

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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Padhraic Smyth



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