**FOODS FINAL EXAM QUESTIONS – June 2014 – Wooster High School**

1. **Who is credited with introducing refined recipes, fine dining, and silverware to France?**

A. Marie-Antoine Carême

B. Catherine de Medici

C. Georges August Escoffier

D. Marcus Apicius

1. **When a manager identifies with an employee’s feelings or thoughts, the manager is practicing**

A. Sympathy.

B. Empathy.

C. Partiality.

D. Diversity.

1. **The first step in preparing fruits and vegetables is**

A. Zesting.

B. Cleaning.

C. Peeling.

D. Wiping.

1. **An example of cookware with two handles used for boiling and simmering foods is the**

 A. Thermocouple.

B. Stock pot.

C. Fish poacher.

D. Crêpe pan.

1. **A cook is making potato salad for a party of 20, but the recipe serves 8. What is the conversion factor for making the desired yield?**

A. 0.4

B. 2

C.2.5

D. 4

1. **What is the best way to ensure that portion sizes are the same from day to day for a given dish?**

A. Use standardized recipes.

B. Make sure the same person cooks the dish each day.

C. Perform mise en place.

D. Conduct cooking loss tests.

1. **Marie-Antonie Caréme was one of the world’s greatest chefs. He was best know for:**

 A. Elaborate cakes and pastries

B. Veal Cordon Blue

C. Oysters Rockefeller

D. Coco Vin

1. **The name of one of your two text books this year is:**

A. Food of Our Times

B. Eating Food for Teens

C. Guide to Good Food

D. Let’s Cook Good Stuff

1. **What is the purpose of wearing and apron and chef’s hat?**

A. To look like a chef

B. To sport Wooster color

C. To keep my clothes clean and hair out of the food

D. Safety and Health requirements

1. **The spread of pathogens from one surface or food to another is called**

A. Time-temperature abuse.

B. Outbreak.

C. Flow of food.

D. Cross-contamination.

1. **TCS food must be thrown out after spending a maximum of how many hours in the temperature danger zone?**

A. 1

B. 2

C. 4

D. 6

1. **Which product must have a USDA inspection mark and must comply with USDA grade standards to be acceptable for receiving?**

A. Eggs

B. Poultry

C. Beef

D. Shellfish

1. **Potatoes should be stored in a cool, dry place at temperatures ranging from**

A. 32°F (0ºC)–37°F (3ºC).

B. 45°F (7ºC)–55°F (13ºC).

C. 65°F (18ºC)–75°F (24ºC).

D. 85°F (29ºC)–95°F (35ºC).

1. **Which type of knife is also known as a scimitar?**

A. Boning

B. Butcher

C. Cleaver

D. Paring

1. **A stereotype is defined as a**

A. General attitude toward a person, group, or organization on the basis of judgments unrelated to abilities.

B. Generalization made by an individual about a particular group that regards all members as the same.

C. Tendency toward a particular perspective or idea based on prejudice.

D. Set of common beliefs, such as religion, or acting the same.

1. **The staff member who is responsible for service throughout the dining room is the**

A. Back waiter.

B. Front waiter.

C. Headwaiter.

D. Waiter captain.

1. **Before being stored, a stock must be cooled to at least**

A. 0°F (−18ºC).

B. 31°F (−0.6ºC).

C. 35°F (2ºC).

D. 41°F (5ºC).

1. **Poaching is an example of cooking with which type of heat?**

A. Radiation

B. Moist

C. Steam

D. Dry

1. **How many grand sauces are there?**

A. 3

B. 4

C. 5

D. 9

1. **When a listener leans toward a speaker during communication, the listener is most likely trying to communicate**

A. Agreement.

B. Empathy.

C. Assertiveness.

D. Interest.

1. **Corn, peas, and beans are which type of vegetable?**

 A. Root

B. Seed

C. Green

D. Leafy

1. **Which type of temperature probe is most effective for measuring the internal temperature of a steak?**

