

## 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

**N Noddings**



## **Sample Cook Exam Questions:**

Sample Cook Exam Questions: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous compelling novels captivating the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the captivating narratives that have captivated audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This heartfelt tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Sample Cook Exam Questions : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and thrilling novel that will keep you wondering until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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