



# ProStart<sup>®</sup> Pre-Test



1. **The primary reason for using herbs and spices is to**
  - A. add vitamins and minerals to food.
  - B. add flavor to food.
  - C. preserve the food's color.
  - D. shorten cooking time.
  
2. **To add air and make it light, butter should be**
  - A. beaten with a liquid such as milk or water.
  - B. gently mixed with a rubber scraper or wooden spoon.
  - C. refrigerated or placed in an ice bath until cold.
  - D. beaten vigorously.
  
3. **A 2-quart pitcher is used to measure**
  - A. liquid ingredients.
  - B. dry ingredients.
  - C. solid fats.
  - D. eggs.
  
4. **Sautéing is considered a**
  - A. dry-heat cooking method.
  - B. poaching method.
  - C. combination cooking method.
  - D. moist-heat cooking method.
  
5. **Adriana wants to serve meatballs with sauce. She should use a**
  - A. skimmer.
  - B. parissienne scoop.
  - C. measuring cup.
  - D. solid spoon.
  
6. **Christopher is preparing scrambled eggs for the breakfast buffet. In which pan should he place the eggs?**
  - A. Sheet pan
  - B. Roasting pan
  - C. Sauce pan
  - D. Hotel pan
  
7. **Shawna is making 6 loaves of bread. Which mixer attachment should she use?**
  - A. Pastry arm
  - B. Wing whip
  - C. Wire whip
  - D. Dough arm
  
8. **No more than \_\_\_% of an individual's total calories should come from fat.**
  - A. 20
  - B. 30
  - C. 40
  - D. 50
  
9. **A customer is on a low cholesterol diet. Which breakfast item should be ordered?**
  - A. Fruit salad
  - B. Scrambled eggs
  - C. Sausage
  - D. Bacon
  
10. **Which is NOT considered a healthy dietary guideline?**
  - A. Eat a variety of foods
  - B. Maintain a healthy weight
  - C. Use salt frequently
  - D. Eat plenty of fruits and vegetables
  
11. **The healthiest way to cook zucchini is to \_\_\_\_\_ it.**
  - A. steam
  - B. boil
  - C. pan fry
  - D. deep fry
  
12. **The club sandwich is an example of what type of sandwich?**
  - A. Open-faced
  - B. Grilled
  - C. Multidecker
  - D. Deep-fried

**13. The primary way to keep milk products safe and sanitary is to store them**

- A. at the appropriate temperature.
- B. in a cool, dark place.
- C. with other foods such as garlic and onions.
- D. in a loosely covered container.

**14. One advantage to using thinly sliced meats and cheeses in a sandwich is that thin slices**

- A. hold spreads better.
- B. can be piled higher, making the sandwich meatier.
- C. are more tender and make the sandwich easier to eat.
- D. are more cost-effective since less meat is needed.

**15. What is the maximum time that brewed coffee should be held?**

- A. 20 minutes
- B. 30 minutes
- C. 45 minutes
- D. 60 minutes

**16. Which potato dish is made of chopped meat, potatoes, and onions?**

- A. Grits
- B. Hash
- C. Hash browns
- D. Home fries

**17. Orientation is important in order to**

- A. familiarize new employees with their surroundings.
- B. teach job-related skills.
- C. correct tasks that are not being performed properly.
- D. set performance goals.

**18. A closed-ended question**

- A. can be answered with yes or no.
- B. encourages discussion.
- C. is typically based on a prejudice.
- D. cannot become part of the employee's file.

**19. Managers should evaluate employee performance**

- A. beginning on the first day of work.
- B. only when a mistake is made.
- C. whenever it is convenient.
- D. only before the employee's annual review.

**20. The type of training most similar to high school learning, that encourages group discussion and problem solving, is called**

- A. role play.
- B. group training.
- C. performance training.
- D. on-the-job training.

**21. A negative feeling toward people of a particular ethnic group that is not based on fact is called a**

- A. stereotype.
- B. prejudice.
- C. dialect.
- D. culture.

**22. Pasta salad served alongside a ham sandwich is considered a(n)**

- A. appetizer salad.
- B. accompaniment salad.
- C. main course salad.
- D. combination salad.

**23. To prepare parsley for use as a garnish, the parsley should be**

- A. soaked in ice water to open up.
- B. piled around the main food item.
- C. deep fried for a few seconds until crisp but green.
- D. sprinkled with sugar.

