

## Prep Cooks Test

Score 14/20

Multiple Choice (1 point each)

- 1) A gallon is equal to \_\_\_\_\_ounces  
a. 56  
b. 145  
c. 32  
 d. 128
- 2) Mesclun are what type of vegetable?  
 a. Roots  
b. Beans  
c. Salad Greens  
 d. Spices
- 3) What does the term braise mean?  
a. Sear quickly on both sides  
 b. Slowly cook in covered pan with little liquid  
c. Cook on high heat and quickly  
d. Slowly cook in simmering water
- 4) At what internal temperature must chicken be cooked so that it is safe to eat?  
 a. 155 degrees F  
 b. 165 degrees F  
c. 175 degrees F  
d. 185 degrees F
- 5) How do you blanche vegetables?  
 a. Immerse for a short time in boiling water  
b. Cook lightly in butter over med heat  
c. Soak in cold water overnight  
d. Rub with salt before cooking
- 6) Which of the following ingredients would you pack before measuring?  
a. Olive Oil  
b. Salt  
 c. Brown Sugar  
d. White Sugar
- 7) What is Al Dente?  
a. Firm but not hard  
 b. Soft to the touch  
c. Very hard  
d. Very soft
- 8) Food should be left out no more than  
 a. 2 hours  
b. 3 hours  
c. 4 hours  
d. 5 hours

10

70%

## Prep Cooks Test

9) Which is the improper way to thaw frozen food?

- a. In the fridge
- b. In a sink with cold water
- c. On the counter
- d. In the microwave

10) Which of the following can you use to put out a grease fire?

- a. Baking Soda
- b. Baking Powder
- c. Flour
- d. Water

11) What is the temperature range of the danger zone?

- a. 25-135
- b. 40-140
- c. 50-160
- d. 30-130

12) Which of the following is listed from smallest to largest?

- a. Dice, chop, mince
- b. Mince, chop, dice
- c. Chop, dice, mince
- d. Mince, dice, chop

13) Which direction should pan handles be turned while cooking on the stove?

- a. Over the fire at all times
- b. Turned towards you for better control
- c. Turned towards the right or left at all times
- d. Over the countertop at all times

14) When you poach something, you cook it with what?

- a. Noodles
- b. Vegetables
- c. Liquid
- d. Oil

15) Which spoon is used to remove fat from soups and stews?

- a. Basting Spoon
- b. Ladle
- c. Slotted Spoon
- d. Portion Spoon

16) Which of the following means to cook in a small amount of fat?

- a. Season
- b. Sauté
- c. Broil
- d. Boil
- e. Fry

17) What is a Julien cut?

- a. Food cut into long thin strips, matchstick
- b. Food cut into long thin strips then turned and cut into a 1/8' dice
- c. Food diced into finely chopped and uniform pieces
- d. Cutting and peeling into oblong seven sided football like shapes

18) To cook a food in a pan without browning over low heat until the item softens and releases moisture.

- a. Sweat
- b. Boil
- c. Roast
- d. Grill

Fill-in the Blank (1 point each)

19) SALT & PEPPER are the basic seasoning ingredients for all savory recipes.

20) DICE: to cut into very small pieces when uniformity of size and shape is not important.



# Acrobat

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### Working Experience:

Company Name: Nectar Juice Bar

Dates of Employment: 2015 June - Present

Job Responsibility:

- cashier
- Train new hires
- closed open store
- restock, and work all stations

Company Name: \_\_\_\_\_

Dates of Employment: \_\_\_\_\_

Job Responsibility:

- 
- 
- 
- 

Company Name: \_\_\_\_\_

Dates of Employment: \_\_\_\_\_

Job Responsibility:

- 
- 
- 
- 

### Skills

- Multi tasking
- Energy / Enthusiastic learner
- self sufficient & self starter
- Friendly and calm in chaos