 A. Surface

B. Air

C. Penetration

D. Immersion

1. **The term used in the restaurant and foodservice industry to “put in place” is called**

A. Mise en place.

B. Mirepoix.

C. à la carte.

D. Maître d’hôtel.

1. **Which sauce base acts as a thickener and is made of equal parts of cooked flour and a fat?**

A. Roux

B. Beurre manié

C. Béarnaise

D. Maltaise

1. **Pieces of broken glass, packaging material, and jewelry in food are examples of which kind of contamination?**

A. Viral

B. Physical

C. Bacterial

D. Chemical

1. **What is the decimal equivalent of 1/8?**

A. 0.120

B. 0.125

C. 0.130

D. 0.140

1. **Which knife is used for chopping, slicing, and mincing all types of foods?**

A. Tourné

B. Paring

C. Boning

D. Chef

1. **Which hazards are described in Material Safety Data Sheets?**

A. Biological

B. Chemical

C. Service

D. Cooking

1. **A rice with an aromatic, nutty flavor that is often used for rice pudding and pilafs is called**

A. Jasmine.

B. Wild.

C. Arborio.

D. converted.

1. **During a job interview, an applicant should ask questions about**

A. Vacation time and holidays.

B. The training plan for the job.

C. The previous employee’s performance.

D. Possible bonuses.

1. **Which question is illegal to ask in an interview?**

A. How long have you worked in this industry?

B. Have you ever been convicted of a felony?

C. Why do you want to work here?

D. Where were you born?

1. **Which food is most commonly involved in foodborne-illness outbreaks?**

A. Citrus fruits

B. Flours and grains

C. Ready-to-eat food

D. Raw vegetables

1. **When gripping a knife, the hand that is not holding the knife is called the**

A. Holding hand.

B. Guiding hand.

C. Safety hand.

D. Chopping hand.

1. **How many tablespoons are equivalent to one gallon?**

A. 96

B. 192

C. 256

D. 768

1. **Mangos are considered a tropical fruit because they**

A. Cannot grow on trees.

B. Cannot tolerate frost.

C. Have a central pit.

D. Have thick skin.

1. **Soy, peanuts, and tree nuts are dangerous for people with which condition?**

A. Weakened immune systems

B. Chemical sensitivities

C. Anaphylaxis

D. Food allergies

1. **The first principle of a HACCP plan is to**

A. Identify corrective actions.

B. Determine critical control points (CCPs).

C. Establish critical limits.

D. Conduct a hazard analysis.

1. **Credibility is another word for a person’s**

A. Ability to be believed.

B. Capacity for empathy.

C. Willingness to learn.

D. Skillfulness at speaking.

1. FAT TOM are the six conditions under which

A. Pathogens grow rapidly.

B. Chemical hazards develop.

C. Toxic-metal poisoning occurs.

D. Pests find entry into an operation.

1. A recipe calls for 2 pounds of peeled carrots. The percentage yield of carrots is 80%. How many pounds of carrots are needed to prepare this recipe?

A. 2

B. 2.5

C. 4

D. 4.5

1. The best way to thaw food safely is to

A. Place it in a warm-water bath.

B. Move it to the refrigerator.

C. Place it on the kitchen counter.

D. Move it to the dry storeroom.

1. **Which cooking method involves cooking vacuum-packaged food at low temperatures for a long time?**

A. Sous vide

B. Puréeing

C. Glazing

D. Roasting

1. **Which government agency enforces laws that ensure that everyone—regardless of race, age, gender, religion, national origin, color, or disability—receives a fair chance at any job opening?**

A. Employee Employment Official Commission

B. Employment Ethics of Code

C. Equal Employers Organization Company

D. Equal Employment Opportunity Commission

1. **Which fruits are referred to as “orange drupes”?**

A. Apples and pears

B. Oranges and tangerines

C. Peaches and nectarines

D. Strawberries and raspberries

1. **The Harvey House is historically significant because it was**

A. The first cafeteria-style restaurant.

B. One of the earliest nationwide chain restaurants.

C. The most popular restaurant run by Boulanger.

D. A premier restaurant of the Gilded Age.

1. **Which type of pasta is a small, round, smooth ball and is used primarily in soups, pilafs, and salads?**

