

Grill Cooks Test

Multiple Choice Test (1 point each)

1) How much time should you take to wash your hands with soap?

- a) 1 minute
- b) 20 seconds
- c) Time does not matter, water temperature does
- d) 5 minutes

2) The recommended temperature for your refrigerator is...

- a) 45°F
- b) 50°F
- c) 40°F
- d) 20°F

3) Food handlers must always wash their hands

- a) Before starting work
- b) Switching between handling raw and ready-to-eat food
- c) After going to the restrooms
- d) All of the above

4) The most important reason for having food handlers wear hair restraints is to

- a) Prevent food from getting into food handlers' hair
- b) Prevent food handlers from contaminating their hands by touching their hair
- c) Keep the food handlers' hair in place
- d) None of the above

5) Which of these conditions requires immediate corrective action?

- a) Packaged food items are stored at least 6 inches above the floor
- b) Ice is being used to cool beef stew in a shallow pan
- c) Raw meats are stored on a shelf above ready-to-eat egg salad in the walk-in cooler
- d) Raw fish is stored above raw chicken in the walk-in freezer

6) Bacteria grow best in the temperature "danger zone" which includes temperatures between?

- a) 0°F and 100°F
- b) 32°F and 220°F
- c) 41°F and 135°F
- d) 39°F and 178°F

7) After cutting raw chicken, what should be done before the cutting board is used for slicing onions for salad?

- a) Clean the cutting board with a wet wiping cloth
- b) Turn the board over and use the other side
- c) Rinse the board with running water
- d) Wash, rinse, and sanitize the board prior to slicing the onions

8) Which of the following is NOT an approved method to thaw potentially hazardous foods?

- a) In a microwave oven
- b) During the cooking process
- c) Under cool running water
- d) On a clean counter, at room temperature

9) Wiping cloths stored submerged in a bucket of sanitizing solution are for:

- a) Wiping spills only
- b) Washing hands if the hand sinks are too far away
- c) Sanitizing the blade of utensils such as knives
- d) Maintaining moisture on the wiping cloth

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E 10) Food-handling gloves must be changed frequently and also:

- a) After handling garbage
- b) After every break
- c) After picking things up off the floor
- d) Between handling raw and cooked foods
- e) All of the above

C 11) A Julienne is:

- a) to cut food into 1 inch X 1 inch cubes
- b) A cooking method using high heat
- c) To cut food into 1/8 X 1/8 slices
- d) A rough cutting method producing oblong shapes

D 12) A gallon is equal to \_\_\_\_\_ ounces

- a) 56
- b) 145
- c) 32
- d) 128

B 13) How many cups are in a quart?

- a) 2
- b) 4
- c) 6
- d) 8

A 14) A Chiffonade is:

- a) To slice an herb or leafy vegetable into thin ribbons
- b) To de bone a fish
- c) Another name for parchment paper
- d) To cook food in liquid, or at just below the boiling point

B 15) Potentially hazardous hot foods must be maintained at an internal temperature of \_\_\_\_\_ or higher to be safe

- a) 145° F
- b) 135° F
- c) 160° F
- d) 180° F

C 16) Which of the following explains the process of poaching?

- a) Poke poultry on the thickest part in order to make sure it's tender
- b) To cook food in an oven that has reached 350° F
- c) Cook gently in water that is hot but not boiling (160°-180°)
- d) Submerge protein in boiling liquid to speed cooking time

C 17) If a recipe calls for 16oz of mirepoix, how many ounces of onion, celery, and carrots do you need?

- a) 8 oz of celery, 4 oz of onion, 4 oz of carrot
- b) 4 oz of celery, 8 oz of carrot, 4 oz of onion
- c) 4 oz of celery, 8 oz of onion, 4 oz of carrot
- d) 2 oz of celery, 10 oz of carrot, 2 oz of onion

C 18) Which of the following best describes braising?

