Exam Topics

I. Keeping Food Safe
   • Introduction to Food Safety
   • Good Personal Hygiene
   • Preventing Hazards in the Flow of Food
   • Food Safety Management Systems
   • Cleaning and Sanitizing

II. Professionalism and Understanding Standard Recipes
    • Professionalism
    • Using Standardized Recipes

III. Equipment and Techniques
    • Foodservice Equipment
    • Getting Ready to Cook
    • Cooking Methods
    • Cooking and Nutrition

IV. Preparing Food
    • Stocks, Sauces, and Soups
    • Fruits and Vegetables
    • Potatoes and Grains
    • Breakfast Food and Sandwiches
    • Salads and Garnishing
    • Meat, Poultry, and Seafood
Sample Questions

1. Which variety of potato is often irregularly shaped?
   a. New
   b. Idaho
   c. Russet
   d. All-purpose

2. As potatoes age, their starch content
   a. increases.
   b. decreases.
   c. becomes neutral.
   d. stays the same.

3. Who authored De Re Coquinaria, one of the earliest known cookbooks?
   a. Carême
   b. Apicius
   c. Epicurus
   d. Boulanger

4. An association of people with similar interests or professions is called a
   a. café.
   b. guild.
   c. lesche.
   d. phatnai.

5. What scientific technique did Nicolas Appert develop?
   a. Heating milk to remove harmful bacteria
   b. Discovering vitamins to promote better health
   c. Canning foods to keep them fresh and safe to eat
   d. Wrapping food in vacuum-sealed plastic to preserve it