A. Vermicelli

B. Orzo

C. Elbow

D. Israeli couscous

1. **Which type of oven has a fan that circulates heated air around the food that it cooks?**

A. Conventional

B. Convection

C. Combi

D. Rotary

1. **“TCS food” refers to food that needs which component for safety?**

A. Total control systems

B. Total critical systems

C. Thermal control service

D. Time and temperature control

1. **Which is a TCS food?**

A. Apples

B. Chicken

C. Dill pickles

D. Maple syrup

1. **A 2-quart pitcher is used to measure**

A. Liquid ingredients.

B. Dry ingredients.

C. Solid fats.

D. Eggs.

1. **The federal agency that creates and enforces safety-related standards and regulations in the workplace is the**

A. CDC.

B. FDA.

C. USDA.

D. OSHA.

1. **Which food item is often considered to be a vegetable but is actually a fruit?**

A. Broccoli

B. Tomato

C. Green bean

D. Pea

1. **Personal protective equipment includes**

A. Skid-resistant shoes and gloves.

B. Scarves and goggles.

C. Safety glasses and loose shirts.

D. Scarves and water-resistant aprons.

1. **Which is an example of an open-ended question?**

A. “Can you work weekends?”

B. “Do you have cash handling experience?”

C. “What are your interests?”

D. “Do you have transportation to and from work?”

1. **Which should be included in a resignation letter?**

A. Career expectations

B. Reason for leaving

C. Unresolved complaints

D. Opinion of coworkers

1. **Which class of fire extinguisher should be used to extinguish a grease fire in the hood of a stove?**

A. A

B. B

C. D

D. K

1. **The three forms of food contamination hazards are**

A. Biological, chemical, and physical.

B. Peanuts, dairy, and eggs.

C. Grease, insects, and rodents.

D. Illness, cross-contamination, and allergens.

1. **The first step in problem solving is to**

A. Determine alternative solutions.

B. Determine the root cause.

C. Develop an action plan.

D. Define the problem.

1. **The acronym FAT TOM includes**

A. Food, allergens, and temperature.

B. Flavor, time, and temperature.

C. Food, oxygen, and moisture.

D. Time, temperature, and management.

1. **Carbohydrates are the body’s primary source of what?**
2. Food
3. Fuel
4. Protien
5. None of the Above
6. **Name a simple carbohydrate.**
7. Sugar
8. Honey
9. Fruits
10. All of the Above
11. **Name a complex carbohydrate**.
12. Fish
13. Live
14. Fiber
15. None of the above
16. **Carbohydrates produce what percentage of the body’s energy?**
17. 10%-20%
18. 25%-35%
19. 55%-60%
20. None of the above
21. **Name one monosaccharide.**
22. Glucose
23. Fructose
24. Galactose
25. All of the above
26. **What’s another name for blood sugar?**
27. Plasma
28. Glucose
29. Bile
30. Saccrin
31. **What is another name for “milk sugar”?**
32. Calcium
33. Thiamin
34. Lactose
35. All of the above
36. **What is another name for “table sugar”?**
37. Splenda
38. Equal
39. Sucrose
40. Glucose
41. **What form of complex carbohydrate is found in pasta?**
42. Wheat
43. Flour
44. Starch
45. None of the above
46. **What complex carbohydrate helps lower blood pressure and help with weight loss?**
47. Fiber
48. Metracal
49. Slim-Fast
50. Protex
51. **How many carbons in monosaccharide’s?**
52. 2
53. 4
54. 6
55. 8
56. **What fluid moves nutrients through the human body?**
57. Blood
58. Urine
59. Bile
60. Water
61. **Name one function of fat in the human body?**
62. Energy
63. Lowers blood pressure
64. Lubrication
65. None of the above
66. **Name a common source of fat for the body?**
67. French Fries
68. Oils & Meats
69. Funnel cakes
70. Crodunuts
71. **What is another name for fat?**
72. Lard
73. Butter
74. Lipids
75. All of the above
76. **Which is NOT one of the three lipids?**
77. Amesterol
78. Triglyserides
79. Phospholipids
80. Sterols
81. **What organ in your body produces cholesterol?**
82. Heart
83. Spleen
84. Liver
85. Kidneys
86. **Which one is a type of fatty acid?**
87. Saturated
88. Polymonglic
89. Dyclrinol
90. None of the above

