rice pudding in refrigerator at 0-4 °C for 2-3 minutes and serve
<p>2. Other requirements</p>	<ul style="list-style-type: none"> • N/A
<p>3. Answer any questions your assessor may have during the practical assessment</p>	<p>My answers to questions are correct and demonstrate my understanding of the topics and their application.</p>

3

ASSESSOR JUDGEMENT GUIDE

Candidate's Name Father's Name.....

INSTRUCTIONS FOR ASSESSOR

This section contains minimum evidence requirements. Oral questioning may be used to clarify candidate understanding of the topic and its application.

ACTIVITIES	MINIMUM EVIDENCE REQUIRED	YES	NO	ASSESSOR COMMENTS
1. Complete practical task of preparing and finishing simple sweet dishes under observation by an assessor	During a practical assessment, under observation by an assessor, the candidate correctly carried out the following tasks:			
Prepare and cook 2 standard cups of jelly custard	Assembled raw material and utensils for cooking jelly custard			
	Took 125 mL milk in a mixing bowl.			
	Added 100 grams custard powder in same mixing bowl.			
	Mixed milk and custard powder in mixing bowl for 1 minute to form a thick mixture.			
	Took 500 mL milk in a sauce pan and boiled at 100 °C for 4-5 minutes			
	Added 30 grams sugar in boiled milk			
	Added thick mixture of milk and custard powder into same sauce pan and cooked it for 5 minutes			
	Took out custard from sauce pan and poured it into bowl			
	Kept bowl in refrigerator at 0-4 °C and allowed it to cool for 5-10 minutes			
	Took 100 grams jelly powder in a sauce pan			
	Added 300 mL water in jelly powder and cooked it for 8 minutes while continuous stirring			
	Poured jelly in the plate and put in freezer at -18-20 °C for 4-5 minutes			
Took out jelly from freezer and cut it into cubes				
Put jelly over refrigerated custard and served in desserts cups				
Prepare and cook 4 standard cups of rice pudding	Assembled raw material, equipment and utensils for cooking rice pudding			
	Took 50 grams basmati rice and soaked in 600 mL water in a bowl for 5-10 minutes			
	Strained water from the soaked rice and rinsed in fresh water			
	Grinded the soaked rice into fine paste in a mixer for 1 minute and kept aside in bowls			
	Took 1 L milk in a sauce pan and boiled it at 100 °C for 2-3 minute			
	Added fine paste of rice in the boiled milk and cooked on medium heat (50-60 °C) for half an hour with continuous stirring till the mixture thickened and rice cooked			

	Added 60 grams sugar and 1 pinch cinnamon in the thickened mixture of boiled milk and fine paste of rice			
	Cooked it for 2-3 minutes on low heat (30-40 °C)			
	Poured the rice pudding in desserts cups			
	Garnished with almonds & pistachio slices and silver paper			
	Cooled rice pudding in refrigerator at 0-4 °C for 2-3 minutes and served			
2. Other requirements	N/A			

3. Answer any questions the assessor may have during the practical assessment

Candidate's answers to questions are correct and demonstrate understanding of the topics and their application.

Assessor to document below all questions asked and candidate answers. Use extra sheets if required and attach.

4

LIST OF TOOLS, EQUIPMENT, MATERIAL AND CONTEXT OF ASSESSMENT

INSTRUCTIONS	<p>This section contains information regarding;</p> <ul style="list-style-type: none"> Context of the assessment List of required tools and equipment. List of consumable items required during the service
1. Context of Assessment	This task will be performed in real time environment.

2. List of tools and equipment required (for five candidates)		
S. No	Items	Quantity
1	Knives	5
2	Mixing bowls	5
3	Sauce pans	5
4	Bowls	5
5	Pan spoons	5
6	Plate	5
7	Refrigerator	2
8	Freezer	1
9	Strainers	5
10	Dessert cups	5
11	Mixers	5
12	Stoves	10

3. List of consumable items required (for five candidates)		
S. No	Items	Quantity
1	Custard powder	500 grams
2	Milk	8 L
3	Sugar	450 grams
4	Jelly powder	500 grams
5	Water	4.5 L
6	Basmati rice	250 grams
7	Cinnamon	5 pinches

