

Section A - General Information

Personal Information

National ID #

Name: First Last

Date of Birth

Gender

Address

Contact information

Home

Work

Mobile

Email address

Employment information

Employment information

Status employed/self-employed/unemployed

Skilled area: Amenity horticulture level 2/ Cosmetology level 2/ Carpentry level 2/Crop production level 2/Food preparation level 2/ Furniture making level 2/ Fashion design level 2/ Electrical installation level 2/ Fibre optic Installation level 2/Plumbing level 2/ Photovoltaic roofer fitter level 2/ Photovoltaic Electrical technician level 3/ Plumbing level 2/ Massage therapy level 2/ Massage therapy level 3/ Nail technology level 2/ Occupational health safety & welfare level 2/

Years of employment None/1 year – 50 years

Job experience

Qualification None/Certificate/Diploma/Any other

Section B - Back ground information

Are you employed in the occupational area? **Yes/ No**

Have you been working in the occupational area for 3 years? **Yes/ No**

Self - assessment – Food Preparation and Cookery

Do you have any certification in the area? **Yes/ No**

Have you engaged in training within the last 3 years? Yes/ No

Did the training occur on the job or was it conducted with a training institution? **On the job/training institution**

Do you have proof of training? **Yes/ No**

Section C - Self-Assessment

Complete this Self-Assessment Checklist to assist you in determining whether your prior learning matches Food preparation and cookery level 2 occupational standard.

Introduction

Please select the statements that most honestly and accurately represent your knowledge, skills and abilities.

Add your score at the end of the checklist and compare your total to the scoring scale listed there.

Rating Scale:

- 0 – I have no experience or learning in this area.
- 1 – I have a little experience and learning in this area.
- 2 – I have some experience and learning in this area.
- 3 – I have good experience and learning in this area.
- 4 – I have excellent experience and learning in this area and could mentor others

Elements/Description I am able to:	0	1	2	3	4
Create and maintain effective working relationships					
Gain the trust and support of colleagues and team members					
Gain the trust and support of one's immediate manager					
Maintain a safe and secure working environment					
Maintain personal health and hygiene					
Carry out procedures in the event of fire					
Deal with the discovery of suspicious items/packages					
Carry out procedures in the event of an accident					
Maintain a safe work environment for customers, staff and visitors					
Maintain a secure environment for customers, staff and visitors					
Clean food production areas, equipment and utensils					
Clean food production areas					
Clean food production equipment					
Clean food production utensils					
Maintain and handle knives					
Maintain knives					
Handle knives					
Maintain and promote hygiene in food storage, preparation and cooking					
Maintain and promote hygiene in food storage					
Maintain and promote hygiene in food preparation and cooking					

Self - assessment – Food Preparation and Cookery

Elements/Description	0	1	2	3	4
I am able to:					
Clean and maintain cutting equipment					
Clean cutting equipment					
Maintain cutting equipment					
Prepare and cook basic fish dishes					
Prepare basic fish dishes for cooking					
Cut and finish basic fish dishes					
Prepare and cook basic hot and cold sauces					
Prepare basic hot and cold sauces					
Cook basic hot and cold sauces					
Prepare and cook basic meat, poultry and offal dishes					
Prepare basic meat, poultry and offal dishes					
Cook basic meat, poultry and offal dishes					
Prepare and cook basic soups					
Prepare basic soups					
Cook basic soups					
Prepare and cook vegetables for basic hot dishes and salads					
Prepare vegetables for basic hot dishes and salads					
Cook vegetables for basic hot dishes and salads					
Prepare and cook basic pulse dishes					
Prepare basic pulse dishes					
Cook basic pulse dishes					
Cook-chill Food					
Portion, pack and blast-chill food					
Store cook-chill food					
Cook-freeze food					
Portion, pack and blast-freeze food					
Store cook-freeze food					
Prepare, bake and decorate basic cakes, cookies and biscuits					
Prepare basic cakes, cookies and biscuits					
Bake basic cakes, cookies and biscuits					
Decorate basic cakes, cookies and biscuits					
Prepare and cook basic cold desserts					
Prepare basic cold desserts					
Cook and finish basic cold desserts					
Prepare and cook basic hot desserts					
Prepare basic hot desserts					
Cook and finish basic hot desserts					
Prepare and cook basic dough products and quick breads					
Prepare basic dough products and quick breads					
Cook basic dough products and quick breads					
Prepare and cook basic egg dishes					
Prepare basic egg dishes					
Cook basic egg dishes					
Prepare and cook basic pasta dishes					
Prepare basic pasta dishes					
Cook basic pasta dishes					

Self - assessment – Food Preparation and Cookery

Elements/Description I am able to:	0	1	2	3	4
Prepare and cook basic pastry dishes					
Prepare basic pastry dishes					
Cook basic pastry dishes					
Prepare and cook basic rice dishes					
Prepare basic rice dishes					
Cook basic rice dishes					
Prepare and cook basic shell-fish dishes					
Prepare basic shell-fish dishes					
Cook and finish basic shell-fish dishes					
Prepare and cook basic vegetable protein dishes					
Prepare basic vegetable protein dishes					
Cook basic vegetable protein dishes					
Prepare and present food for cold presentation					
Prepare and present sandwiches and canapés					
Prepare and present cooked, cured and prepared foods					
Total					

Add your responses and total your score. Compare your results with the scoring scale below to determine your likelihood of being assessed through the Prior Learning Assessment & Recognition PLAR process.

Scoring Scale	
(75% - 100%)	You are a good candidate to proceed with the PLAR process. Please review this guide and discuss next steps with the PLAR Advisor or the Assessor
(65% - 74%)	You may need additional learning to be successful in completing the PLAR process. Please discuss with the PLAR Advisor or the Assessor.
Less than 65%)	You are unlikely to be successful in completing the PLAR process.

You have completed and scored the Self-Assessment Checklist.

If you scored 75% or higher (45 to 60) on the Self-Assessment Checklist, you may consider demonstrating your prior learning

Please discuss your Self-Assessment Checklist results with the assessor or the PLAR Advisor or the Assessor