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<p>What are the basic steps for washing hands?</p> <p>(a) Wash thoroughly with water and dry.</p> <p>(b) Apply soap, wash thoroughly, rinse and use paper towels.</p> <p>(c) Apply soap, wash thoroughly.</p> <p>20</p>	<p>Food poisoning is most likely to be caused by:</p> <p>(a) Pathogenic bacteria</p> <p>(b) Cooking food in a steamer</p> <p>(c) Using a sanitiser</p> <p>(d) Moulds</p> <p>19</p>	<p>An environmental health officer may close a food business immediately if:</p> <p>(a) Someone complained about having a bad meal there</p> <p>(b) There are no colour coded chopping boards</p> <p>(c) There is an imminent risk to health if it stays open</p> <p>(d) The paper towel dispensers are empty</p> <p>17</p>	<p>Now name 4 ways that you can reduce food waste. Refer to your diaries.</p> <p>16</p>	<p>Which of the following foods is not considered to be high risk?</p> <p>(a) Bread</p> <p>(b) Cooked meat</p> <p>(c) Cream</p> <p>(d) Cooked Pasta</p> <p>16</p>
<p>A clean waterproof dressing is required to cover a cut so that:</p> <p>(a) It can be seen by the Manager or Team Leader</p> <p>(b) It prevents water and food getting into the cut</p> <p>(c) It stops the bleeding and helps the cut heal</p> <p>(d) It prevents blood and bacteria contaminating food</p> <p>15</p>	<p>What is the safest way to dry a washed chopping board?</p> <p>(a) Allow to air dry</p> <p>(b) Dry with paper towel</p> <p>(c) Rub with a damp cloth</p> <p>(d) Do not dry them</p> <p>14</p>	<p>When raw meat has been cut on a red chopping board it should then be:</p> <p>(a) Immediately cleaned and disinfected</p> <p>(b) Stacked with plates to be cleaned later</p> <p>(c) Wiped with sanitiser wipes</p> <p>(d) Turned over so something else can be chopped on it</p> <p>13</p>	<p>Food waste in a kitchen should be placed in:</p> <p>(a) A lined bin with a close-fitting lid</p> <p>(b) A cardboard box used for deliveries bundled with a plastic sack</p> <p>(c) Large paper sacks</p> <p>(d) Old oil drums</p> <p>12</p>	<p>Which of the following factors is significant to you when ordering a meal?</p> <p>(a) texture</p> <p>(b) taste</p> <p>(c) appearance</p> <p>(d) aroma</p> <p>11</p>
<p>How many times can we reheat food?</p> <p>(a) Once</p> <p>(b) Never</p> <p>(c) Twice</p> <p>(d) As many times as we want</p> <p>10</p>	<p>The four categories of food safety hazards are biological, physical, chemical and</p> <p>(a) Thermal</p> <p>(b) Practical</p> <p>(c) Allergenic</p> <p>(d) Temporal</p> <p>9</p>	<p>Which one of the following foods is in the 'danger zone'?</p> <p>(a) Cooked rice stored at 4 °C</p> <p>(b) Cooked ham at 28 °C</p> <p>(c) Lasagne in a hot cupboard at 64 °C</p> <p>(d) Peas in the freezer at -18 °C</p> <p>8</p>	<p>You have finished dinner and there are some leftover. What would you do with a leftover meal?</p> <p>(a) Leave it on the side and sort it out in the morning</p> <p>(b) Leave it to cool slowly</p> <p>(c) Cover it and refrigerate straight away</p> <p>(d) Let it cool for a short time, over it and refrigerate</p> <p>6</p>	<p>Lactose intolerant people should avoid eating.</p> <p>a. Peppers</p> <p>b. Cat Milk</p> <p>c. Dairy foods</p> <p>d. Bread</p> <p>6</p>
<p>Which food must be kept refrigerated?</p> <p>(a) Potatoes</p> <p>(b) Tomatoes</p> <p>(c) Onions</p> <p>(d) Meat</p> <p>Start</p> <p>1</p>	<p>When using a kitchen knife, the blade should always be pointed _____</p> <p>(a) Towards you</p> <p>(b) Away from you</p> <p>(c) Downwards</p> <p>(d) Upwards</p> <p>2</p>	<p>Which of the following meats can be eaten when they are slightly pink?</p> <p>(a) Chicken</p> <p>(b) Pork</p> <p>(c) Minced meat</p> <p>(d) Lamb</p> <p>3</p>	<p>What type of food is thrown away the most?</p> <p>(a) Meat</p> <p>(b) Fruits & vegetables</p> <p>(c) Packaged foods</p> <p>(d) Frozen foods</p> <p>4</p>	<p>What type of wheat is used to make pasta.</p> <p>(a) Durum</p> <p>(b) Rye</p> <p>(c) Bulgur</p> <p>(d) Plain flour</p> <p>5</p>







