



Tertiary and Vocational Education Commission
Knowledge Assessment – March/ April 2021
Cook- National Vocational Qualification – Level 04



Time: 03 Hours

Instructions for the Candidates

- This question Paper Consists of two parts namely Part 1 & Part 2
 - This question Paper also includes Multiple Choice Questions and short answer questions
 - Part 1 - Choose the most suitable answer from the given four answers of each questions and mark as “X” in the appropriate places of the answer sheet given separately.
 - Answer any Six questions including the first question in Part 2
 - This question paper consists of 11 pages.
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Part 1

1. Cooking in Microwave Oven means
 - a. Cooking with fire flames
 - b. Cooking on high rays
 - c. Cooking directly with fire
 - d. Cooking on high heated iron net
2. What is rare matter found in Meat
 - a. Fat
 - b. Calcium
 - c. Protein
 - d. Carbohydrate
3. The cooking method preparation after daub in flour enwrapping the egg and bread crumbs is called
 - a. Roux
 - b. Pané
 - c. Saute
 - d. Terrine
4. According to the cooking meat in grill, RARE is explained as,
 - a. The appearance of the light color of blood after cooking
 - b. Appearance of color of blood after cooking
 - c. Well cooked in both sides
 - d. No appearance of Color of blood on both sides
5. The main type(s) of Glaze are
 - a. One
 - b. Two
 - c. Three
 - d. Four

6. Steel equipment is used to,
 - a. Remove bones from the meat
 - b. Cut vegetable into lean pieces
 - c. Thinning out Icing layer by layer
 - d. Sharpening the knife in the kitchen

7. The following is used to prepare Sabayon
 - a. Egg yolk and water
 - b. Boiled egg
 - c. Cooked egg whites and water
 - d. Cooked egg whites

8. The following sauce is made of Demi - glace,
 - a. Cocktail Sauce
 - b. Tartar Sauce
 - c. Mayonnaise Sauce
 - d. Robert Sauce

9. The following is most appropriate to cut according to macedoine method
 - a. Vegetable and lemons
 - b. Vegetables and fruits
 - c. Ginger and Garlic
 - d. Fruits and leaves

10. One of the methods describing to cut Troncon fish
 - a. Cross slice with bones of a round shaped fish
 - b. Cross slice with bones of a flat shaped fish
 - c. Slice of a fish with bones removed from the fish
 - d. Slice of a large fish with cross cut

11. What is primary factor for causing fire
 - a. Heat, Carbon, Gas
 - b. inflammatory material, Oxygen, Heat
 - c. Electricity, Heat, inflammatory material
 - d. Inflammatory material, Oxygen, Carbon

12. Salmonella Bacteria can be destroyed by
 - a. Use of deep freezing 18 -22°C
 - b. Chilling to 0C° – 4C°
 - c. Allowing in heat to more than 100C°
 - d. Using detergents

13. In a tourist hotel Full board (American plan) is referred as
 - a. One meal with lodging
 - b. Two main meals with lodging
 - c. Breakfast and lodging
 - d. Three main meals with lodging

14. The main raw materials to prepare “Chicken Khorma” are
 - a. Coriander and pepper
 - b. Coriander leaves and Curd
 - c. Condiments and Coconut milk
 - d. Fat and Ginger, Garlic Paste
15. The two raw materials included in White Sauce are,
 - a. Milk and tomato cut into small pieces
 - b. Milk and Big Onions
 - c. Milk and peces of cinnamon
 - d. Milk and crushed pepper seeds
16. To which animal Trotters belong to
 - a. Cattle
 - b. Sheep
 - c. Cock Bird
 - d. Pig
17. The type of food prepared with crushed potato
 - a. Roasted potato
 - b. Parsley Potato
 - c. Potato Herb
 - d. Mashed potato
18. The raw material not used the preparation of Prawn Cocktail is,
 - a. Mayonnaise Sauce
 - b. Boiled prawns
 - c. Potato ketchup
 - d. Fried prawns
19. The method of cutting vegetable for coleslaw salad is,
 - a. Brunoise
 - b. Macedoine
 - c. Julienne
 - d. Jardiniers
20. Dressing means,
 - a. Vinegar used for salad
 - b. Sweetener used for enhancing the taste of salad
 - c. The salt and pepper mixture used for salad
 - d. The type of sauce used for salad
21. The key factor affecting the safety of health when opening the kitchen is,
 - a. Fresh ventilation and light
 - b. The cleanliness of equipment and the kitchen
 - c. Washing hands and the wearing of uniform
 - d. Appropriate ventilation and disinfection

