

Multiple Choice (1 point each)

- \_\_\_\_\_ 1) A gallon is equal to \_\_\_\_\_ ounces
- a. 56
  - b. 145
  - ☒ c. 32
  - d. 128
- \_\_\_\_\_ 2) Mesclun are what type of vegetable?
- ☒ a. Roots
  - b. Beans
  - c. Salad Greens
  - d. Spices
- \_\_\_\_\_ 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
- \_\_\_\_\_ 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
- \_\_\_\_\_ 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
- \_\_\_\_\_ 6) Which of the following ingredients would you pack before measuring?
- a. Olive Oil
  - ☒ b. Salt
  - c. Brown Sugar
  - d. White Sugar
- \_\_\_\_\_ 7) What is Al Dente?
- a. Firm but not hard
  - ☒ b. Soft to the touch
  - c. Very hard
  - d. Very soft
- \_\_\_\_\_ 8) Food should be left out no more than
- ☒ a. 2 hours
  - b. 3 hours
  - c. 4 hours
  - d. 5 hours

## Prep Cooks Test

- \_\_\_\_\_ 9) Which is the improper way to thaw frozen food?
- a. In the fridge
  - ☒ b. In a sink with cold water
  - c. On the counter
  - d. In the microwave
- \_\_\_\_\_ 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

## Prep Cooks Test

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\_\_\_\_\_ 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)

✓ 19) Salt & pepper are the basic seasoning ingredients for all savory recipes.

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



**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

## Grill Cooks Test

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

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

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

- a) 56
- b) 145
- ☒ c) 32
- d) 128

13) How many cups are in a quart?

- a) 2
- ☒ b) 4
- c) 6
- d) 8

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

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

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

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

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

## Grill Cooks Test

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

20) What temperature should chicken be cooked to?

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

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

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

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)

2 Flour Butter  
Thickener

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

2 To take off all the fat. and use oil.

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

- 1. Tomato
- 2. Béchame
- 5 3. El Sampo
- 4. Hollandaise
- 5. Velouté

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

1 Clean  
Heat  
oil.

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

2 Eggs Mayo Salt white pepper