1. **Name a level of saturated fat in food.**
2. Unsaturated
3. Bisaturated
4. Mulrisaturated
5. Polysaturated
6. **What average percentage of fat should be in a well balanced daily diet?**
7. 50%
8. 30%
9. 25%
10. 5%
11. **Where do fatty acids absorbed by the small intestine end up?**
12. In the urine
13. In the blood stream
14. In the stomach
15. In the toilet
16. **What organ in the body produces an enzyme to break down fat?**
17. Liver
18. Brain
19. Heart
20. Pancrease
21. **How many carbon atoms in a fat molecule**
22. 16
23. 24
24. 36
25. 96
26. **What is protein made up of?**
27. Rice & beans
28. Potatoes & gravy
29. Amino acids
30. DNA
31. **How many amino acids are there?**
32. 10
33. 20
34. 30
35. 100
36. **What acid breaks down protein in the stomach?**
37. Carbonic
38. Hydrochloric
39. Sulfuric
40. Lactic
41. **What helps grow and repair human tissue?**
42. M & Ms
43. Cereal
44. Protein
45. Pectin
46. **What is proteins main purpose in the body?**
47. Build blood
48. Aide digestion
49. Grow finger nails
50. Build tissue
51. **Name one of the most complete and digestible proteins.**
52. Meat
53. Fish
54. Bread
55. Eggs
56. **When you have malnutrition, it means you have a protein what?**
57. High
58. Burn
59. Deficiency
60. Overload
61. **What is a person called who does not eat meat, fish, poultry, eggs or milk?**
62. Hindu
63. Vegan
64. Vegetarian
65. Abstainer
66. **Name one of the two vitamins strict vegetarians are often lacking?**
67. A
68. E
69. B-12
70. Z
71. **What does ovo indicate in nutrition?**
72. The number 0
73. Blood Type
74. Eye color
75. Egg
76. **What is PEM?**
77. Please Email Me
78. Past Emergency Management
79. Protein Enzyme Malnutrition
80. Poor Empty Meal
81. **What are vitamins?**
82. Essential Nutrients
83. Medicine for old people
84. Supplements
85. Narcotics
86. **Name the one of the two categories of vitamins.**
87. Water Soluble
88. Heat Soluble
89. Coagulants
90. Milk Soluble
91. **Which type of vitamin is absorbed directly into the blood?**
92. Fat Soluble
93. Coagulants
94. Water Soluble
95. Milk Soluble
96. **Which one IS NOT a fat-soluble vitamins?**
97. A
98. D
99. K
100. B
101. **Which one IS a water-soluble vitamin?**
102. D
103. E
104. C
105. K
106. **What are the fluids that surround the blood cells in the body called?**
107. Plasma
108. Lumphs
109. Bile
110. Water
111. **Where are fat soluble vitamins stored?**
112. Heart
113. Kidneys
114. Spleen
115. Liver
116. **Name something Vitamin A supports.**
117. Vision
118. Skin
119. Immune System
120. All of the Above
121. **Name a vegetable containing beta-carotene.**
122. Broccoli
123. Cabbage
124. Carrots
125. Spinach
126. **What vitamin is primarily responsible for bone growth?**
127. A
128. B
129. C
130. D
131. **What vitamin is an antioxidant?**
132. C
133. D
134. E
135. K
136. **Name one source of Vitamin E.**
137. Carrots
138. Celery
139. Wheat Germ
140. Tomatoes
141. **What is the most important function of Vitamin K?**
142. Helps promote blood clotting
143. Helps keep your teeth white
144. Helps keep hair on your head
145. Helps you sleep better at night
146. **B Vitamins help produce what in the body?**
147. Hair
148. Finger nails
149. Energy
150. Albumin
151. **What is another name for Vitamin C?**
152. Orange juice
153. Lactic Acid
154. Amino Acid
155. Ascorbic Acid
156. **Where are corticoids found?**
157. Rocks and dirt
158. Plants and Animals
159. Rivers and Streams
160. Air and Sky
161. **What does R.D.A. stand for?**
162. Registered Dietician Assistant
163. Recommended Daily Allowance
164. Rural Delivery Alert
165. Ready Direct Assistance
166. **What disease is it when someone has a major Vitamin D deficiency?**
167. Flu
168. Measles
169. Rickets
170. Anemia
171. **The cabbage family is the source of what vitamin?**
172. A
173. D
174. C
175. K
176. **Scurvy is a disease caused by lack of what vitamin?**
177. A
178. B
179. C
180. D
181. **What is a mandoline?**

