

BUILDING COMPETENCY IN FOOD PREPARATION AND COOKING STOCKS AND SAUCES OF FIRST YEAR HRM STUDENTS

Victoria U. Escario

College of Hospitality and Tourism Management

The study aimed to improve the level of competency of first year HRM students in food preparation and stocks and sauces making. A five-point Likert scale was used to determine the level of competency of students before and after the intervention provided by the researcher. During the pre-test, there was a low level of competency in tasks of "mise en place", preparing stocks, preparing sauces for menu items, and storing and reconstituting stocks and sauces. The intervention consisted of demonstration and practice led by the teacher. The students showed improved competency in cooking stocks and sauces after the intervention.