

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

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Table of Contents Sample Cook Exam Questions

1. Understanding the eBook Sample Cook Exam Questions
 - The Rise of Digital Reading Sample Cook Exam Questions
 - Advantages of eBooks Over Traditional Books
2. Identifying Sample Cook Exam Questions
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Sample Cook Exam Questions
 - User-Friendly Interface
4. Exploring eBook Recommendations from Sample Cook Exam Questions
 - Personalized Recommendations
 - Sample Cook Exam Questions User Reviews and Ratings
 - Sample Cook Exam Questions and Bestseller Lists
5. Accessing Sample Cook Exam Questions Free and Paid eBooks
 - Sample Cook Exam Questions Public Domain eBooks
 - Sample Cook Exam Questions eBook Subscription Services
 - Sample Cook Exam Questions Budget-Friendly Options

6. Navigating Sample Cook Exam Questions eBook Formats
 - ePub, PDF, MOBI, and More
 - Sample Cook Exam Questions Compatibility with Devices
 - Sample Cook Exam Questions Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Sample Cook Exam Questions
 - Highlighting and Note-Taking Sample Cook Exam Questions
 - Interactive Elements Sample Cook Exam Questions
8. Staying Engaged with Sample Cook Exam Questions
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Sample Cook Exam Questions
9. Balancing eBooks and Physical Books Sample Cook Exam Questions
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Sample Cook Exam Questions
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Sample Cook Exam Questions
 - Setting Reading Goals Sample Cook Exam Questions
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Sample Cook Exam Questions
 - Fact-Checking eBook Content of Sample Cook Exam Questions
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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