

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 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
- B 7) What is Al Dente? ✗
a. Firm but not hard
b. Soft to the touch
c. Very hard
d. Very soft
- 2 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? X
- a. In the fridge
 - b. In a sink with cold water
 - c. On the counter
 - d. In the microwave
- 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
- B 11) What is the temperature range of the danger zone? ✓
- a. 25-135
 - b. 40-140
 - c. 50-160
 - d. 30-130
- A 12) Which of the following is listed from smallest to largest? X
- 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
- D 15) Which spoon is used to remove fat from soups and stews? ✓
- a. Basting Spoon
 - b. Ladle
 - c. Slotted Spoon
 - d. Portion Spoon
- B 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

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

B 18) To cook a food in a pan without browning over low heat until the item softens and releases moisture. X

- 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. X

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



Dishwasher Test

Score / 10

- C 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
- C 2) While washing dishes by hand, which item should you wear? ✓
a) Cutting glove
b) Oven Mitt
c) Rubber glove
d) Nothing
- C 3) When should you wash your hands? X
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
- A 4) If you need to move a heavy load, you should PULL and not PUSH the object. X
a) True
b) False
- E ~~A B~~ 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
- A 6) All work-related injuries, accidents or illnesses should be reported immediately to the supervisor on duty. ✓
a) True
b) False
- C 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
- C 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
- A 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
- A 10) What is the proper method for cleaning and sanitizing stationary equipment? X
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

