

**101305T4FBC**

**FOOD AND BEVERAGE PRODUCTION (CULINARY ARTS) LEVEL 5**

**HOS/OS/FP/CR/05/5**

**Prepare Cuts of Meats**

**July /August 2025**



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

*easyvet.com*

## **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

<b>Candidate's name &amp; Registration No.</b>			
<b>Assessors Name &amp; Registration Code</b>			
<b>Venue of Assessment</b>			
<b>Date of assessment</b>			
<b>Items to be Evaluated:</b> <i>Please award marks as appropriate. Give a brief comment on your observation.</i>	<b>Marks Available</b>	<b>Marked obtained</b>	<b>Comments</b>
<b>HYGIENE</b>			
<b>1. Observed hygiene standards and procedures</b>			
<b>a) Personal hygiene</b>			
• Clean and pressed uniforms	1		
• No make ups	1		
• No jewellery	1		
• Flat, clean closed shoes	1		
• Short clean nails and no vanish	1		
• Hands kept clean throughout	1		
<i>(Award mars as indicated)</i>			
<b>b) Food hygiene</b>			
• Cleaned the vegetables	1		
• Prepared food in clean equipment	1		
• Covered food where necessary	1		
• Used clean kitchen cloths	1		
<i>(Award mars as indicated)</i>			
<b>c) Environmental hygiene</b>			
• Work surfaces kept clean and dry	1		
• Floor kept clean and dry	1		
• Proper disposal of waste	1		
<i>(Award mars as indicated)</i>			
<b>Sub-Total</b>	<b>13</b>		

<b>TASK 1 :CUT OF CHICKEN</b>			
Collected the required equipment as per the recipe	<b>1</b>		
Assembled the required equipment as per the recipe	<b>1</b>		
Collected ingredients as per the recipe specifications	<b>1</b>		
Assembled ingredients as per the recipe specifications	<b>1</b>		
Weighed ingredients as per the recipe specifications(chicken)	<b>1</b>		
d) Checked quality cuts of poultry as per the SOPS <i>(Award 2 marks for the observation)</i>	<b>2</b>		
e) Thawed and cut into desired sizes of roasted chicken. <i>(Award 2 marks for the observation)</i>	<b>2</b>		
Procedure for cutting roasted chicken. a. Remove the feet. b. Remove the legs. c. Cut each leg in two. d. Remove the wishbone. e. Remove the wings carefully, leaving two equal portions on the breast. f. Remove the breast and cut into two. g. Trim the carcass and cut into four pieces h. Marinate and store it in a refrigerator  <i>(Award 2 marks for the each correct procedure)</i>	<b>2</b> <b>2</b> <b>2</b> <b>2</b> <b>2</b> <b>2</b> <b>2</b> <b>2</b>		
<b>Sub Total</b>	<b>25</b>		
<b>TASK 2: CUT OF BEEF</b>			
Collected the required equipment as per the recipe.	<b>1</b>		
Assembled the required equipment as per the			

recipe.	<b>1</b>		
Collected ingredients as per the recipe specifications	<b>1</b>		
Assembled ingredients as per the recipe specifications	<b>1</b>		
Weighed ingredients as per the recipe specifications	<b>1</b>		
a. Checked quality cuts of beef steak as per the SOPS <i>(Award 2 marks for the observation)</i>	<b>2</b>		
Procedure for :			
a. Choose a tender cut of sirloin or beef steak that is fresh.	<b>2</b>		
b. Chill the beef for 20-30 minutes for easier slicing placing the beef in the freezer.	<b>2</b>		
c. Place in a clean chopping board and trim away any visible fat or tough connective tissue	<b>2</b>		
d. Use a sharp chef knife to slice thinly across the grain perpendicular to these slicing against the grain to ensure more tenderness.	<b>2</b>		
e. Cut into stripes about ¼ inch wide and 2-3 inches long cutting against the grain for quick and even cooking.	<b>2</b>		
f. Season with salt and pepper	<b>2</b>		
g. Keep the beef stripes in a covered bowl, stainless steel tray or air tight container.	<b>2</b>		
h. Refrigerate at temperatures of 3 – 5 decrease Celsius for at least 30 min to allow the flavour to penetrate the beef. <i>(Award 2 marks for each correct procedure)</i>	<b>2</b>		

b. Cleared up after the activities <i>(Award 1 mark for the observation)</i>	2		
<b>Sub Total</b>	<b>25</b>		
<b>PRODUCT CHECKLIST</b>			
<b>Prepare cuts of a chicken</b>			
a. <b>Cut into even sizes</b> Remove the wish bone, winglet <i>(Award 2 marks for observation)</i>	2 2		
b. <b>Trimming</b> Trimmed fats <i>(Award 2 marks for observation)</i>	2		
c. <b>Labelling</b> identified cuts by labelling Wings Drumstick Winglet Thigh <i>(Award 2 marks for each identification)</i>	2 2 2 2		
<b>Sub total</b>	<b>14</b>		
<b>PRODUCT CHECKLIST</b>			
<b>Prepare cuts of beef steak</b>			
a. <b>Trimming</b> fat trimmed well <i>(Award 2 mark for observation)</i>	2		
b. <b>Cut</b> Cut into strips <i>(Award 2 marks for observation)</i>	2		
<b>Sub Total</b>	<b>4</b>		
<b>GRAND TOTAL</b>	<b>81</b>		

<b>ASSESSMENT OUTCOME</b>			
The candidate was found to be: Competent <input type="checkbox"/> Not yet Competent <input type="checkbox"/> <i>(Please tick as appropriate)</i> <i>(The candidate is competent if the candidate obtains at least 50%)</i>			
<b>Feedback from the Candidate:</b>			
<b>Feedback to the Candidate:</b>			
<b>Candidate Signature</b>		<b>Date:</b>	
_____		_____	
<b>Assessor's Signature</b>		<b>Date</b>	
_____		_____	

**Mark sheet**

Unit Name	Unit Code (per OS)	Total Marks	Marks Awarded	Percentage (%)
Prepare Cuts of Meats	HOS/OS/FP/CR/05/5	<b>81</b>		