24. How many total ounces result when 7.28 ounces are added to 3.45 ounces?

- A. 3.83 oz
- B. 4.00 oz
- C. 10.73 oz
- D. 11.13 oz

25. There are 6, 8-oz containers of orange juice in the walk-in cooler. How many ounces are there in total?

- A. 2 oz
- B. 6 oz
- C. 14 oz
- D. 48 oz

26.  $32^{\circ}\text{F} = \underline{\hspace{1cm}}^{\circ}\text{C}$

- A. -18
- B. 0
- C. 18
- D. 32

27. A chef needs 3 lb trimmed cabbage. Cabbage has an 80% yield percentage. How much untrimmed cabbage is needed?

- A. 2.4 lb
- B. 3.27 lb
- C. 3.75 lb
- D. 24 lb

28. A lemon meringue pie yields 8 servings. If the total cost of the recipe is \$3.86, what is the cost per serving?

- A. \$0.48
- B. \$1.14
- C. \$2.07
- D. \$2.40

29. Fruits characterized by their thick skins, aromatic oils, and segmented flesh are called

- A. melons.
- B. citrus fruits.
- C. bananas.
- D. drupes.

30. Hard, starchy vegetables are best prepared by which method?

- A. Microwaving
- B. Grilling
- C. Stir-frying
- D. Boiling

31. Cabbage is considered a

- A. root vegetable.
- B. flower vegetable.
- C. stem vegetable.
- D. seed vegetable.

32. The total variable cost for last month was \$22,890 and 1000 customers were served. Calculate average cover.

- A. \$2.95
- B. \$14.92
- C. \$22.89
- D. \$228.90

33. Which formula is used to calculate food cost percentage?

- A. Sales/cost
- B. Cost/sales
- C. Variable cost/number of customers served
- D. Number of customers served/variable cost

34. Last week, 642 customers ate at Ricky's Roadhouse. Sales for the week totaled \$18,690. Calculate the average sale per customer.

- A. \$27.45
- B. \$29.11
- C. \$33.98
- D. \$45.00

**35. A customer's check subtotal is \$61.50. Sales tax is 8%. Calculate the check total.**

- A. \$4.92
- B. \$49.20
- C. \$66.42
- D. \$72.15

**36. At the end of the day the register reads \$1394.76 in gross receipts, contains \$624.80 in change, and has paid out \$316.42. Actual receipts will be**

- A. \$308.38.
- B. \$1394.76.
- C. \$1703.14.
- D. \$2019.56.

**37. Calculate the menu price of pasta with a raw food cost of \$0.85 using a straight three-fourths (3/4) mark-up.**

- A. \$1.13
- B. \$1.20
- C. \$1.49
- D. \$1.60

**38. For a server taking guests' orders, which of the following questions would demonstrate the most professional approach?**

- A. "What may I get for you?"
- B. "Ready?"
- C. "Figured out the menu yet?"
- D. "Hungry enough to order?"

**39. The most common types of potentially hazardous foods are ones that are moist and high in**

- A. calories, such as chocolate.
- B. fiber, such as broccoli.
- C. protein, such as meat.
- D. vitamins, such as grapefruit.

**40. Imagine that you are sanitizing dishes by hand in a three-compartment sink. After you have completed all the steps involving water, how should you dry the dishes?**

- A. By using a 100% cotton rag
- B. By using an electric hot-air blower
- C. By using disposable paper towels
- D. By letting them air dry in a rack

**41. The pH level of food is a measure of its**

- A. acidity or alkalinity.
- B. age and freshness.
- C. moisture or water content.
- D. temperature and texture.

**42. It is very important for foodservice professionals to know what the temperature danger zone is because**

- A. the temperature danger zone is an extreme level of heat that ruins the flavor of foods.
- B. the temperature danger zone is the temperature range in which harmful microorganisms grow best.
- C. customers who are allergic to certain foods may have questions about this zone.
- D. the temperature in refrigerator units must always be within this zone.

