



## **BIIAB LEVEL 1 AWARD IN ESSENTIALS OF CATERING**

### **Specimen Questions**

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The specimen examination questions contained in this publication are representative of the type of questions used to assess candidates taking the Level 1 Award in Essentials of Catering examination.

Candidates are assessed by a 25 question, 30 minute, multiple choice examination. Candidates have to answer 17 out of 25 questions to pass.

The answers to each of these questions are shown on the last page.

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## Specimen Questions

- 1 Cross contamination can be reduced by:
  - A Hands touching contaminated food during cooking
  - B Reusing chopping boards and knives for different tasks
  - C Washing hands before and after every task
  - D Wiping hands on the apron worn during the shift
  
- 2 If a hand is scalded during cooking, the incident **must** be:
  - A Covered with a brown fabric plaster
  - B Covered with leather gloves whilst cooking
  - C Recorded in a personal diary
  - D Recorded in the company accident book
  
- 3 A knife with a blue coloured handle is used for:
  - A Fish
  - B Raw meat
  - C Salads
  - D Vegetables
  
- 4 What are the correct temperatures that a commercial fridge should operate between?
  - A  $-2^{\circ}\text{C}$  to  $5^{\circ}\text{C}$
  - B  $0^{\circ}\text{C}$  to  $5^{\circ}\text{C}$
  - C  $4^{\circ}\text{C}$  to  $8^{\circ}\text{C}$
  - D  $6^{\circ}\text{C}$  to  $9^{\circ}\text{C}$
  
- 5 Any fish bones should be removed using:
  - A A sharp knife
  - B A spatula
  - C Fish tweezers
  - D Fingers

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- 6 To properly rotate food stock, the newest deliveries should be:
- A Be left in a store room until the next delivery arrives
  - B Consumed as soon as they arrive
  - C Mixed with older stocks
  - D Stored behind old stocks
- 7 What is a submarine sandwich?
- A A flour tortilla wrap
  - B A hoagie or baguette
  - C Plain slices of bread
  - D Toasted slices of bread
- 8 A starter course of red or white meat should usually be served on a:
- A Oval plate
  - B Round plate
  - C Square plate
  - D Small bowl
- 9 Which of these is the **most** appropriate garnish for garlic bread?
- A Caviar
  - B Cream
  - C Parsley
  - D Sultanas
- 10 Which of these is **not** a common type of recycled food packaging?
- A Fibreboard
  - B Glass
  - C Plutonium
  - D Steel
- 11 What is the best way to clean a food blender?
- A All parts should be cleaned by hand
  - B All parts should be put in a dishwasher
  - C Some parts can be put in the dishwasher and others cleaned by hand
  - D The outside should be wiped down with a damp cloth at the end of the shift

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12 Which of these is **not** usually used to clean workstations?

- A Detergent
- B Sanitizer
- C Spit and polish
- D Sterilizer

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### Answers

Q	Answer	Assessment Criteria
1	<b>C</b>	1.1: Identify safe and hygienic practices required in the kitchen
2	<b>D</b>	1.2: Identify illness and accident reporting procedures and state how they should be used
3	<b>A</b>	2.3: Identify the uses of different colour coded boards and knives used in kitchens
4	<b>B</b>	3.2: Identify the procedure for logging temperatures of a variety of foods and equipment and why monitoring is important
5	<b>C</b>	4.3: Identify processes for preparing cooked cold meats and fish in a safe and hygienic manner
6	<b>D</b>	4.5: State how to apply control procedures and minimise food wastage
7	<b>B</b>	5.3: Identify what constitutes a 'high risk food' in relation to sandwiches
8	<b>B</b>	6.1: Identify the correct position for food on the plate/serving dish to meet operational standards
9	<b>C</b>	6.3: Identify appropriate garnishes used for sweet and savoury foods
10	<b>C</b>	7.1: Identify the appropriate method for the disposal of food and non-food items and the controls to be applied
11	<b>C</b>	8.1: State how to effectively operate and clean kitchen equipment
12	<b>C</b>	9.1: Identify appropriate equipment and chemicals to be used to safely and effectively clean a range of surfaces

Please note that the assessment criteria numbering does **not** refer to the Award in Essentials of Catering workbook. The learning outcomes and assessment criteria can be found in the centre manual, Section 1.