 A. Attachment for a standing mixer

B. Piece of equipment used to mix, mash, and cream soft foods

 C. Manual stainless-steel slicer with adjustable blades

 D. Heavier version of the wire whip

1. **What must employers do to meet the Hazard Communication Standard (HAZCOM)?**

A. Create and maintain a master cleaning schedule.

 B. Post information in employee areas about safety audits.

 C. Restrict the number of hours per week that a minor may work.

 D. Notify and train employees about dangerous chemicals in the workplace.

1. **Which obstacle to good communication is demonstrated by the fact that the word “mouse”**

 **means both a rodent and a computer device?**

A. Jargon

 B. Language difference

 C. Assumptions

 D. Semantics

1. **When serving alcoholic drinks, an acceptable form of ID for a guest is a**

A. Voter registration card.

 B. Birth certificate.

 C. Passport.

 D. School ID.

1. **Which type of training ensures that all employees receive the same information?**

A. On-the-job

 B. Cross

 C. Group

 D. Face-to-face

 **119. An example of personal responsibility in an operation would be**

A. Showing prior knowledge of the entire operation.

 B. Making excuses for poor workmanship.

 C. Asking for help if necessary.

 D. Usually being on time for work.

1. **Which is a respectful way for a listener to agree with a speaker’s point?**

A. Nodding

 B. Sitting

 C. Looking away

 D. Crossing arms

**121. A family with two young children is eating at a restaurant. The food is taking a long time to arrive, and the children are becoming antsy because they are hungry. Upon leaving, the family tells the manager that they are very upset with their dining experience. To meet these guests’ special needs, the server could have**

A. checked on them frequently.

 B. seated them at a larger table.

 C. assumed they wanted a leisurely family meal.

 D. asked if they would like the children’s meals to be delivered first.

 **122. Which facility is designed specifically to house large-scale special events?**

A. Commissary

 B. Theme park

 C. Monument

 D. Convention Center

**123. The use of buzz words, technical language, and slang that interferes with communication is called**

A. Jargon.

 B. Semantics.

 C. Prejudice.

 D. Tone.

**124. The part of a grain kernel that contains most of the starch and protein is the**

A. Endosperm.

 B. Bran.

 C. Germ.

 D. Eye.

**125. Which substance, found in green potatoes and potato sprouts, can be poisonous?**

A. Solanine

 B. Chlorophyll

 C. Lyonnaise

 D. Ptomaine

**126. A stress-reduction plan should include**

A. Constant checking on subordinates’ progress.

 B. Tight timelines to ensure that all tasks are done.

 C. Healthy eating, regular exercise and regular sleep.

 D. Postponing difficult tasks until a later time.

**127. According to the Fair Labor Standards Act (FLSA), an example of an exempt position is a**

A. Dining room manager.

 B. Clerical staff member.

 C. Host or hostess.

 D. Receptionist.

**128. What should an emergency plan include?**

A. Locations of personal protective equipment

 B. The liability limits of the operation during accidents

 C. How and when employees should respond to emergencies

 D. History of safety audits in the operation

**129. When washing your hands, the water temperature should be approximately**

1. 212 degrees
2. 185 degrees
3. 80 degrees
4. 120 degrees

**130. How long should you wash your hands for before working with food?**

1. 1 minute
2. 30 seconds
3. 20 seconds
4. 45 seconds

**131.** **A stereotype is defined as a**

A. General attitude toward a person, group, or organization on the basis of judgments unrelated to abilities.

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 B. 31°F (−0.6ºC).

