##  PARTICIPANTS SELF-ASSESSMENT

INTRODUCTORY INFORMATION FOR THE TRAINER

Self-evaluation is a tool for verification by the participant of their increase in knowledge and skills after a given training. It allows the trainer to compare participants' self-assessment before and after the training. On its basis, you can calculate the degree of self-esteem increase for a given participant. The following self-assessment is an example of the set of questions which need to be adapted to the skills of the participants and the training topic. The number of questions is based on the trainers judgement , length of the training and the training theme

Dear participant,

We kindly ask you to fill out the questionnaire below which concerns the self-assessment of the training process.

SELF-ASSESSMENT

Please rate your increase in competence at the end of the training by marking "X" on the scale: With each question, please select only one answer.

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|  | INCREASED BY:  |
| 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | 100% |
| Increase in practical skills in hotel breakfast |  |  |  |  |  |  |  |  |  |
| Increase in practical skills in the hot/spicy kitchen |  |  |  |  |  |  |  |  |  |
| Increase of practical skills in the field of soups |  |  |  |  |  |  |  |  |  |
| Increase in practical skills in the field of fish and seafood |  |  |  |  |  |  |  |  |  |
| Increase in practical skills in the areas of meat, venison, and poultry |  |  |  |  |  |  |  |  |  |
| Increase in practical skills in the field of desserts |  |  |  |  |  |  |  |  |  |
| Increased work organisation skills |  |  |  |  |  |  |  |  |  |
| Increased planning skills in the kitchen of everyday life |  |  |  |  |  |  |  |  |  |
| Increased knowledge about procedures / guidelines that support the organisation of work in the kitchen |  |  |  |  |  |  |  |  |  |
| Increased team management skills |  |  |  |  |  |  |  |  |  |
| Increased knowledge about roles in the team |  |  |  |  |  |  |  |  |  |
| Increased knowledge about the competencies needed by the chef |  |  |  |  |  |  |  |  |  |
| Increased knowledge on the gastronomic valuation of meals |  |  |  |  |  |  |  |  |  |
| Increased knowledge about inventory in gastronomy |  |  |  |  |  |  |  |  |  |
| Increased knowledge about food cost programs and methods |  |  |  |  |  |  |  |  |  |

During the training what did you find the most beneficial for yourself? why?

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What would you add to the training? Would you introduce any changes?

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| **PERSONAL INFORMATION**(please select the appropriate : |
| sex: |
| * Male
 | * Female
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Thank you for your particIpation!