



Tertiary and Vocational Education Commission
Knowledge Assessment – April 2022
Cook
National Vocational Qualification Level 04



Time: 03 Hours

Instructions for the Candidates

- Answer all questions
 - In each of the questions from 1 to 50, pick the one of the alternatives (a), (b), (c), (d) which you consider is correct or most appropriate.
 - Mark a cross (x) on the number corresponding to your choice in the answer sheet provided.
 - This question paper consists of 07 pages.
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Part 1

1. Which of the following nutrition is rarely found in cooked meat?
 - a) Fat
 - b) Calcium
 - c) Iron
 - d) Carbohydrate
2. What are the two factors that should be considered when purchase fresh fruits and vegetables?
 - a) Quality and quantity
 - b) Quality and colour
 - c) Quantity and nature
 - d) Physical appearance and nature
3. Which of the following explains the Rare condition regarding the grill cooking of a steak meats?
 - a) Cooked outside and inside light blood colour
 - b) Grilled outside and inside blood colour
 - c) Grilled inside and outside well
 - d) No blood colour found inside and outside
4. The number of the main types of glaze are;
 - a) One
 - b) Two
 - c) Three
 - d) Four
5. Temperature range for keeping cooked meals before serving is;
 - a) 44°C - 66°C
 - b) 45°C - 60°C
 - c) 60°C - 100°C
 - d) 65°C - 72°C

6. A sub sauce which is made from the Demi-glace is;
 - a) Cocktail sauce
 - b) Tata sauce
 - c) Robert sauce
 - d) Cheese sauce
7. The suitable items used cut in the Macedonia method is;
 - a) Carrot and Lime
 - b) Carrot and Papaya
 - c) Ginger and Garlic
 - d) Papaya and Gotukola
8. Which of the following describes about one of fish cutting methods Darne?
 - a) A slice of a fish without bones
 - b) A cross-cut slice of a large fish
 - c) A slice of without bone of a fish
 - d) A cross-cut slice of a large fish
9. The place where canned food is stored;
 - a) In a dry storage
 - b) In a room temperature
 - c) In a warm and humid place
 - d) In a Chiller
10. The method to destroy Staphylococcus Bacteria that develop on ingredients used to cook foods is;
 - a) By Freezing
 - b) By chilling to 0°C - 4°C
 - c) By heating to 100°C
 - d) By apply detergents
11. The All-inclusive method in a tourism hotel is;
 - a) Three main meals with liquor and all type of cool drinks which produced by foreign countries
 - b) Three main meals with snacks and all type of cool drinks which produced by foreign countries
 - c) Three main meals with snacks and all type of cool drinks which produced by local country
 - d) Three main meals with snacks and liquor produced by local country
12. Tandoori Chicken is made by;
 - a) By boiling
 - b) By grilling
 - c) By frying
 - d) By keeping oven
13. Two ingredients of Cloute are;
 - a) Clove and Thyme
 - b) Clove and Bay leaf
 - c) Clove and Basil
 - d) Clove and Oregano

14. Trotters belong to;
 - a) Cow
 - b) Sheep
 - c) Cock
 - d) Pig
15. The type of food made from well chopped potatoes is;
 - a) Roast potato
 - b) Parsley potato
 - c) Duchess potato
 - d) Mash potato
16. The main ingredient that is used for prawn cocktail is;
 - a) Mayonnaise sauce
 - b) Worcestershire sauce
 - c) Tomato ketchup
 - d) Oyster prawns
17. The reason for the type of fire “A” is;
 - a) Firing of leaves, twigs, wood and cardboard
 - b) Firing of leaves, cardboard, metal and plastic
 - c) Firing of leaves, twigs, cardboard and plastic
 - d) Firing of leaves, cardboard, electric and oil
18. The most popular soup among the Italians is;
 - a) Tomato soup
 - b) Croissant soup
 - c) Tulang soup
 - d) Minestrone soup
19. The country belongs Pasta Kabonara is;
 - a) Africa
 - b) Italy
 - c) America
 - d) New Zealand
20. The breakfast where fruit or fruit juice, bread or toast bread, eggs, butter, jam, tea or coffee is served;
 - a) American breakfast
 - b) Sri Lankan breakfast
 - c) English breakfast
 - d) Continental breakfast
21. Ingredients that are most commonly used to prepare Indian foods;
 - a) Coconut oil and flour
 - b) Olive oil and flour
 - c) Ghee oil and Undu flour
 - d) Soya oil and Atta flour

