

1) After washing your hands, which item should be used to dry them?

- ☒ a) Clean apron
- ☐ b) Sanitized wiping cloth
- ☒ c) Single use paper towel
- ☐ d) Common used cloth

2) While washing dishes by hand, which item should you wear?

- ☐ a) Cutting glove
- ☐ b) Oven Mitt
- ☒ c) Rubber glove
- ☐ d) Nothing

3) When should you wash your hands?

- ☒ a) Before you start work
- ☐ b) After handling non-food items (garbage, money, cleaning chemicals)
- ☐ c) After using the restroom
- ☒ d) All of the above

4) If you need to move a heavy load, you should PULL and not PUSH the object.

- ☒ a) True
- ☐ b) False

5) Which of the following could you be at risk for getting burned from?

- ☐ a) Steam from boiling pots
- ☐ b) Hot liquids (coffee, soup, tea)
- ☒ c) Hot equipment (ovens, pots, chaffing dishes)
- ☐ d) Harsh chemicals
- ☒ e) All of the above

6) All work-related injuries, accidents or illnesses should be reported immediately to the supervisor on duty.

- ☒ a) True
- ☐ b) False

7) What should you do if you spill liquids or see a liquid spill?

- ☐ a) Leave it for someone else to clean-up
- ☐ b) Wait until the end of your shift to clean it
- ☒ c) Flag the spill and clean it immediately
- ☐ d) Not sure

8) When handling hot items you should?

- ☐ a) Wear rubber gloves
- ☐ b) No need to wear anything
- ☒ c) Use an oven mitt or dry cloth towel
- ☐ d) Nothing

9) If you are using a three-compartment sink for cleaning and sanitizing, the second sink is used for?

- ☐ a) Rinsing
- ☐ b) Scraping
- ☐ c) Washing
- ☒ d) Sanitizing

10) What is the proper method for cleaning and sanitizing stationary equipment?

- ☐ a) Spray with a strong cleaning solution and wipe with a sanitized cloth
- ☒ b) Spray with a sanitizing solution, then rinse with clean water and dry
- ☐ c) Wash and rinse, then wipe or spray with a chemical-sanitizing solution
- ☐ d) Brush off loose soil with a clean cloth, then wipe with a sanitizing solution



**Multiple Choice** (1 point each)

- D 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
- C 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
- X 5) How do you blanch 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
- C 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
- C 8) Food should be left out no more than
- ☒ a. 2 hours
  - b. 3 hours
  - c. 4 hours
  - d. 5 hours

## Prep Cooks Test

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- B 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
- X 10) Which of the following can you use to put out a grease fire?
- a. Baking Soda
  - b. Baking Powder
  - c. Flour
  - d. Water
- B 11) What is the temperature range of the danger zone?
- a. 25-135
  - b. 40-140
  - c. 50-160
  - d. 30-130
- P 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
- C 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
- C 14) When you poach something, you cook it with what?
- a. Noodles
  - b. Vegetables
  - c. Liquid
  - d. Oil
- B 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

## Prep Cooks Test

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- A 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
- X 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) chop: to cut into very small pieces when uniformity of size and shape is not important.