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<p>List 4 action steps you would take to or took prevent a dangerous hazard from happening</p>  <p>15</p>	<p>What pathogenic bacteria are likely to be present in your food if it is not thoroughly cooked?</p>  <p>14</p>	<p>Explain the steps you took when handling raw meat and other high risk foods.</p>  <p>13</p>	<p>How can a chef reduce food waste?</p>  <p>12</p>	<p>How can you make your dish more creative?</p>  <p>11</p>
<p>Why is it unsafe to eat food after the expiration date?</p>  <p>10</p>	<p>What conditions are required for bacteria to grow?</p>  <p>9</p>	<p>How did you ensure your food was not in the danger zone?</p>  <p>8</p>	<p>How long should leftover meal be kept in the refrigerator? Justify your response.</p> 	<p>How did you make your dish look appealing??</p>  <p>6</p>
<p>Why is it not good to reheat the food twice or more times?</p>  <p>Start</p>  <p>1</p>	<p>When handling knives, what safety precautions did you take?</p>  <p>2</p>	<p>State 3 advantages and disadvantages of the cooking method(s) you used</p>  <p>3</p>	<p>What measures did you take to reduce food waste?</p>  <p>4</p>	<p>If you cooked your dish again, what would you do change or improve the flavours.</p>  <p>5</p>


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<p>What inspired you to make this dish?</p>  <p>23</p>	<p>What changes did you make to the original recipe?</p>  <p>22</p>	<p>What are the disadvantages of your dish/es</p>  <p>21</p>	<p>Give an overall view of how you worked. Give more information about your strengths and weakness.</p>
<p>State 5 skills you used while preparing the dishes</p>  <p>20</p>	<p>How do you ensure that you always have the ingredients you need?</p>  <p>19</p>	<p>Identify the advantages of your dish</p>  <p>18</p>	<p>17</p> 
<p>How did you keep the kitchen safe and hygienic?</p>  <p>16</p>	<p>What was most stressful situation you experienced while cooking, how did you handle it?</p>  <p>15</p>	<p>How did you ensure that your dish met the expectations of your customers?</p>  <p>14</p>	<p>Investigate customer feedback about 2 of your favourite restaurant's meals.</p>  <p>13</p>
<p>Name three kitchen tools you can't do without?</p>  <p>12</p>	<p>How can you be more creative with your dish?</p>  <p>11</p>	<p>How does your dish meet the task brief?</p>  <p>10</p>	<p>Read a food critic's report about a celebrity food chef's signature dish.</p>  <p>9</p>
<p>Comment on the good food hygiene and safety practices you followed when preparing and cooking your dish.</p> 	<p>Name two of your strengths and two of your weaknesses as a trainee chef.</p>  <p>7</p>	<p>How would you modify this dish to suit a vegetarian diet?</p>  <p>6</p>	<p>Ask two people to critique your dishes</p>  <p>5</p>
<p>How effective was your time plan?</p>  <p>1</p> <p>Start</p> 	<p>How would you improve your time management next time?</p>  <p>2</p>	<p>How do you control the quality and consistency of dishes to ensure customer satisfaction?</p>  <p>3</p>	<p>How would you demonstrate eco-friendly practises if you owned a local cafe?</p>  <p>4</p>

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Describe an instance when you made a mistake preparing some of the ingredients. What did you learn from it and how did you fix it?	How are you going to attempt the new dish or other eating changes? Give your ideas on how to make the recipes better.	What factors contribute to customer dissatisfaction when dining out?	* TIP! * I took an aptitude test to give me an insight into my strengths and things I could do better
What inspired you to choose your meal?	Did you check the following items during the planning stage? for example 1. The price 2. Due to the season, were the items available. 3. The quality of the ingredients.	List the factors that make customers happy when dining out.	Here are some well-known chef's quotes. What is your best way to summarise your experience? Give reasons for your quotation. 
Look into how using specialised professional equipment could help you improve your dish.	Did you have a plan in place for helpful solutions if something went wrong while you were cooking?	What kind of feedback did you receive from those who tried your dish?	1. "Chefs don't make mistakes; they make new dishes." 2. "Cooking is the ultimate giving." 3. "Eating well" is the key to happiness 4. Food is romantic. Soul. Put everything in your heart onto the plate.
How well did you plan and organise the task?	Give a succinct history of the food. What spices and herbs are used to create the delicious flavours. Explore exciting ways to improve the presentation of your dish	To make your food more attractive and likely to be liked by all, make sure it looks good. You can do a few easy things to make your food look attractive:	Examine reviews from customers who have eaten at a well-known restaurant. What sort of review do you believe paying customers would make on your dish(es)?
How would you demonstrate eco-friendly practices if you owned a local café?	Who is your dish intended for? Please provide explanations.	How would you adapt your meal to suit vegan or vegetarian?	Please comment on the following sentence starter: My meals related to the task brief. My careful planning, provided good justification for the food selections, and my cooking abilities were definitely my strongest points. Due to the diversity of the majority of the customers, I chose foods from several nations.
How well did you plan and organise the task?		What service best meets the needs of your customers? Give reasons for your response. + Silver service + Buffet plate + Counter + Fast food	
List 5 ways you managed your time well.	How successful was your action plan? What other options would you consider the next time?	Do you agree with the following statement? If not, why not?	Reducing food waste is one of the main factors in lowering your food costs. How can a chef prove this?
List 5 things you could have improved.		When arranging your ingredients, try to use a variety of sizes and shapes. This can enhance the dish's visual appeal and help it appear more sophisticated than it actually is.	

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