 C. 35°F (2ºC).

 D. 41°F (5ºC).

**134. A job candidate presents a 3-page résumé that uses active language, includes professional references, and avoids using buzzwords and industry jargon. What could be done to improve this résumé’s effectiveness?**

A. Add industry jargon.

 B. Remove the professional references.

 C. Replace the active language with passive language.

 D. Reduce the length of the résumé to 1 or 2 pages.

**135. Minors are strictly prohibited from operating which piece of food processing equipment?**

A. Ovens

 B. Cutters

 C. Ranges

 D. Broilers

**136. According to the Fair Labor Standards Act (FLSA), which type of work can a 15-year-old high school student perform in an operation?**

A. Any type of baking activity

 B. Any type of food prep activity

 C. Cooking with electric grills

 D. Cooking with pressure cookers

**137. In a typical kitchen, the garde manger section includes which station?**

A. Broiler

 B. Hot beverage

 C. Dough proofing

 D. Salad preparation

138. **A good first impression can be made by**

A. Maintaining a professional appearance.

 B. Speaking loudly and assertively to guests.

 C. Helping customers calculate the tip.

 D. Wearing strong perfume.

**139. Which knife is used for chopping, slicing, and mincing all types of foods?**

A. Tourné

 B. Paring

 C. Boning

 D. Chef

**140. A server wheels a cart to a guest’s table, mixes, dresses, and plates a salad, and then serves it. This is an example of which type of service?**

A. French

 B. American

 C. Russian

 D. English

**141. Who is primarily responsible for seating customers in a table-service operation?**

A. Host

 B. Manager

 C. Server

 D. Captain

**142. Which hazards are described in Material Safety Data Sheets?**

A. Biological

 B. Chemical

 C. Service

 D. Cooking

**143.** **Two guests signal to a host, who hurries over to their table with a smile. The guests complain about how long it is taking to receive their dinners. The host replies, “You’re saying you ordered 30 minutes ago? I can understand how frustrating that is, but I don’t have anything to do with the kitchen.” What did the host do wrong?**

A. Restated the problem to confirm understanding

 B. Acknowledged the guests’ frustration

 C. Responded to the guests quickly and politely

 D. Denied responsibility for the guests’ problem

**144. The loss of sales, negative exposure, low employee morale, and increased insurance premiums can all be results of**

A. A foodborne-illness outbreak.

 B. Slips and falls.

 C. Power outages.

 D. Major road construction.

145. **If a recipe for 50 people has individual ingredients that cost $5.00, $10.50, $35.25, $18.50, and $23.45, what is the cost per portion?**

A. $1.75

 B. $1.85

 C. $2.65

 D. $12.25

**146. When slurs about a person’s race interfere with the person’s work performance, it is known as**

A. Employee civil rights.

 B. Horseplay.

 C. Model behavior.

 D. Harassment.

147. **Which government agency enforces laws that ensure that everyone—regardless of race, age, gender, religion, national origin, color, or disability—receives a fair chance at any job opening?**

A. Employee Employment Official Commission

 B. Employment Ethics of Code

 C. Equal Employers Organization Company

 D. Equal Employment Opportunity Commission

148. **The correct recipe for one gallon of chicken stock is**

A. 11 lbs of bones, 5 qts of water, and 1 lb of mirepoix.

 B. 18 lbs of bones, two gallons of water, and 1 cup of chopped vegetables.

 C. 8 lbs of bones, 6 qts of water, and 1 lb of mirepoix.

 D. 4 lbs of vegetables, 4 qts of water, and 3/4 lb of bones.

149. **Which job search tool is a collection of samples that highlight interests, talents, contributions, and studies?**

