

SAMPLE QUESTIONS FOR 7065 003

Unit 1

Which one of the following would be the **most** suitable flooring for a kitchen?

- a Polished wood.
- b Non-slip tiles.**
- c Plastic tiles.
- d Coconut matting.

Unit 2

Which one of the following is the **most** common cause of food poisoning?

- a Parasites.
- b Chemicals.
- c Cross contamination.**
- d Toxins.

Unit 3

For which one of the following would a 25 cm (10 inch) knife be used?

- a Filleting fish.
- b Dicing vegetables.**
- c Boning meat.
- d Peeling onions.

Unit 4

Which of the following would be included in the calculation of a menu price?

- 1 Recipe costs.
 - 2 Labour costs.
 - 3 Overhead costs.
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- a 1 only.
 - b 1 and 2 only.
 - c 1 and 3 only.
 - d 1, 2 and 3.**

Unit 5

To monitor operating costs effectively, a stocktaking is **best** carried out

- a weekly**
- b monthly
- c quarterly
- d half yearly.

Unit 6

It is necessary to have vitamin D in the body for the

- a health of the skin
- b strengthening of the muscles
- c formation of red blood cells
- d **formation of bones and teeth.**

Unit 7

The recognised way to start the boiling process of **most** frozen vegetables is to place them in

- a cold water
- b cold salted water
- c **boiling salted water**
- d boiling water.

Unit 8

Sole **bonne femme** is poached in

- a water with onions and mushrooms
- b **fish stock, white wine and mushrooms**
- c fish stock with tomato and onion
- d water and white wine with mushrooms and tomato.

Unit 9

Which one of the following is an ingredient in Carbonnade of Beef?

- a Vichy water.
- b Wine.
- c **Beer.**
- d Cider.

Unit 10

A steak and kidney pudding is always made with

- a short paste
- b **suet paste**
- c puff paste
- d choux paste.

Unit 11

Which one of the following pairs of processes are used in **braising**?

- a Steaming and frying.
- b Frying and roasting.
- c Stewing and pot roasting.**
- d Stewing and frying.

Unit 12

The method of cooking fish for presentation **a l'orly** is

- a shallow frying
- b grilling
- c deep frying**
- d poaching.

Unit 13

Before sauté potatoes are shallow-fried in hot fat they should be

- a scrubbed, boiled, peeled and sliced**
- b peeled, shaped, boiled and sliced
- c scrubbed, steamed, peeled and cut into cubes
- d peeled, cut into cubes and boiled.

Unit 14

Steam is an important factor in baking sponge goods because it

- a prevents a dry crust from forming on the surface
- b gives more volume to the sponge
- c prevents the sponge from burning on the bottom**
- d gives a longer shelf life to the sponge.

Unit 15

The gravy known as jus de roti (juice of the roast) is made by

- a deglazing a roasting tray with brown stock**
- b thickening boiling stock with diluted starch
- c adding brown stock to a brown sauce
- d combining a brown roux with brown stock.

Unit 16

Which one of the following cuts of fish would **not** be suitably cooked by grilling?

- a Fillet.
- b Paupiettes.**
- c Goujon.
- d Darne.

Unit 17

Microwave cooking is defined as cooking by

- a radiation**
- b convection
- c steam
- d induction.

Unit 18

Which one of the following is classified as a single hors d'oeuvre?

- a Grapefruit cocktail.**
- b Russian salad.
- c Meat salad.
- d Florida cocktail.

Unit 19

A vol au vent is a

- a puff pastry case**
- b lined pie mould
- c proven yeast bun
- d short pastry shell.