

101305T4FBC

FOOD AND BEVERAGE PRODUCTION (CULINARY ARTS) LEVEL 5

HOS/OS/FP/CR/06/5

Cook Meats and Sauces

July /August 2025



**TVET CURRICULUM DEVELOPMENT, ASSESSMENT AND CERTIFICATION
COUNCIL (TVET CDACC)**

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PRACTICAL ASSESSMENT

INSTRUCTIONS TO ASSESSOR

1. Assess the candidate as the practical progresses observing the critical areas
2. You are required to mark the practical as the candidate perform the tasks
3. You are required to take video clips at critical points
4. Ensure the candidate has a name tag and registration code at the back and front

OBSERVATION CHECKLIST

Candidate's name & Registration No.			
Assessor's name			
Venue of Assessment			
Date of assessment			
Items to be Evaluated: <i>Please award marks as appropriate. Give a brief comment on your observation.</i>	Marks Available	Marks obtained	Comments
HYGIENE			
1. Observed hygienic standards and procedures a) Personal hygiene <ul style="list-style-type: none"> • Clean and pressed uniforms. • No make ups. • No jewelry. • Flat, clean closed shoes. • Short clean nails and no varnish. • Hands kept clean throughout. <i>(Award marks as indicated)</i>	1 1 1 1 1		
b) Food hygiene <ul style="list-style-type: none"> • Prepared food in clean equipment. • Covered food where necessary. • Used clean kitchen cloth. <i>(Award marks as indicated)</i>	1 1 1		
c) Environmental hygiene <ul style="list-style-type: none"> • Work surfaces kept clean and dry • Floor kept clean and dry • Proper disposal of waste 	1 1 1		

<i>(Award marks as indicated)</i>			
Sub-Total	12		
TASK 1: ROASTED CHICKEN			
2. Collected the required equipment for roasted chicken as per recipe	1		
3. Assembled the required equipment for roasted chicken as per recipe.	1		
4. Collected the ingredient as per recipe specification	1		
5. Assembled the ingredients as per the recipe	1		
6. Weighed the ingredients as per recipe specifications.	1		
<p>Procedure for roasted chicken</p> <p>a. Lightly season the chicken inside and out with salt. Place on its side in a roasting tin.</p> <p>b. Cover with the oil, butter or margarine.</p> <p>c. Place in hot oven for approximately 20–25 minutes. Turn on to the other leg.</p> <p>d. Cook for a further 20–25 minutes approximately. Basting frequently.</p> <p>e. To test if cooked, pierce with a fork between the drumstick and thigh and hold over a plate.</p> <p>f. The juice issuing from the chicken should not show any sign of blood.</p> <p>g. Place breast side down to retain all cooking juices.</p> <p>h. Garnish with spring and present as required</p> <p><i>(Award 2 marks for each observation)</i></p>	<p>2</p> <p>2</p> <p>2</p> <p>2</p> <p>2</p> <p>2</p> <p>2</p> <p>2</p>		

7. Cleared up after the activities (Award 1 mark for the observation)	1		
Sub-Total	22		
PRODUCT CHECKLIST			
8. Colour: • Should be brown (Award 1 mark for the observation)	1		
9. Texture • Should be crunchy • Rich in flavours (Award 1 mark for each observation)	1 1		
10. Quantity • Enough food for 4portions (Award 1 mark for the observation)	1		
Sub-Total	4		
TASK 2: BEEF STROGANOFF			
11. Collected the required equipment for beef stroganoff as per the recipe	1		
12. Assembled the required equipment for beef stroganoff as per the recipe	1		
13. Collected the ingredient as per the recipe specification	1		
14. Assembled the ingredients as per the recipe	1		
15. Weighed the ingredients as per recipe specifications.	1		
Procedure for preparing beef stroganoff			
a. Placed the butter in a saute-use over a fierce heat.	2		
b. Added the beef strips, lightly seasoned with salt and pepper, and allow to cook rapidly for a few seconds.	2		

c. Drained the beef into a colander. Poured the butter back into the pan.	2		
d. Added the shallots, cover with a lid and allowed to cook gently until tender. Drained off the fat, add the wine and reduced to one third.	2		
e. Added the cream and reduced by a quarter.	2		
f. Added the lemon juice and the beef strips without boiling. Corrected the seasoning.	2		
g. Served lightly and sprinkled with chopped parsley.	2		
16. Cleared up after the activities <i>(Award 1 mark for the observation)</i>	1		
SUB-TOTAL	20		
PRODUCT CHECKLIST			
17. Texture <ul style="list-style-type: none"> • Should be moist • Rich in flavours <i>(Award 1 mark for each observation)</i>	1 1		
18. Colour <ul style="list-style-type: none"> • Golden colour <i>(Award 1 mark for the observation)</i>	1		
19. Quantity <ul style="list-style-type: none"> • Enough food for four portions <i>(Award 1 mark for the observation)</i>	1		
Sub-Total	4		
TASK 3: BREAD SAUCE			
20. Collected the required equipment for bread sauce as per the recipe	1		

21. Assembled the required equipment for bread sauce as per the recipe	1		
22. Collected the ingredient as per the recipe specification	1		
23. Assembled the ingredient as per the recipe specification	1		
24. Collected the ingredient as per the recipe specification	1		
25. Procedure for preparing bread sauce a. Infused the simmering milk with the studded onion for 15 minutes. b. Removed the onion, mixed in the breadcrumbs. c. Simmered for 2–3 minutes. d. Seasoned and corrected the consistency e. Added the butter on top of the sauce to prevent a skin forming f. Mixed well when serving. g. Presented as the accompaniment for roast chicken <i>(Award 2 marks for the correct procedure)</i>	2 2 2 2 2 2 2		
26. Cleared up after the activities <i>(Award 1 mark if done correctly and zero if wrong)</i>	1		
Sub-Total	20		
PRODUCT CHECKLIST			
27. Appearance <ul style="list-style-type: none"> • Uniform cream colour • Well-developed colour <i>(Award 1 mark for each observation)</i>	1 1		
28. Flavor: <ul style="list-style-type: none"> • Balanced flavor <i>(Award mark for the observation)</i>	1		

29. Quantity: <ul style="list-style-type: none"> Enough food for 4 portions <i>(Award 1 mark for enough quantities)</i> 	1 1		
SUB-TOTAL	5		
GRAND TOTAL	83		
ASSESSMENT OUTCOME			
<p>The candidate was found to be:</p> <p style="text-align: center;"> Competent <input data-bbox="722 766 846 835" type="checkbox"/> Not yet Competent <input data-bbox="1193 772 1317 842" type="checkbox"/> </p> <p><i>(Please tick as appropriate)</i></p> <p><i>(The candidate is competent if the candidate obtains at least 50%)</i></p>			
Feedback from the Candidate: <div style="text-align: center; color: magenta; font-size: small;">easyvet.com</div>			
Feedback to the Candidate: 			
Candidate Signature _____		Date: _____	
Assessor's Signature _____		Date _____	

Mark sheet

Unit Name	Unit Code (per OS)	Total Marks	Marks Awarded	Percentage (%)
Cook meat and sauce	HOS/OS/FP/CR/06/5	83		

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