**43. Which of the following is an easy and accurate way to remember the difference between a surface that is "clean" and a surface that is "sanitary"?**

- A. A "clean" surface is free of visible dirt or waste, while a "sanitary" surface is free of invisible microorganisms
- B. A sanitary surface is not always clean
- C. Surfaces are sanitized first and cleaned second
- D. The word "clean" refers only to people, but the word "sanitary" refers to food, beverages, chairs, floors, and the entire environment of a foodservice operation

44. William manages a large restaurant in the Fairmount Hotel. Which of the following is an example of William using the first in, first out (FIFO) method?
- A. William makes sure that customers who arrive at 1:00 PM are finished eating before customers who arrived at 1:20 PM are finished eating
  - B. William uses food supplies in the order in which he receives them so that no goods are used after the expiration date
  - C. William promotes employees based on the number of years that they have worked at the restaurant
  - D. William makes sure that he is the first employee to arrive each morning and the first employee to leave at the beginning of the dinner shift
45. Why should drinking glasses not be stored near or above an ice machine?
- A. They could break, causing pieces of glass to get mixed in with the ice served to customers
  - B. They should always be stored no more than 3 feet above the ground
  - C. They should always be stored in the warmest section of a room
  - D. They could get dirty due to the cold air surrounding the machine
46. Which type of gloves should be worn when handling hot glassware?
- A. Steel mesh gloves
  - B. Leather work gloves
  - C. Safety mitts
  - D. Disposable plastic gloves
47. Karen is preparing food items to be placed in the salad bar of a university cafeteria. She notices that there are a few brown spots on the broccoli. Which knife should she use to trim the broccoli?
- A. Chef's knife
  - B. Paring knife
  - C. Slicer
  - D. Tourné

48. Which of the following is high in fiber?
- A. Eggs
  - B. Fish
  - C. Cheese
  - D. Fruits
49. Raymond is making two traditional club sandwiches. How many slices of bread does he need?
- A. 2
  - B. 4
  - C. 6
  - D. 8
50. Explaining important company personnel policies is usually part of what process?
- A. Screening
  - B. Orientation
  - C. Interviewing
  - D. Training
51. A pickle wedge served with a grilled tuna sandwich is an example of a
- A. garnish.
  - B. profiterole.
  - C. consommé.
  - D. dollop.
52. An example of a fixed cost would be the
- A. prime cost.
  - B. salaries for hourly wage employees.
  - C. total monthly cost for beer, wine, and soda.
  - D. rent on a building.
53. Giorgio's Restaurant often serves steamed carrots as a side dish. Giorgio purchases carrots for \$63 per case. Giorgio produces 180 portions of carrots from each case. What is the standard portion cost?
- A. \$0.28
  - B. \$0.35
  - C. \$2.85
  - D. \$3.50

54. Kathy is the manager of O'Hannon's Pub. She is reviewing a written record of how many apple turnovers the pub has sold every time the item has been on the menu. What is this record called?
- Popularity index
  - Production sheet
  - Sales history
  - Minimum stock control record
55. Which of the following is the highest quality grade of fresh fruits?
- U.S. No. 1
  - U.S. No. 2
  - U.S. No. 3
  - U.S. Extra Fancy
56. Which term refers to a process of coating baby carrots in honey to give them a glossy appearance?
- Glazing
  - Braising
  - Sautéing
  - Blanching
57. In March, the Downtown Diner had an opening inventory of \$33,480. Total purchases for the month were \$78,925. The closing inventory was \$26,311. What was the monthly food cost?
- \$19,134
  - \$59,791
  - \$71,756
  - \$86,094
58. At Jo's Delicatessen, the most popular item on the menu is a club sandwich which has a food cost of \$1.80. If Jo wants the club sandwich to have a food cost percentage of 25%, what should the menu price be?
- \$0.45
  - \$3.60
  - \$6.40
  - \$7.20
59. Bacteria are microscopic organisms that
- very rarely live in or on food.
  - humans can kill or remove with good personal hygiene.
  - improve the flavor of foods.
  - can live in animals but not in humans.
60. Chantal is an experienced manager at the Elm Street Restaurant. As she was walking through the kitchen she noticed that Richard, a chef, thoroughly washed his hands before he picked up some cauliflower for a vegetable soup. She was happy to see Richard do this. Chantal became very upset, however, when Richard started chopping the cauliflower on a cutting board that had been used several hours ago for slicing up chicken breasts. The cutting board had not been cleaned and sanitized. What is the most likely reason that Chantal became so upset?
- Richard is not preparing the soup quickly enough.
  - Chicken breasts and vegetable soup should not be prepared on the same day because they are rarely served together.
  - Cross-contamination can occur when food preparation surfaces are not cleaned properly.
  - Cauliflower is a common home for the dangerous bacteria salmonella.
61. Which of the following describes the best procedure to use when washing your hands?
- Wash with iodine in cool water.
  - Disinfect with hand sanitizer.
  - Wash with soap in hot water.
  - Wash with bar soap in ice water, then rinse with iodine.



