

Sadiedra Crawford

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*↓ Tues @ 1:30p
7/17/19*

Currently nutritionist @ school

Experience

Customer service

Wendys

June, 2007 —

Team trainer

12 yrs

Education

B.e.mays high school

None

Certificates and Licenses

Driver's License

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Prep Cooks Test

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)

Prep Cooks Test

✓ 19) pepper & salt 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.

chop