- a) To cook quickly in a pan on top of the stove until food is browned
- b) Process through which natural sugars in food become browned and flavorful while cooking
- c) Cooking method by which food is browned in fat, then cooked, tightly covered, in liquid at low heat
- d) To plunge food into boiling water briefly, then into cold water to stop the cooking process

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19) Which of the following best describes the process of Caramelization?

- a) To cook quickly in a pan on top of the stove until food is browned
- b) Process through which natural sugars in food become browned and flavorful while cooking
- c) Cooking method by which food is browned in fat, then cooked, tightly covered, in liquid at low heat
- d) To plunge food into boiling water briefly, then into cold water to stop the cooking process

C 20) What temperature should chicken be cooked to?

- a) 145°F
- b) 155°F
- c) 165°F
- d) 175°F

B 21) What temperature should ALL ground meat be cooked to?

- a) 145°F
- b) 155°F
- c) 165°F
- d) 175°F

A 22) What temperature should fish be cooked to?

- a) 145°F
- b) 155°F
- c) 165°F
- d) 175°F

23) What is a roux and what is it used for? (2 points)

fat and (butter) flour to be used  
to make SAUCES

24) What is the process of making clarified butter, and why is clarified butter used? (3 points)

25) What are the 5 mother sauces? (5 points)

- 1. Tomato Sauce
- 2. Espagnole Sauce
- 3. Bechamel Sauce
- 4. Velouté Sauce
- 5. Hollandaise

26) What does it mean to season a grill and why is this process important? (3 points)

to "prep" it with oil on grates; it's important so that  
it'll cook evenly with the hotter the grill gets.

27) What are the ingredients in Hollandaise sauce? (5 points)

1 table spoon cream 1 cup melted butter  
3 egg yolks 1 table spoon lemon juice white wine vinegar  
1/2 teaspoon salt cayenne pepper

## CONNIE MENDIETTA

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### Career Objectives

Bilingual in English and Spanish, Excel in mathematics, detail oriented, certification in O.S.H.A.. I am an individual with more than 10+ years of experience working in a fast paced environment as well as warehouse environments.

### Work History

#### Affordable Septic, Alvin, Texas Contract Laborer

Mar 21, 2016 - Jul 01, 2018

Maintenance checks on septic systems (3xs) a year with all the customers, stocked and inventoried our supplies. drove company truck, spoke to customers and helped them understand if there was an issue with the system. Worked under strict deadlines and responded to service requests and emergency calls.

#### Santex Construction, Pearland, Texas Contract Laborer

Mar 02, 2017 - Aug 31, 2017

Demolition, cutting materials, roofing, floor work, inventory of workers and supplies.

#### Palmer Industrial Corporation, Houston, Texas Material Handler

May 01, 2016 - Jun 01, 2017

Forklift driver, material handler, also dealt with hazardous waste and material.

#### Randall's Distribution, HOUSTON, Texas Order Picker

Apr 01, 2016 - Nov 30, 2016

Operated the forklift, both stand up and sit-down. Shipping and Receiving, loading and unloading the trucks, checking the product. Monitored the aisles and floors neatness and organization to enable forklifts to effectively operate throughout warehouse. Prepared both frozen and dry products for shipping according to manufacturer instructions to reduce risk of accidents and malfunctions.

### Education

#### Pearland High School, Pearland, Texas High School Diploma/GED

### Occupational License or Certification

#### O.S.H.A. Certification

Texas Windham Schools, Marlin, Texas

### Computer Skills

#### Typing Speed: 25 Words Per Minute

- Graphics or Drawing Software (Photoshop, etc)
- Personal Computers
- Presentation Software (PowerPoint, Flash, etc)
- Spreadsheet Software (Calc, Excel, etc)
- Word Processing Software (Word, WordPerfect, etc)

### Language Skills

English - Excellent ( Read Write Speak )

Spanish - Excellent ( Read Write Speak )