

Multiple Choice (1 point each)

D

1) A gallon is equal to ____ounces

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

C

2) Mesclun are what type of vegetable?

- a. Roots
- b. Beans
- c. Salad Greens
- d. Spices

A

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

B

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

A

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

C

6) Which of the following ingredients would you pack before measuring?

- a. Olive Oil
- b. Salt
- c. Brown Sugar
- d. White Sugar

A

7) What is Al Dente?

- a. Firm but not hard
- b. Soft to the touch
- c. Very hard
- d. Very soft

A

8) Food should be left out no more than

- a. 2 hours
- b. 3 hours
- c. 4 hours
- d. 5 hours

Prep Cooks Test

B

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

A

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

- Baking Soda
- Baking Powder
- Flour**
- Water

B

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

- 25-135
- 40-140
- 50-160
- 30-130

D

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

- Dice, chop, mince
- Mince, chop, dice
- Chop, dice, Mince
- Mince, dice, chop

B

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

- Over the fire at all times
- Turned towards you for better control
- Turned towards the right or left at all times**
- Over the countertop at all times

C

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

- Noodles
- Vegetables
- Liquid**
- Oil

b

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

- Basting Spoon
- Ladle**
- Slotted Spoon
- Portion Spoon

E

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

- Season
- Sauté**
- Broil
- Boil
- Fry

Prep Cooks Test

C

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

B

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) _____ & _____ are the basic seasoning ingredients for all savory recipes.

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

Yakuba Taylor

Assembler manufacturer

El Cajon, CA

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Work Experience

Caregiver/Personal Assistant

Public Authority IHSS - San Diego, CA

January 2008 to Present

Prep & cook all meals at right temp to clients specifications. do all living facility cleaning with proper cleaning supplies. vacuuming, laundry, restrooms, and kitchen or kitchens

Assembler manufacturer

Volt workforce solutions - San Diego, CA

April 2002 to Present

Assemble 100-200 ft bar decks, also walls to support bar & kitchen structure, & tent event assembly. all procedures completed by proper measurements with tape measure. Also same process for any & all co. Assemblies using saws, drills, Sanders, paint rollers, & brushes caulking guns. also inventory supplies on warehouse floor by counting & giving an accurate number of supplies on hand.

Education

High school or equivalent in Basic

Grossmont foothills adult center - San Diego, CA

January 1996 to November 1996

High school or equivalent

Skills

Assembly Line, Assembly Worker, Clean Room, Solder, Soldering, Personal Care, Care Giver, Customer Service, Inventory count (10+ years)