1

ASSESSMENT SUMMARY & RECORD

ACTIVITY	METHOD				DESIRED OUTCOMES	RESULT	
	WRITTEN	ORAL	PORTFOLIO	OBSERVATION		COMPETENT	NOT YET COMPETENT
NATURE OF ACTIVITY					DESIRED OUTCOMES FOR SUCCESSFUL ASSESSMENT OF QUALIFICATION: COOK		
Practical Skill Demonstration				✓	<ul style="list-style-type: none"> • Prepare and cook vegetables • Prepare, cook and finish meat, poultry and fish dishes • Prepare and finish simple salad and fruit dishes • Prepare and cook pasta and rice dishes • Prepare and cook eggs and egg dishes • Prepare and cook grain and pulse dishes • Prepare and cook stocks, soups and sauces • Prepare, bake and finish simple bread and dough products • Prepare hot and cold sandwiches • Prepare and finish simple sweet dishes 		
Knowledge Assessment	✓	✓			<ul style="list-style-type: none"> • Answer all questions your Assessor may have during the practical assessment. 		
Other Requirements			✓		<ul style="list-style-type: none"> • NA 		

2

CANDIDATE ASSESSMENT

Candidate's Name.....Father's Name

ALL WORK ASSESSED IN THIS COMPETENCY STANDARD MUST BE YOUR OWN WORK.

GUIDANCE TO CANDIDATE

To meet this standard you are required to complete the following tasks within **4 hours** timeframe:

- Prepare one serving of fresh garden salad
- Prepare and cook 250mL hot and sour soup
- Prepare and cook 1 Kg chicken ginger
- Prepare and cook 2 standard cups of jelly custard

ACTIVITIES	CANDIDATE RESPONSE
<p>1. COOK</p>	<p>During a practical assessment, under observation by an assessor, I will correctly :</p> <ul style="list-style-type: none"> • Prepare one serving of fresh garden salad <ul style="list-style-type: none"> ✓ Collect raw materials, equipment and utensils from kitchen/store. ✓ Peel and cut vegetables for mixing ✓ Take bowl and add all ingredients in it for mixing. ✓ Garnish with coriander and serve • Prepare and cook 250mL hot and sour soup <ul style="list-style-type: none"> ✓ Collect raw materials, equipment and utensils from kitchen/store. ✓ Cut carrots and cabbage in brunoise cutting. ✓ Cut chicken in Julian cutting. ✓ Put soup pot on burner and add 200ml chicken stock in soup pot. ✓ Warm for 5 minutes and add 50 grams chicken Julian cutting in soup pot. ✓ Cook chicken Julian cutting for 3-4 minutes in soup pot. ✓ Add 20 grams carrots and 20 grams cabbage in soup pot and cook for 2-3 minutes. ✓ Add 1 tea spoon of black pepper, salt, vinegar and soy sauce in soup pot. ✓ Cook all ingredients for 5 minutes. ✓ Add 1 table spoon corn flour in water to make solution. ✓ Add corn flour solution in soup pot and stir continuously all ingredients. ✓ Beat 1 egg using egg beater and add it in soup pot. ✓ Cook all ingredients for 5 more minutes. ✓ Pour in serving bowl, garnish with green onion and serve. • Prepare and cook 1 Kg chicken ginger <ul style="list-style-type: none"> ✓ Assemble raw material and utensils for cooking chicken ginger ✓ Heat 9 table spoons (tbsp) of cooking oil in cooking pan for 1-2 minutes. ✓ Fry slices of 3 onions and 6 tbsp of ginger & garlic paste in heated cooking oil for 20-25 seconds. ✓ Add 1 Kg boneless chicken into same cooking pan and cook it for 4-5 minutes till it colour changes to brown. ✓ Add spices (salt to taste, red chillies powder to taste, 1.5 tbsp garam masala powder and 3 tea spoons (tsp) turmeric powder) in same cooking pan. ✓ Add 12 chopped green chillies in same cooking pan and cook it for 6-8 minutes. ✓ Add 450 grams beaten yoghurt in same cooking pan. ✓ Add 100 mL water in same cooking pan and cook it for 3-4 minutes till the gravy leaves the oil and chicken become tender. ✓ Take out chicken ginger in plate. ✓ Garnish chicken ginger with chopped ginger & coriander. ✓ Serve chicken ginger with naan or chappati.

