



ACROBAT OUTSOURCING
TSC GROUP

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Working Experience:

Company Name: K-Dub Security
Dates of Employment: April 2009

Job Responsibility:

- Badge Checking
- Rover
- Secure post
- Patrol

Company Name: Alpha Project
Dates of Employment: July 2011

Job Responsibility:

- Mail
- Phones
- Showers
- Laundry

Company Name: _____
Dates of Employment: _____

Job Responsibility:

- -
- -
- -
- -

Skills

- Team Players
- Customer Service
- Communication Skills
- Work Well with others

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Prep Cooks Test

Multiple Choice (1 point each)

- D 1) A gallon is equal to _____ ounces
- 56
 - 145
 - 32
 - 128
- A 2) Mesclun are what type of vegetable?
- Roots
 - Beans
 - Salad Greens
 - Spices
- A 3) What does the term braise mean?
- Sear quickly on both sides
 - Slowly cook in covered pan with little liquid
 - Cook on high heat and quickly
 - Slowly cook in simmering water
- B 4) At what internal temperature must chicken be cooked so that it is safe to eat?
- 155 degrees F
 - 165 degrees F
 - 175 degrees F
 - 185 degrees F
- B 5) How do you blanch vegetables?
- Immerse for a short time in boiling water
 - Cook lightly in butter over med heat
 - Soak in cold water overnight
 - Rub with salt before cooking
- C 6) Which of the following ingredients would you pack before measuring?
- Olive Oil
 - Salt
 - Brown Sugar
 - White Sugar
- B 7) What is Al Dente?
- Firm but not hard
 - Soft to the touch
 - Very hard
 - Very soft
- A 8) Food should be left out no more than
- 2 hours
 - 3 hours
 - 4 hours
 - 5 hours
- C 9) Which is the improper way to thaw frozen food?
- In the fridge
 - In a sink with cold water
 - On the counter
 - In the microwave

Prep Cooks Test

A

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

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

C

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

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

D

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

A

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

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

C

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

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

B

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

D

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)

Prep Cooks Test

- 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.

Name: _____

Score /14

Housekeeping Test

1. During which of the following situation(s) should you wear gloves?
 - a) When handling disinfectant solutions
 - b) When cleaning guest rooms
 - c) When handling soiled linen
 - d) When handling or disposing of waste
 - ☒ e) All of the above
2. Which of the following should be cleaned daily?
 - a) Chairs, lamps, and tables
 - b) Tabletops, bed, and handrails
 - c) Grab bars, light, tops of doors and counters
 - d) Floors, sinks, toilets, and latrines
 - ☒ e) All of the above
3. True or False: You do not need to use a separate cloth for cleaning bathrooms.
4. True or False: Dusting is most commonly used for cleaning walls, ceiling, doors, windows and furniture.
5. Should the following be cleaned daily or weekly? Circle one.
 - a) Floors ~~Daily~~ / Weekly
 - b) Toilets and latrines ~~Daily~~ / Weekly
 - c) Carpets in guest rooms ~~Daily~~ / Weekly
 - d) Carpets in offices ~~Daily~~ / Weekly
 - e) Soiled linen ~~Daily~~ / Weekly
6. The best way to clean the floors:
 - a) Scrubbing
 - b) Dry sweeping and dusting
 - ☒ c) Sweeping, mopping and dusting
 - d) Wet mopping
7. What should 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 up immediately
 - d) Not sure
8. The proper procedure for cleaning spills of blood and other body fluids is:
 - ☒ a) Wearing gloves, clean with cloth soaked in chlorine solution and follow up with disinfectant solution
 - b) Find the janitor on- duty and ask him to clean it up
 - ☒ c) Grab whatever is closest and wipe up immediately, then mark "Biohazard"
 - d) Nothing
9. What do you do if you encounter with bed bugs in a guest room?
Report it to Supervisor
10. What do you do if you find Lost and Found items in a guest rooms?
turn them in to Supervisor
11. Describe the difference between a disinfectant and a cleaning solution?
Disinfectant is for Areas like the Restrooms
Cleaning is for like lamps