22. Which of the followings are belongs to western herbs?
- Parsley/ Celery/ Lemongrass
 - Parsley/ Thyme/ Celery
 - Lemongrass/ Parsley/ Basil
 - Celery/ Lemongrass/ Parsly
23. Ingredients that are used to make Roux are;
- Same amount of Fat and Rice flour
 - Same amount of Fat and Wheat flour
 - Same amount of Fat and Kurakkan flour
 - Same amount of Fat and Corn flour
24. Caviar is;
- A dessert
 - A sandwich
 - A snack
 - A fish eggs
25. The method of prepare barbeque is;
- By grilling
 - By boiling
 - By burning
 - By keeping in the Oven
26. Poaching is;
- Cook while water boils
 - Deep frying
 - Boil in vapor
 - Cook when water closed to boiling point
27. The method of cutting vegetables to make Coleslaw salad is;
- Brunoises
 - Macédoine
 - Julienne
 - Jardinières
28. A dressing is;
- A type of a vinegar that is used for salads
 - A type of a cover that is used for salads
 - Salt and pepper that are used for salads
 - A sauce that is used for salads
29. The main factor that affects the environment of kitchen health and safety is;
- Suitable ventilation and light
 - Washing places and daily wash
 - Remove garbage and wash hands
 - Good ventilation and daily wash

30. Simmer means;
- Seasoning
 - Heating at low temperature
 - Scratching
 - Filtering
31. The method used to store and release ingredients used which use for cooking food is;
- What comes first should be released later
 - What comes first should be released first
 - What comes today should be released today
 - Everything should be released in a mix
32. Four (04) main departments in a hotel are;
- Maintenance / Accounts / Supply / Repair Department
 - Housekeeping / Front office /Repair/Accounts
 - Front Office/Kitchen/Restaurant & Bar/House Keeping
 - Restaurant and Bar / Kitchen / front office / Accounts Departments
33. What are the three major causes of fires?
- Oxygen/ Fire spark/ combustion feed
 - Nitrogen/ Hydrogen/ Carbon
 - Oil/ nitrogen/ Hydrogen
 - Magnesium/ Sulfate/ Carbon
34. The white colour chopping board used for;
- To cut Vegetables
 - To cut bakery item
 - To cut fish
 - To cut fruits
35. The standard certification for foods in Sri Lanka is;
- HACCP
 - SLS
 - Food Technology Certificate
 - Food cleaning certificate
36. Method of limit a small gas fire in a kitchen is;
- Use fire blanket
 - Use water
 - Use fire extinguisher
 - Use sand
37. **Disadvantage** of the Microwave cooking is;
- Save time and money
 - Can use various type of pots
 - Unable to cook all foods
 - Easy to heat cold foods

38. The country belonged "Carrot Halwa" dessert is;
- Japan
 - India
 - China
 - Maldives
39. Factors that are needed to be considered when storing various types of ingredients in a kitchen are;
- Temperature, Ventilation, Hygiene and pH value
 - Temperature, Aeration, Hygiene and water level
 - Temperature, Aeration, Hygiene and pH value
 - Temperature, Ventilation, Hygiene and water level
40. Which of the following is prepared by adding salt and pepper to the seasoned flour mix and wrapping around eggs and bread crust and frying?
- Roux
 - Pane
 - Saute
 - Terrine
41. A thickening agent that is used for local food is;
- Roux
 - Coconut milk
 - Corn flour
 - Tomato
42. Sushi Rice is belongs to;
- Sri Lanka
 - Japan
 - India
 - Italy
43. Tandoori is the indigenous and popular cooking method of;
- Maldives
 - Madagascar
 - India
 - Iran
44. The most suitable use of Food thermometer is;
- To measure the temperature of hot foods
 - To check whether meat and fish cooked on a right temperature
 - To keep foods from spoiling
 - To measure the temperature of all foods
45. Countries that sell high quality meats are;
- Australia, New Zealand
 - New Zealand, Brazil
 - Australia, Brazil
 - New Zealand, Africa

46. Major nutrient content in boned fish is;
- a) Protein
 - b) Fat
 - c) Calcium
 - d) Iron
47. The flavor used make Milk shake is;
- a) Vanilla Sweetener
 - b) Sherbet Syrup
 - c) Almond flavor
 - d) Fanta
48. The blending ratio of Cordial is;
- a) 2:5
 - b) 2:9
 - c) 10:1
 - d) 1:7
49. A Fresh herb used to make iced tea is;
- a) Parsley
 - b) Celery
 - c) Mint leaves
 - d) Basil
50. An ingredient that is used to retain the colour of an apple juice is;
- a) Sugar
 - b) Lime juice
 - c) Ice water
 - d) Hot water

