

THE ESSENTIALS OF CATERING

Specimen Questions

The specimen examination questions contained in this publication are representative of the type of questions used to assess candidates taking The 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.

THE ESSENTIALS OF CATERING

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°C to 5°C
 - B 0°C to 5°C
 - C 4°C to 8°C
 - D 6°C to 9°C

- 5 Any fish bones should be removed using:
 - A A sharp knife
 - B A spatula
 - C Fish tweezers
 - D Fingers

THE ESSENTIALS OF CATERING

- 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

THE ESSENTIALS OF CATERING

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

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

THE ESSENTIALS OF CATERING

Answers

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