

Task 1: Personal Hygiene

LIST 3 things that a chef must do before turning up for work (3)

-
-
-

NAME three things that a chef must do before preparing food and EXPLAIN why they are important (6)

-
-
-

Staphylococcus Aureus is a bacteria often found in the nose, throat and intestine/gut of humans. IDENTIFY three examples of how food could be contaminated with this bacteria. (3)

-
-
-



Mark

12

Task 2: Organisation of a professional kitchen

The ranks of staff in a professional kitchen all need each other and are:

- Kitchen porter
- Apprentice
- Commis chef
- Chef de Partie
- Sous Chef
- Head Chef

From the presentation we have discussed in class and using your own research online NAME one responsibility that each rank of employee has in a professional kitchen (6)

Mark

6



Kitchen porter

Apprentice

Commis chef

Chef de Partie

Sous Chef

Head Chef

Task 3: Preparation equipment

IDENTIFY a piece of equipment commonly used to lift delicate food items and spread fillings/ coatings for cake _____ (1)

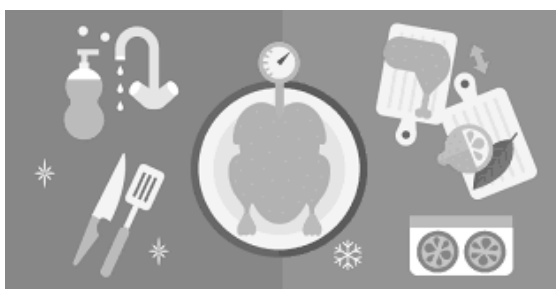
EXPLAIN why it is important to keep knives regularly sharpened (1)

List two uses of a fish slice (2)

-
-

Identify the correct uses for the following chopping boards: (7)

Blue	Red	Yellow
Green	White	Brown
Purple		



Task 4: Preparation techniques

DESCRIBE 3 steps towards making apple crumble, name the techniques used (3)

-
-
-

DESCRIBE in a **full sentence** each of the following preparation techniques: (4)

Whisk

Dice

Rub-in

Glaze

NAME three preparation or cooking techniques used making macaroni cheese (3)

-
-
-



Mark
/ 10

Task 5: Cross contamination

IDENTIFY two high risk foods (that bacteria grow well on) (2)

-
-

DESCRIBE two ways to prevent cross contamination (2)

-
-

NAME the four conditions required for bacteria to grow (4)

-
-
-
-

LIST two ready-to-eat foods (that will not be cooked again before eating) (2)

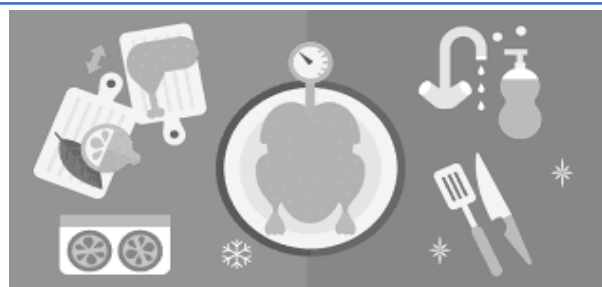
-
-

Where in the fridge should these be stored to avoid cross contamination (2)

Raw meat

Cream cake

Mark
/ 12



Task 6: Safety Rules

Mark
18

NAME one example for each of the following types of contamination: (5)

Chemical	
Metal	
Physical	
Plants	
Fish	



Fill in the correct temperature(s) for each of the following: (5)

- a) Fridge /chiller _____ to _____ °c
- b) The "danger zone" _____ to _____ °c
- c) Freezer _____ °c
- d) Reheat foods _____ °c
- e) Cook foods to at least _____ °c

LIST 2 safety rules to help avoid accidents for each of the following : (8)

Oven/hob
•
•
Knives
•
•
Hand held electric mixer
•
•
Sandwich toaster
•
•

Task 7: Cookery processes

STATE two foods that could be cooked by each of the following heat transfer methods: (6)

	FOOD 1	FOOD 2
CONVECTION ↻		
CONDUCTION ↑ ↑ ↑		
RADIATION ↓ ↓ ↓		

EXPLAIN the process of poaching and give an example of one food to poach (1)

IDENTIFY a method of cooking suitable for a tougher cut of meat and EXPLAIN your choice (2)

SELECT two healthy methods of cooking and EXPLAIN why each method is healthy (4)

- is healthy because

- is healthy because



Mark

13

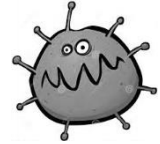


Task 8: Food Safety Quiz

For each of the following, circle the right answer (ONE answer except Q5):

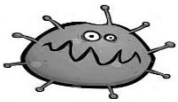
1. How can you tell if food has enough bacteria to cause food poisoning?

- a. It smells bad
- b. It tastes bad
- c. It looks bad
- d. You can't tell- it looks smells and tastes normal



2. High risk foods are ones which bacteria grow well on. Which of these are high risk foods?

- a. Dried uncooked rice and pasta
- b. Flour and powdered milk
- c. Fish, oysters and sushi
- d. Chocolate bars, boiled sweets

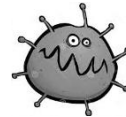


3. Low risk foods are ones that bacteria does not grow well on Which of these are low risk foods?

- a. Egg and egg products
- b. Raw and uncooked meats
- c. Dried, uncooked rice and pasta
- d. Pizza and meat sandwiches

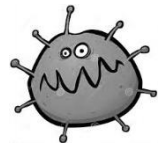
4. High risk foods such as chicken should be cooked to an internal core temperature of :

- a. 60 °C
- b. 75 °C
- c. 70 °C
- d. 150 °C



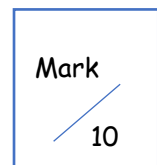
5. Which of the following may cause 'cross contamination' ? (circle each)

- a. Storing raw meat above cooked meat in a refrigerator
- b. Drying your hands on a tea towel
- c. Using anti-bacterial spray on a work surface
- d. Not washing your hands after handling raw chicken



6. Which is the correct temperature for a fridge and cold food display?

- a) 1 - 8 °C
- b) 10 - 12 °C
- c) 0 - 4 °C
- d) 5 - 15°C



7. What is the DANGER ZONE temperature range? ____ °C to ____°C



Task 9: Testing for readiness

Mark
/ 14



DESCRIBE two ways of testing that fish is cooked properly (2)

-
-

LIST the four different ways that a customer could request their steak to be cooked (4)

-
-
-
-

DESCRIBE how bread should look and 'sound' when it is cooked (2)



STATE what happens to cream when it is over-whipped? How do you avoid over whipping it? (2)

EXPLAIN what the term 'al dente' mean and which food should be served in this way ? (2)

In making meringue, DESCRIBE what the egg white should look like before you add the sugar (1)

When Pastry is 'baked blind' STATE what you look for to check the pastry is cooked enough (1)

Mark

7

Task 10: Problem solving

What should you do if a sauce is too thin? (1)

What should you do if a sauce/stew/soup is too salty? (1)

What should you do if a sauce has gone lumpy? (1)

What should you do if egg whites won't whisk up properly? (1)

What should you do if pastry is over-worked and greasy? (1)

What should you do to prevent pastry from shrinking? (1)

What should you do if the top of a cake is brown but the middle isn't cooked? (1)



N4 / 5

PRACTICAL COOKERY

Unit 1: Cookery Skills + Processes

Homework Booklet



Name

Class