(01 x 50 = 50 Marks)



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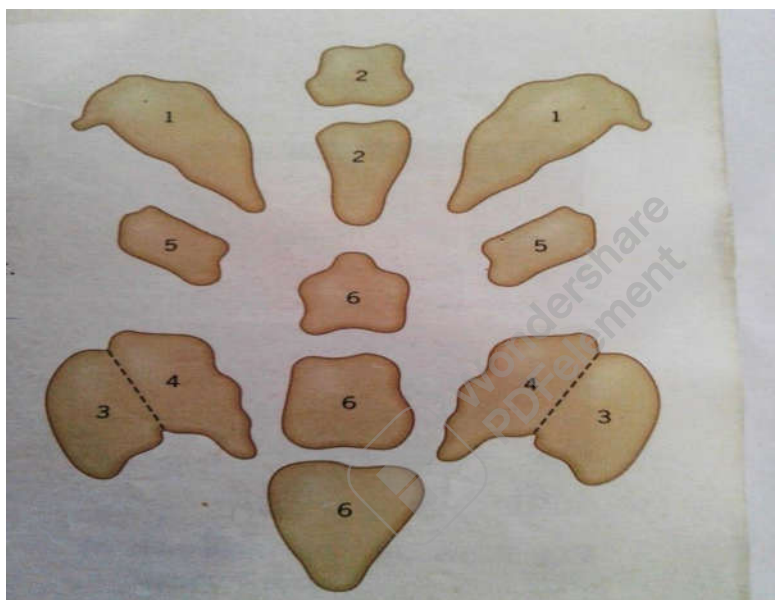
- Answer five (05) Questions including First (1) Question (First (01) question is compulsory and total number of questions should be answered is five (05)).
- Answer the questions in the spaces provided in the same question paper
- This question paper consists of 06 pages.

Part 2

1.

a) Name the parts of the animal in the diagram shown below.

(05 Marks)



1		4	
2		5	
3		6	

b) Name the five (05) methods of cooking beef and explain those methods.

(05 Marks)

2.

- a) Name the main departments of organization of a production kitchen in a tourist hotel and briefly explains the services provided by those departments

(05 Marks)

- b) Explain the staff of the kitchen according the designations by using appropriate table.

(05 Marks)



3. A young couple arrives to Sri Lankan tourism hotel from a foreign country. The wife is allergic only to beef and pork. The husband is an Indian person and he likes to have an Indian foods.

- a) Write a suitable menu for the above couple.

(05 Marks)

b) Write down one reason for each dish of the menu that you have written.

(05 Marks)

4.

a) Write five factors should be considered when making Stock.

(05 Marks)



b) Explain the classification of Stocks by using an appropriate table.

(05 Marks)

5.

- a) Explain the classification of sauces using a table.

(05 Marks)

- b) Name the ingredients of the Brown sauce and describe the method of making it.

(05 Marks)



6.

- a) Name five major methods of cutting fish separately with illustrations.

(05 Marks)

b) Explain the classification of fishes using a table.

(05 Marks)

7.

a) Match the suitable word with relevant phrase.

(2.5 Marks)

Word	Write the correct English Alphabet	Phrase
1. Water		A. Protein made by mixing flour and water
2. Lime		B. The method of frying in deep or shallow oil in brown colour
3. Gluten		C. Used for decorate soups
4. Paysanne		D. Citric acid
5. Rissoler		E. Kidneys, Liver
6. Croutons		F. The equipment used to keep food hot.
7. Offal		G. A type of coffee
8. Bain marie		H. To maintain blood concentration
9. Mashed		I. Vegetables cut in various shapes
10. Cappuccino		J. Boil the potatoes and crush well

b) Name five (05) type of tea served in International cooking.

(2.5 Marks)

c) Mark the Correct sign (✓) for the correct sentence or wrong sign (x) for the wrong sentence.
(2.5 Marks)

1. The broiling means cooking on a salamander
2. Sake is made by using rice and bamboo shoot
3. Salad should be added to make meal perfect
4. It takes thirty minutes to boil a vegetable stock
5. Cordial is not a high concentrated juice drink

d) Explain names of each garbage bins with colours used in kitchen.

(2.5 Marks)