**62. Bill recently received a shipment of cooking equipment including pans, a mixer, and a large blender. This equipment is in a box. The box is on a low shelf in a storage area. Bill isn't sure how heavy the box is but he needs to move it. What should he do first?**

- A. Lift the box while keeping his back straight
- B. Put one hand in the center of the bottom of the box and then lift it onto his shoulder
- C. Ask a server to help him lift it
- D. Carefully lift one corner of the box to see how heavy it is

**63. The Heimlich maneuver is**

- A. a method of extinguishing a fire.
- B. a way to assist someone who is choking.
- C. a communication program that requires managers to tell their employees about any chemical hazards in the work area.
- D. a method to restore the heartbeat of someone who shows no signs of life.

**64. Andre is an experienced American sous chef and Greg is a young assistant cook who grew up in West Germany. Andre and Greg are comparing customary U.S. measurement with metric units, which are commonly used in Europe. Andre wants to show Greg the metric units that are most similar to customary measures in the United States. Andre will show Greg that one ounce is the same amount as**

- A. 1 kilogram.
- B. 28 grams.
- C. 32 degrees Fahrenheit.
- D. 60 milliliters.

**65. Which of the following is true of fats and oils?**

- A. Fats are solid at room temperature and oils are liquid at room temperature.
- B. No fats or oils are necessary for proper nutrition.
- C. Oils come from animals and fats come from plants.
- D. The human body cannot store fat but it does store oil.

**66. The two greatest threats to food safety are bacteria and**

- A. dust.
- B. toxins.
- C. viruses.
- D. physical contamination.

**67. Pieces of broken glass, packaging material, and jewelry all can threaten food safety. They are examples of what kind of contamination?**

- A. Viral
- B. Physical
- C. Bacterial
- D. Chemical

**68. All of the following are steps in the HACCP food safety system except**

- A. assessing hazards.
- B. identifying critical control points.
- C. taking corrective action.
- D. contacting your local health department each month.

**69. The most common food thermometer is the**

- A. digital thermometer.
- B. time-temperature indicator (TTI).
- C. mercury-filled glass thermometer.
- D. bimetallic stemmed thermometer.

**70. In the HACCP food safety system, the first step is to**

- A. verify that the system is working.
- B. identify critical control points (CCPs).
- C. identify and assess potential hazards to food safety.
- D. set up an effective record-keeping system to document your food safety efforts.

**71. What is the most important factor in a customer's decision to return to an establishment?**

- A. The mission statement
- B. Customer service
- C. Suggestive selling
- D. The promotional campaign

**72. Hummus is a dip made of**

- A. peppers and onion.
- B. avocados.
- C. cream cheese.
- D. chick peas.

**73. What is the best way to prevent fresh fruits that have been cut from browning?**

- A. By covering them with a paper bag
- B. By placing them in the refrigerator
- C. By coating them with an acid as soon as they are cut
- D. By covering them with wax paper

**74. Guests who arrive at a restaurant just before closing should be**

- A. given a menu for take out only, since the dining room is closing.
- B. served quickly and hurried so that staff can go home.
- C. served, but be told business hours and informed that they will not be served should they visit this late again.
- D. served as other guests would be since they are entitled to the same service as everyone else.

**75. Identify the customer with special needs.**

- A. A customer who orders extra fries
- B. A man and a woman on a first date
- C. A customer who complains that the cola is flat
- D. A customer with a young child

**76. When choosing a restaurant, what factor do customers consider most important?**

- A. Price
- B. Location
- C. Portion size
- D. Quality of service

**77. When developing a service plan, the mission statement**

- A. describes an operation's business goals.
- B. outlines the operation's financial plan.
- C. describes the layout of the facility.
- D. gives customers a chance to provide feedback about their visit.

**78. The Hazard Communication Standard (HAZCOM) requires all employers to do which of the following?**

- A. Display an up-to-date version of OSHA poster No. 2203, "Job Safety and Health Protection"
- B. Provide reduced-sized laminated MSDS wallet cards to all employees
- C. Notify employees about chemical hazards present on the job and train employees to use these materials safely
- D. Post information on worker's compensation in the break room

**79. What fire extinguisher is used on a grease fire?**

- A. Class A
- B. Class B
- C. Class C
- D. Class D

**80. The employee who is applying mise en place is the one who**

- A. adds a pickle spear to a sandwich plate.
- B. washes and trims lettuce before assembling a salad.
- C. monitors and records the internal temperature of chicken.
- D. coats apple slices with lemon juice before placing them in a display case.