 A. Portfolio

 B. Résumé

 C. Cover letter

 D. Application

**150. Which type of oven has a fan that circulates heated air around the food that it cooks?**

A. Conventional

 B. Convection

 C. Combi

 D. Rotary

**151. Informing employees of job safety and health protection is the responsibility of the**

A. Local restaurant association.

 B. Federal government.

 C. Employer.

 D. State and local health department.

**152. In which part of a letter should the writer summarize key points and call for action?**

A. Conclusion

 B. Introduction

 C. Main body

 D. Salutation

**153.** **Personal protective equipment includes**

A. Skid-resistant shoes and gloves.

 B. Scarves and goggles.

 C. Safety glasses and loose shirts.

 D. Scarves and water-resistant aprons.

**154. A customer on the way to the restroom slips and is injured on a wet floor. Who can be held legally responsible for the injury?**

 A. The floor manufacturer

 B. The establishment

 C. The customer

 D. No one

**155. Which is an example of an open-ended question?**

A. “Can you work weekends?”

 B. “Do you have cash handling experience?”

 C. “What are your interests?”

 D. “Do you have transportation to and from work?”

**156. Which should be included in a resignation letter?**

A. Career expectations

 B. Reason for leaving

 C. Unresolved complaints

 D. Opinion of coworkers

**157. What is the food temperature danger zone?**

1. Room temperature
2. 40° - 141°
3. 32° - 180°
4. 70° - 140°

**158. Healthy eating recommends how many servings of milk group a day?**

1. 1-2
2. 2-4
3. 5-6
4. 8-9

**159. Healthy eating recommends how many servings of meat group a day?**

1. 2-3
2. 3-5
3. 3-4
4. 4-5

**160. Healthy eating recommends how many servings of vegetable group a day?**

1. 1-2
2. 3-5
3. 4-6
4. 2-5

**161. Healthy eating recommends how many servings of fruit group a day?**

1. 1-3
2. 2-4
3. 3-5
4. 2-6

**162. Healthy eating recommends how many servings of grain group a day?**

1. 6-11
2. 4-2
3. 2-4
4. 5-7

**163.** **A paring knife has a blade that is**

1. 1”- 3”
2. 5” – 6”
3. 2” – 4”
4. 3” – 5”

**164. A French knife has a blade that is**

1. 8” – 14”
2. 6” – 10”
3. 12’ – 16”
4. 6” – 12”

**165. Braising is a form of \_\_\_\_\_\_ heat?**

1. Dry
2. Convection
3. Moist
4. Grilling

**166. Broiling is a form of \_\_\_\_\_\_ heat?**

1. Dry
2. Convection
3. Moist
4. Grilling

**167. Microwave cooking is a form of \_\_\_\_\_\_\_\_\_ heat?**

1. Dry
2. Convection
3. Energy wave
4. Moist

**168. The man Escoffier partner with to create a hotel empire was**

1. Conrad Hilton
2. Robert Marriott
3. William Sheridan
4. Caesar Ritz

**169. What was the title of the first printed American cookbook?**

1. Let’s Eat American
2. For the Love of Food
3. The Boke of Kokery
4. American Cook Bookus

**170. La Scala ala Modena was the first cookbook to intro duce what?**

1. Spaghetti sauce
2. Pasta
3. Oregano
4. Italian cooking recipes

**171. First in, first out (FIFO) is a method of**

1. Pest control
2. Stock rotation
3. Record keeping
4. Temperature control

**172. Thawing food at room temperature could lead to**

1. Cross-contamination
2. Poor personal hygiene
3. Physical contamination
4. Time-temperature abuse

 **173. Where should raw poultry be placed in a cooler that includes raw and ready-to-eat food?**

1. On the top shelf
2. Next to the produce
3. On the bottom shelf
4. Above the ready-to-eat food

**174. The temperature of a roast is checked to see if it has met its critical limit of 145°F for 4 minutes. This is an example of which HACCP principle?**