22. The time needed to cook $\frac{1}{2}$ kg of poultry is
- between 20 - 30 minutes
 - between 25 - 35 minutes
 - between 30 - 45 minutes
 - between 15 - 30 minutes
23. The method of boiling Root vegetable is
- The heat beginning of 100° boiling salt mixed water
 - The heat beginning of 0° oil mixed fresh water
 - The heat beginning of 0° salt mixed fresh water
 - The heat beginning of 50° fresh water and hot water
24. The most advantageous thing about cooking in Microwave is,
- Time and labour are saved
 - Many vessels can be used for cooking
 - Protection of food health
 - Quick heating of food that are cold
25. To which country “Carrot Halwa Desserts ” belongs to:
- Japan
 - India
 - China
 - Maldives
26. According to the food ACT the minimum height for food for storing stipulated is,
- 22 inches
 - 25 inches
 - 18 inches
 - 20 inches
27. The amount of fruits a healthy person should consume daily is
- 150 gm
 - 450 gm
 - 250 gm
 - 350 gm
28. The colour of the board used for cutting the fruit is,
- Yellow
 - White
 - Red
 - Green
29. The animal belongs to the cutting method of “Leg of Mutton” is,
- Pork
 - Beef
 - Mutton
 - Sheep

30. The amount of soup offered to an individual is,

- a. 500 ml
- b. 250 ml
- c. 200 ml
- d. 350 ml

(Marks 1 x 30 = 30)

Part 2

Answer Six Questions of the following including Question No.1

1. Name 12 cooking methods and explain the 12 methods of cooking (10 Marks)

2. Write the meanings of the following words

(10 Marks)

a)

- i) Beurre-Manie -
- ii) Cloute -
- iii) Egg wash -
- iv) Brunoise -
- v) Troncon -
- vi) Flesh -
- vii) Appetizer -
- viii) Gluten -
- ix) Salamander - Saute -
- x) Saute -

3.

a. Write a Menu for a Breakfast (Buffet) menu in a tourist hotel for local and foreign tourists (05 Marks)

b. Write a three course Lunch menu for an Indian national. (05 Marks)

4.

- a. Name the five main methods of cutting vegetables with the aid of a diagram
(05 Marks)

- b. Explain with examples the categorization of Stock with the assistance of a Chart.
(05 Marks)

5.

a. Name the main sections of a Kitchen of a Tourist Hotel

(05 Marks)

b. Explain the position and the responsibilities of kitchen staff of this hotel with the assistance of a chart of your preference

(05 Marks)

6. a. Explain the categorization of sauces using a chart (with examples) (05 Marks)

b. Name 05 types of International soups and name the countries related (05 Marks)

7. a. What is meant by “GLAZE” ? Name two different types (05 Marks)

b. Name the raw materials of Béchamel Sauce and name the supplementary White Sauce (05 Marks)

8.

a. Name the raw materials each for the of the following desserts and sweets

(05 Marks)

- i) Chocolate Mousse
 - 1.
 - 2.
 - 3.

- ii) Cheese Cake
 - 1.
 - 2.
 - 3.

- iii) Cabinet Pudding
 - 1.
 - 2.
 - 3.

- iv) Watalappan
 - 1.
 - 2.
 - 3.

- v) Sponge Cake
 - 1.
 - 2.
 - 3.

b. Select one of the cakes of your choice and write the raw materials and explain the 5 steps in preparation (05 Marks)