COOKING 101: TIPS ON HOW TO PASS THE ASSESSMENT ON COOKING
MRS. REINALYN B. MALLARI/MOBILE TEACHER/ ALS SAMAL

Commercial Cooking is one of courses offered by Technical Education and Skills Development Authority. This training program will give us several techniques to cook and prepare foods in commercial setting like restaurants and hotels. Commercial cooking enables us to learn different skills and enhance our ability for a good customer service. In order to pass this program and earn a National Certificate, a trainees need to pass the two part of the assessment. First the actual test. The trainees need to cook several dishes like, canapés, appetizer and even desert. The second part will be the interview, the assessor will ask several questions regarding with the lessons they learn during the duration of the training.

Here are some of the tips on how to pass the assessment on cooking.

1. **Be creative**
   Being creative needs an action. Thinking creative thoughts without action is nothing. In Cooking there are lots of ingredients we can use in order to become creative, using herbs as a rice toppings or putting carrots with different shapes on salad dishes can give life on it. Creative work on foods can put anyone in better mood and can relieve stress. Be creative and change things up.

2. **Present your work neatly**
   One of the qualities of the trainees that the assessor needs to see is being clean and neat. As we all know we are talking about foods, no one likes to eat dirty foods. Plating of the food will be beneficial specially if you plated it nicely and neatly. Avoid unnecessary drops or spots of food in your plate.

3. **Don’t panic**
   During the assessment, the allotted time to perform the actual test is 4 hours. A very limited time to prepare 14 dishes. But that does not mean to rush things, massive panic is likely to waste more time. It is advisable to take a few deep breath and calmed
down slightly. Recall the things you learn to get back in track. You need to organize things and plan your menus. I am pretty sure that you learn a lot of techniques and strategies that can help you during the test.

4. **Be confident**

The interview process can be a nerve cracking experience. Most of the Trainees in cooking find it the most difficult part of the assessment. Why? Maybe they are not that confident enough to answer the questions. But, all of the questions the assessor ask is a practical one. And I believe that those questions only need an organize answers. It is encouraged to answer it straight to the point. The point is, the assessor only wants to know if you’re confident enough to get that NCII certificate.

**References:**

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