	<ul style="list-style-type: none"> • Prepare and cook 2 standard cups of jelly custard <ul style="list-style-type: none"> ✓ Assemble raw material and utensils for cooking jelly custard ✓ Take 125 mL milk in a mixing bowl. ✓ Add 100 grams custard powder in same mixing bowl. ✓ Mix milk and custard powder in mixing bowl for 1 minute to form a thick mixture. ✓ Take 500 mL milk in a sauce pan and boil at 100 ° C for 4-5 minutes ✓ Add 30 grams sugar in boiled milk ✓ Add thick mixture of milk and custard powder into same sauce pan and cook it for 5 minutes ✓ Take out custard from sauce pan and pour it into bowl ✓ Keep bowl in refrigerator at 0-4 ° C and allow it to cool for 5-10 minutes ✓ Take 100 grams jelly powder in a sauce pan ✓ Add 300 mL water in jelly powder and cook it for 8 minutes while continuous stirring ✓ Pour jelly in the plate and put it in freezer at -18-20 ° C for 4-5 minutes ✓ Take out jelly from freezer and cut it into cubes ✓ Put jelly over refrigerated custard and serve it in desserts cups
2. Other requirements	<ul style="list-style-type: none"> • NA
3. Answer any questions your assessor may have during the practical assessment	<p>My answers to questions are correct and demonstrate my understanding of the topics and their application.</p>

3

ASSESSOR JUDGEMENT GUIDE

Candidate's Name Father's Name.....

INSTRUCTIONS FOR ASSESSOR

This section contains minimum evidence requirements. Oral questioning may be used to clarify candidate understanding of the topic and its application.

ACTIVITIES	MINIMUM EVIDENCE REQUIRED	YES	NO	ASSESSOR COMMENTS
1. Complete practical task of cook under observation by an assessor	During a practical assessment, under observation by an assessor, the candidate correctly carried out the following tasks:			
Prepare one serving of fresh garden salad	Collected raw materials, equipment and utensils from kitchen/store.			
	Peeled and cut vegetables for mixing			
	Took bowl and added all ingredients in it for mixing.			
	Garnished with coriander and served			
Prepare and cook 250mL hot and sour soup	Collected raw materials, equipment and utensils from kitchen/store.			
	Cut carrots and cabbage in brunoise cutting.			
	Cut chicken in Julian cutting.			
	Put soup pot on burner and added 200ml chicken stock in soup pot.			
	Warmed for 5 minutes and added 50 grams chicken Julian cutting in soup pot.			
	Cooked chicken Julian cutting for 3-4 minutes in soup pot.			
	Added 20 grams carrots and 20 grams cabbage in soup pot and cook for 2-3 minutes.			
	Added 1 tea spoon of black pepper, salt, vinegar and soy sauce in soup pot.			
	Cooked all ingredients for 5 minutes.			
	Add 1 table spoon corn flour in water to make solution.			
	Added corn flour solution in soup pot and stir continuously all ingredients.			
	Beat 1 egg using egg beater and add it in soup pot.			
	Cooked all ingredients for 5 more minutes.			
	Poured in serving bowl, garnish with green onion and serve.			
Prepare and cook 1 Kg chicken ginger	Collected raw materials, equipments and utensils from kitchen/store.			
	Cut carrots and cabbage in brunoise cutting.			
	Assembled raw material and utensils for cooking chicken ginger			

