

SAMPLE QUESTIONS FOR 7065 016

Unit 1

Which one of the following shows the correct way in which to lift heavy items e.g. boxes?

- a **Bent legs/straight back.**
- b Straight legs/straight back.
- c Bent back/bent legs.
- d From sitting on the floor.

Unit 2

Which one of the following should be used in cleaning high risk food production surfaces?

- a Detergent.
- b Liquid soap.
- c Salt.
- d **Disinfectants.**

Unit 3

Which pair of factors would **most** influence the speed and efficiency of food service in a traditional cook-serve operation?

- 1 10% increase in customers.
 - 2 Use of prepared foods.
 - 3 Use of high technology equipment.
 - 4 Efficiency of work flow.
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- a 1 and 2.
 - b 2 and 3.
 - c **3 and 4.**
 - d 4 and 1.

Unit 4

A deposit is paid

- a **in advance**
- b on receipt of the goods
- c when returning faulty goods
- d on receipt of the invoice.

Unit 5

Which one of the following nutrients is **most** likely to be deficient in the diets of lacto and vegan vegetarians?

- a **B12.**
- b Iron.
- c Calcium.
- d B6.

Unit 6

Canapés are often served

- a as a luncheon main dish course
- b with afternoon tea
- c as a hot breakfast dish
- d **at cocktail parties.**

Unit 7

Which one of the following is the MAIN point to look for when purchasing fresh chickens?

- a **Firm breast bone.**
- b Neatly trussed.
- c Clean firm skin.
- d Hair on skin.

Unit 8

Which one of the following pairs would be possible examples of physical contamination to look for when purchasing and receiving fresh seafood?

- 1 Wood splinters.
 - 2 Loss of scales.
 - 3 Dull eyes and skin.
 - 4 Plastic pieces.
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- a 1 and 2.
 - b 2 and 3.
 - c 3 and 4.
 - d **4 and 1.**

Unit 9

Which one of the following has a brown stock as a part of its ingredients?

- a Lamb broth.
- b Béarnaise sauce.
- c Consommé**
- d Chicken pie.

Unit 10

Which one of the following vegetables is purchased in numbers and weights?

- a Leeks.
- b Spinach.
- c Carrots.
- d Lettuces.**

Unit 11

Which one of the following would be the **best** piece of equipment to use for folding in beaten egg whites for a small mix?

- a A wooden spoon.
- b A metal spoon.**
- c A rotary whisk.
- d A heavy duty whisk.

Unit 12

Which one of the following farinaceous dishes is made from a principal ingredient of potato?

- a Cannelloni.
- b Ravioli.
- c Gnocchi piemontaise.**
- d Gnocchi romaine.

Unit 13

Which one of the following is the **most** important piece of information on a commodity label to check quality?

- a Batch size.
- b Use by date.**
- c Manufacturer's name.
- d Storage temperature.

Unit 14

Which one of the following egg dishes involves **two** different cooking processes?

- a Hard boiled eggs.
- b Poached eggs.
- c Scrambled eggs.
- d **Egg croquette.**