

Prep Cook Final Test – Answers

Score: ____/16

Read the following questions carefully and select the best answers. Each question is worth one point. Once completed, please give the quiz to the person providing your training. *(Passing score is 14/16)*

1. A prep form is used to:

- a. Record discarded product
- b. Inform employees of their sidework
- c. Inform guests of the day's specials
- d. **Determine the products and amounts of items that should be prepped on a particular day**

2. If your par level for an item was 25, and you had 11 on hand, how many do you need to prep?

- a. **14**
- b. 10
- c. 36
- d. 5

3. Food cost percentage is determined by taking your food cost and multiplying by your food sales.

- a. True
- b. **False**

4. Who can help control waste by:

- a. Receiving and storing products properly
- b. Using company standard kitchen forms
- c. Following recipes
- d. **All of the above**

5. What form do we use to record discarded food items?

- a. Prep Sheet
- b. Scheduling Form
- c. **Waste Sheet**
- d. Closing Checklist

6. Fill in the missing units of measure:

3 teaspoons	=	1 Tbsp	
8 tablespoons	=	$\frac{1}{2}$ cup	= 4 oz.
16 tablespoons	=	1 cup	= 8 oz.
1 cup	=		= 8 oz.
1 pint	=	2 cups	= 16 oz.
1 quart	=	4 cups	= 32 oz.
$\frac{1}{2}$ Gallon	=	8 cups	= 64 oz.
1 gallon	=	16 Cups	= 128 oz.

7. Grasping the non-cutting edge (heel) of the blade on the knife between the thumb and forefinger gives you good control.

- a. **True**
- b. False

8. When using a sharpening stone to sharpen a knife, sharpen in _____:

- a. Both directions
- b. Three directions
- c. **One direction**
- d. None of the above

9. When slicing product, start with the knife at a _____ angle and with the tip of the knife on the cutting board.

- a. **Slight**
- b. Sharp
- c. Parallel
- d. 180 degree

10. Besides taste, what else is important to our guests about their food?

- a. Who the cook and server are
- b. **Consistent presentation and portion size**
- c. Whether the manager likes it
- d. None of the above

Sample Cook Exam Questions

Tobias Bleicker



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