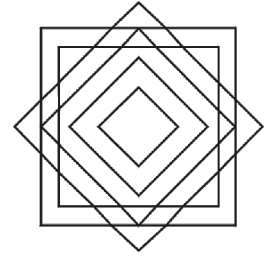


Cook

Goodluck!



1. According to the Canada Food Guide, which answer represents one serving of raw leafy vegetables?

<input type="radio"/> (A) 2 cups	<input type="radio"/> (B) 1 pound
<input type="radio"/> (C) 1/2 cup	<input type="radio"/> (D) 1 cup
2. How can you reduce the number and type of cleaning tasks you have to complete at the end of a service period?

<input type="radio"/> (A) Train all staff in correct cleaning techniques, so equipment and work areas are cleaned correctly, reducing repetition of tasks.	<input type="radio"/> (B) Clean and tidy your work area as you complete each task during preparation and service.
<input type="radio"/> (C) Allocate cleaning tasks at the start of a shift amongst the team and monitor completion.	<input type="radio"/> (D) Use the cleaning schedule to ensure everyone knows their responsibilities.
3. Which answer represents one serving of milk/alternative according to the Canada Food Guide?

<input type="radio"/> (A) 125 ml	<input type="radio"/> (B) there is no limit on milk/alternative
<input type="radio"/> (C) 2 cups	<input type="radio"/> (D) 250 ml
4. According to the Canada Food Guide, which answer represents one serving of an apple in the fruit category?

<input type="radio"/> (A) golf ball	<input type="radio"/> (B) light bulb
<input type="radio"/> (C) large marble	<input type="radio"/> (D) eraser
5. Identify which option is not part of whole wheat.

<input type="radio"/> (A) germ	<input type="radio"/> (B) endosperm
<input type="radio"/> (C) shell	<input type="radio"/> (D) bran

6. Which piece of equipment would you use to fill profiteroles?
- (A) Rubber spatula. (B) Piping bag and nozzle.
(C) Palette knife. (D) Fluted wheel.
7. Weighing and measuring ingredients accurately is an important part of the preparation process (mise en place).
Why?
- (A) If ingredients are weighed and measured accurately, you will be able to make the dish faster. (B) Correctly calculating measurements increases yield and allows you to accurately portion food later.
(C) It will help produce cakes, pastries and breads that look and taste appropriate and yield the correct portions. (D) It ensures that the dish is presented the same way every time it's made.
8. For a teenager, what is the range of fruit and vegetable servings a day suggested in the Canada Food Guide?
- (A) 7-8 (B) 4-6
(C) 2-3 (D) 3 vegetables and 3 fruits
9. Which answer represents one serving of meat/alternative according to the Canada Food Guide?
- (A) 500 ml legumes (B) 1/2 cup chicken or lean meat
(C) 3 eggs (D) 125 ml peanut butter
10. What are two factors that determine the quantities of ingredients required to prepare a dish?
- (A) The standard recipe and number of portions required. (B) The number of portions and a list of menu items.
(C) The standard recipe and any dietary variations required. (D) The preparation list and ingredients list.
11. Which of the following is a sign of poor quality when selecting ingredients?
- (A) Re-usable by-products that have been stored for later use. (B) Products selected on a first-in, first-out basis.
(C) Unusual clumping or moisture in flour (D) Fruits that have a distinct aroma.

1036. According to the Canada Food Guide, how many grain servings are in one cup of pasta?
- (A) 1 (B) 2
(C) 3 (D) 6
1037. _____ is a waxy, fat-like substance that is found only in animal products.
- (A) Cholesterol (B) Unsaturated fats
(C) Saturated fats (D) Trans fats
1038. According to the Canada Food Guide, a serving of cheese is represented by how many dice?
- (A) 3 (B) 7
(C) 1 (D) 2
1039. At what temperature should you prove dough?
- (A) 10 to 22 °C. (B) 80 to 90 °C.
(C) 30 to 45 °C. (D) 20 to 37 °C.
1040. Why should you sort and assemble all your ingredients prior to starting to prepare them?
- (A) It allows you to check your portion sizes before you start preparation. (B) It makes you read the recipe prior to commencing.
(C) It helps ensure you have all the required ingredients and speeds up the preparation process. (D) It helps you get the meals out on time.
1041. Vegans include eggs and dairy products in their diets.
- (A) True (B) False
1042. The Canada Food Guide makes food suggestions based on your
- (A) age and gender (B) intelligence
(C) location and culture (D) income

1043. What four things should you keep in mind when identifying and selecting ingredients for cakes, pastries and breads?

- (A) Special customer requests, quantities to be produced, portion control, deadlines.
- (B) How the ingredients look, feel, smell and taste.
- (C) Cost, food production requirements, recipe and quality.
- (D) Recipe, quality, freshness and stock rotation requirements.

1044. Pasteurize

- (A) To cook in liquid at boiling temperature
- (B) To simmer slowly for a long time
- (C) To kill bacteria by heating, generally applied to milk or fruit juice

1045. You've opened and used half a packet of caster sugar. How should you store the re-usable portion of sugar?

- (A) Put the opened packet near the door of the storage area so others can easily find it on the next shift.
- (B) Any leftover ingredients should be disposed of according to your establishment's waste management policy.
- (C) Place in a clean container, cover and label with the storage date and contents. Store in the dry storage area.
- (D) Cover and place in the area of the kitchen where it's likely to be needed by others.