1. Verification
2. Monitoring
3. Record keeping
4. Hazard analysis

**175. If food-contact surfaces are in constant use, they must be cleaned and sanitized every \_\_\_ hours.**

1. 2
2. 4
3. 5
4. 6

 **176. Do not pour what over a fire on a stove?**

1. Salt
2. Baking Soda
3. Water
4. Sodium Bicarbonate

**177. Cleaning fluid and powders are stored**

1. Under the sink
2. Behind the building
3. Under the stove
4. In a specially market cabinet

**178. BMI stands for**

1. Bring more ice
2. Best Made In person
3. Body Mass Index
4. Build More Intensity

**179. Flour that has been processed and nutrients added is called**

1. Enriched
2. All-Purpose
3. Organic
4. Cake Flour

**180. Flatware refers to what?**

1. Knives and folks
2. Plates
3. Frying pans
4. Cookie sheets

**181. Gluten is a \_\_\_\_\_\_\_\_\_\_\_\_ agent in flour**

1. Binding
2. Organic
3. Sterile
4. Whitening

**182. Where is the chuck portion on a beef?**

1. In the middle
2. Behind the head
3. At the back of the beef before the rump
4. On the belly of the beef

**183. Where is the sirloin on the beef?**

1. In the middle
2. Behind the head
3. At the back of the beef before the rump
4. On the belly of the beef

**184. Where is the flank on the beef?**

1. In the middle
2. Behind the head
3. At the back of the beef before the rump
4. On the belly of the beef

**185. How long is it recommended you can store fresh roasts and steaks?**

1. 2 – 4 days
2. 2 weeks
3. One month
4. One year

**186. How long is it recommended you can store frozen roasts and steaks?**

1. 2 – 4 days
2. 6 – 12 months
3. 3 years
4. Indefinitely

**187. In French, the word sauté means to**

1. Broil
2. Jump
3. Burn
4. Stew

**188. The boiling point of water at sea level is**

1. 325° to 375°F or 163° - 191°C
2. Exactly 212°F
3. Approximately 32°F or 12°C
4. Around 350°F or 177°C

**189. For every 1000 feet in altitude you must add an addition \_\_\_\_ degrees for baking**

1. 2
2. 4
3. 5
4. 10

**190. To avoid food poisoning from uncooked bacteria, always use a:**

1. Meat thermometer
2. Non-stick pan
3. Single-use paper towel
4. Meat skewer

**191. Rapid, rolling bubbles are indicative of:**

1. Poaching
2. Overflowing
3. Boiling liquids
4. Blanching

**192. Which is NOT a Legume?**

1. Rice
2. Lima bean
3. Green beans
4. Garbanzos

**193. A clam is a**

1. Crustacean
2. Amorphadite
3. Panacea
4. Mollusk

**194. Rissoto is Italian**

1. Cheese
2. Meat
3. Rice
4. Spice

**195. A serrated blade on a knife is primarily used for cutting?**

1. Bread
2. Meat
3. Fish
4. Chicken

**196. Tandoori is a form of \_\_\_\_\_\_\_ cooking**

1. Middle East
2. Chinese
3. East Indian
4. Japanese

**197. Where do you taste sour flavor is your mouth?**

1. On the tip of the tongue
2. On the far back of the tongue
3. In the middle of the tongue
4. On the sides of your tongue

**198. How is candling used in the egg industry?**

1. To coat the eggs
2. To grade the eggs
3. To see if there’s a chick inside
4. To partially cook the eggs

**199. How long can you safely store fresh eggs in a refrigerator?**

1. 4 -5 weeks
2. 10 days
3. 6 months
4. 1 year

**200. Which is NOT one of the tree basic types of salad dressing?**

1. Oil & Vinegar
2. French
3. Cooked
4. Mayonnaise