	Heated 9 (table spoons) tbsp of cooking oil in cooking pan for 1-2 minutes.			
	Fried slices of 3 onions and 6 tbsp of ginger & garlic paste in heated cooking oil for 20-25 seconds.			
	Added 1 Kg boneless chicken into same cooking pan and cooked it for 4-5 minutes till it colour changed to brown.			
	Added spices (salt to taste, red chillies powder to taste, 1.5 tbsp garam masala powder and 3 tea spoons (tsp) turmeric powder) in same cooking pan.			
	Added 12 chopped green chillies in same cooking pan and cooked it for 6-8 minutes			
	Added 450 grams beaten yoghurt in same cooking pan.			
	Added 100 mL water in same cooking pan and cooked it for 3-4 minutes till the gravy left the oil and chicken became tender.			
	Took out chicken ginger in plate			
	Garnished chicken ginger with chopped ginger & coriander.			
	Served chicken ginger with naan or chappati.			
Prepare and cook 2 standard cups of jelly custard	Assembled raw material and utensils for cooking jelly custard			
	Took 125 mL milk in a mixing bowl.			
	Added 100 grams custard powder in same mixing bowl.			
	Mixed milk and custard powder in mixing bowl for 1 minute to form a thick mixture.			
	Took 500 mL milk in a sauce pan and boiled at 100 °C for 4-5 minutes			
	Added 30 grams sugar in boiled milk			
	Added thick mixture of milk and custard powder into same sauce pan and cooked it for 5 minutes			
	Took out custard from sauce pan and poured it into bowl			
	Kept bowl in refrigerator at 0-4 °C and allowed it to cool for 5-10 minutes			
	Took 100 grams jelly powder in a sauce pan			
	Added 300 mL water in jelly powder and cooked it for 8 minutes while continuous stirring			
	Poured jelly in the plate and put in freezer at -18-20 °C for 4-5 minutes			
	Took out jelly from freezer and cut it into cubes			
	Put jelly over refrigerated custard and served in desserts cups			
Assembled raw material and utensils for cooking jelly custard				
2. Other requirements	NA			

3. Answer any questions the assessor may have during the practical assessment

Candidate's answers to questions are correct and demonstrate understanding of the topics and their application.

Assessor to document below all questions asked and candidate answers. Use extra sheets if required and attach.

4

LIST OF TOOLS, EQUIPMENT, MATERIAL AND CONTEXT OF ASSESSMENT

INSTRUCTIONS	<p>This section contains information regarding;</p> <ul style="list-style-type: none"> Context of the assessment List of required tools and equipment. List of consumable items required during the service
1. Context of Assessment	This task will be performed in real time environment.

2. List of tools and equipment required (for five candidates)		
S. No	Items	Quantity
1	Knife	5
2	Peeler	5
3	Cutting board	5
4	Bowl	5
5	Stockpot	5
6	Strainer	5
7	Skimmer	5
8	Soup pot	5
9	Pan spoon	5
10	Beaters	5
11	Cooking pans	5
12	Curry spoons	5
13	Mixing bowls	5
14	Sauce pans	5
15	Refrigerator	2
16	Freezer	1
17	Dessert cups	5
18	Mixers	5
19	Stoves	5
20	Serving dish	15
21	Soup serving bowl & spoon	5


3. List of consumable items required (for five candidates)		
S. No	Items	Quantity
1	Ice burg	500 grams
2	Cucumber	5
3	Tomato	5
4	Onion	5
5	Green onion	5
6	Capsicum	5
7	Sugar beet	5
8	Chicken stock	1 litre
9	Chicken	250 grams
10	Salt	100 grams
11	Black pepper	100 grams
12	Cabbage	100 grams
13	Eggs	5


14	Corn flour	100 grams
15	Soya sauce	50ml
16	Vinegar	50ml
17	Cooking oil	1500 mL
18	Onions	2 Kg
19	Ginger and garlic paste	200 grams
20	Boneless meat cubes	2.5 Kg
21	Boneless chicken	5 Kg
22	Turmeric powder	100 grams
23	Gram masala powder	150 grams
24	Chopped green chillies	150 grams
25	Coriander	100 grams
26	Butter	200 grams
27	Chopped garlic	125
28	Red chillies powder	100 grams
29	Cumin	40 grams
30	Lemon juice	100 mL
31	Yellow food grade colour	50 grams
32	Custard powder	500 grams
33	Milk	8 L
34	Sugar	450 grams
35	Jelly powder	500 grams


National Vocational and Technical Training Commission (NAVTTTC)

 5th Floor Evacuee Trust Complex Sector F-5/1, Islamabad.

 +92 51 9044 04

 +92 51 9044 04

 info@navttc.org

 www.navttc.org