

ESWATINI GOVERNMENT
NATIONAL TRADE STANDARD
APPROVED BY THE INDUSTRIAL TRAINING BOARD
FOR TRADE TESTING IN THE TRADE/OCCUPATION
OF COOK

(a) Practical Skills Requirements -Grade III

Every applicant must be able to:

1. Follow occupational health, hygiene and food safety procedures of Catering in Hospitality establishment (personal hygiene/grooming, food handling, temperature control, cross contamination, colour coding).
2. Demonstrate knowledge of Catering in Hospitality Industry.
3. Knowledge of cleaning procedures and maintaining a clean working environment (clean as you go). Clean and maintain kitchen premises and equipment in a Catering and Hospitality establishment.
4. Knowledge of kitchen equipment and utensils: identifying and using common kitchen utensils and equipment correctly and safely.
5. Select, handle and maintain knives in a Hospitality environment.
6. Demonstrate knowledge of disposal of waste as part of operations (proper separation and use of waste).
7. Demonstrate knowledge of basic cooking principles (cooking methods and their application, basic seasoning and flavour balancing). Accurately interpreting and following instructions and basic recipes.
8. Organize work and time management as part of Catering in a Hospitality environment.
9. Identify and select food items and basic ingredients in a Catering and Hospitality environment.
10. Portion, plate and present food in a Catering and Hospitality environment.
11. Prepare and cook food for cold presentation.
12. Understand common languages used in the trade.

(b) Tools and Equipment Requirements -Grade III

Every applicant should have in his possession and /or be able to use tools and equipment as follows in his/her toolbox or tool bag:

Full set of Chefs Knives (chef's knife, vegetable knife, paring knife)
Vegetable peeler
Measuring spoons
Measuring cups
Cooking Spatulas/spoons (silicone)
Kitchen paper towels
Kitchen thermometer (optional)
Tasting spoons
Oven gloves

Professional Uniforms (Personal Protective Equipment)

White long sleeves Chef's jacket
Safety shoes (non-slip)
Chef pants/trousers
Half plain white apron
White Chefs' hats

Plus, any allied tools and equipment required to carry out the practical skills requirements satisfactorily.

(c) Related Knowledge Requirement Grade III

Every applicant must have knowledge of:

1. Hazard Analysis Critical Control Points (HACCP).
2. Safety precautions for personal and equipment.
3. Understanding of food safety.
4. The basic requirements/regulations of the Catering Facility Layout.
5. First-Aid treatment for kitchen accidents.
6. Fire-fighting equipment.
7. Maintenance of cooking equipment and utensils.
8. Appropriate temperature control for all food commodities.
9. The tools of the trade, their care, maintenance and use.

ESWATINI GOVERNMENT
NATIONAL TRADE STANDARD
APPROVED BY THE INDUSTRIAL TRAINING BOARD
FOR TRADE TESTING IN THE TRADE/OCCUPATION
OF LINE COOK (Chef de partie)

(a) Practical Skills Requirements -Grade II

In addition to fulfilling the Cook Grade III requirement, every applicant must be able to:

1. Ability to identify food safety hazards, apply preventive measures, maintain hygiene practices and ensure safe food handling according to HACCP standards for Hospitality environment.
2. Organize a workstation independently
3. Ability to prepare food that is consistent, cost effective and commercially viable ensuring that each portion meets kitchen standards without waste or loss.
4. Communicate and work effectively within a kitchen team
5. Produce food consistently under pressure
6. Knife handling and precision cutting techniques
7. Prepare and manage stock, sauces and soups according to professional standards
8. Ability to prepare and cook proteins correctly
9. Correct preparation and cooking of vegetables and starches
10. Demonstrate breakfast preparation skills
11. Demonstrate basic pastry and dessert preparation skills
12. Professional plating techniques suitable for Hospitality environment
13. Proper food safety and sanitation practices
14. Ability to work efficiently within allocated production times
15. Safe and correct use of tools and equipment
16. Ability to function as a section leader at the kitchen

(b) Tools and Equipment Requirements -Grade II

Every applicant should have in his possession and /or be able to use tools and equipment as follows in his/her toolbox or tool bag:

Full set of Chefs Knives (chef's knife, vegetable knife, paring knife)

Vegetable peeler

Measuring spoons

Measuring cups
Cooking Spatulas/spoons (silicone)
Kitchen paper towels
Kitchen thermometer (optional)
Tasting spoons
Oven gloves

Professional Uniforms (Personal Protective Equipment)

White long sleeves Chef's jacket
Safety shoes (non-slip)
Chef pants/trousers
Half plain white apron
White Chefs' hats

Plus, any allied tools and equipment required to carry out the practical skills requirements satisfactorily.

(c) Related Knowledge Requirement Grade II

In addition to fulfilling the Grade III requirements, every applicant must have a sound knowledge of:

1. Hazard Analysis Critical Control Points (HACCP).
2. Operate efficiently in a professional kitchen brigade.
3. Menu planning, kitchen production and food service in a Hospitality environment.
4. Ingredients and product knowledge.
5. Cooking methods.
6. Stocks, sauces and soups.
7. Food costing, portion control, waste management & sustainability and time management.
8. The basic requirements/regulations of the Catering Facility Layout.
9. First-Aid treatment for kitchen accidents.
10. Fire-fighting equipment.
11. Use and maintenance of cooking equipment and utensils.