



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



Time: 1 1/2 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.

Part 1

1. Which of the following nutrients are abundantly available in Garlic is;
 - a) Protein, Calcium, Vitamin B and Vitamin C
 - b) Calcium, Carbohydrates and Protein
 - c) Vitamin A and C, Calcium and Protein
 - d) Protein, Calcium, Vitamin A and Carbohydrate
2. The method of cooking under Pot roasting is;
 - a) Dry Cooking
 - b) Cooking with vapor
 - c) Cooking with hot vapor
 - d) Cooking with all of the above three methods
3. The ingredient that are used as thickening agent for curries are;
 - a) Coconut milk, Corn flour, Grain flour, Coconut water
 - b) Coconut milk, Grains, Potatoes, Fenugreek
 - c) Grain flour, Potatoes, Corn flour, Fenugreek
 - d) Grain flour, Fenugreek, Corn flour, Coconut milk
4. The most suitable method of cooking Okra is;
 - a) Salted Luke warm water
 - b) Salted boiling water
 - c) Salted ice water
 - d) Salted warm water
5. The fruit that is suitable for deep frying after immersing in batter is;
 - a) Beli fruit
 - b) Orange
 - c) Papaya
 - d) Banana

6. The ingredient that is used to soften beef is;
 - a) Citrus
 - b) Papaya
 - c) Tamarind
 - d) Milk
7. The soup that can be garnished with vegetables that have been cut by Julienne method;
 - a) Consommé (Consommé)
 - b) Carrot Soup
 - c) Vegetable Soup
 - d) Broth Soup
8. The buffet service is belongs to;
 - a) Germany
 - b) China
 - c) France
 - d) America
9. Which of the following food is decomposed in a short period of time when it is consumed at room temperature;
 - a) Grains
 - b) Animal foods
 - c) Fruits
 - d) Vegetables
10. The pH 7 is referred as;
 - a) Increased acidity
 - b) The neutral value
 - c) Increased alkalinity
 - d) The value of efficiency
11. Steel is used for;
 - a) To remove bones from meat
 - b) To sharpen the knives
 - c) To thin as layers
 - d) To chop finely
12. What is the colour of board that is used to cut raw meats?
 - a) Yellow
 - b) Red
 - c) Brown
 - d) Green
13. Which are the primary factors that cause the fire?
 - a) Heat, Carbon, Gas
 - b) Combustion materials, Oxygen, Heat
 - c) Electricity, Heat, Combustion materials
 - d) Combustion materials, Oxygen, Carbon

14. Which are the correct ingredients needed to make clear soup consommé?
 - a) Egg White, Brown Stocks, Vegetables
 - b) Mince beef, Egg yolk, Vegetables
 - c) Egg white, Minced beef, Brown stocks
 - d) Minced beef, Egg white, Stocks, Vegetables
15. A cold drink is served at the temperature of;
 - a) 5°C
 - b) 1°C
 - c) 15°C
 - d) 2°C
16. The most accurate method to make Veloute sauce is;
 - a) White stock and White Roux
 - b) White stock and Blond Roux
 - c) White stock and Brown Roux
 - d) White stock and White milk
17. Ingredients that belongs to Chasseur sauce are;
 - a) White wine and button mushrooms
 - b) Red wine and tomato concasse
 - c) Red wine and demi glaze
 - d) Red wine and button mushrooms
18. The foods that can be cut into Macédoine shape are;
 - a) Vegetables and boiled eggs
 - b) Vegetables and fruits
 - c) Vegetables and chicken
 - d) Vegetables and fish
19. The Loin is belongs to the body part of ;
 - a) Cow
 - b) Goat
 - c) Pig
 - d) Sheep
20. The cutting shape of Fillet is;
 - a) A slice that has been cut across
 - b) A Sliced piece after removing the bones
 - c) The strips that have been cut in the shape of fingers
 - d) The fish that has been rolled
21. Ingredients used to prepare Demi- Glaze sauce is;
 - a) Brown Sauce + White Stocks
 - b) Brown Sauce + Brown Stocks
 - c) Brown Sauce + White Milk
 - d) Brown Sauce + Blond Stocks

22. The most suitable ingredient that is used for Fish stocks is;
- a) Oil fish bones
 - b) Sea fish bones
 - c) White fish bones
 - d) Red fish bones
23. Which of the followings are most suitable for frozen foods;
- a) Smoked Beef, Bacon
 - b) Smoked Fish, Fruit
 - c) Smoked beef, Eggs
 - d) Smoked beef, Vegetable
24. The most influential factors that effect on the health and safety of the kitchen are;
- a) Floor and flowing water
 - b) Suitable air and garbage disposal
 - c) Suitable air and flowing water
 - d) Suitable air and lighting
25. Which of the following staff is called as chef De Cuisine;
- a) Sauce Chef
 - b) Head Chef
 - c) Acting Head Chef
 - d) Chef De Partie
26. The ingredient that is necessary for Vinaigrette Dressing is;
- a) Corn oil
 - b) English Mustard
 - c) Sugar
 - d) Oregano
27. The ingredient that is used to prepare Cream tomato soup are;
- a) Fresh tomato, Tomato puree, Beef Stock, Fresh cream
 - b) Margarine, Fresh tomato, Wine, Fresh cream
 - c) White stock, Fresh tomato, Bouquet Garnie, Fresh cream
 - d) Fresh tomato sauce, Fresh cream, Tomato puree, Bouquet Garnie
28. The most suitable cooking method to make Doughnuts is;
- a) Baking
 - b) Shallow frying
 - c) Roasting
 - d) Deep Frying
29. Which of the following is a substitute for the appetizer when serving a western meal for the lunch is;
- a) Salad
 - b) Juice
 - c) Yoghurt
 - d) Noodles

30. The amount of a soup served per person in an A la cart Menu is;
 - a) 350ml
 - b) 250ml
 - c) 200ml
 - d) 300ml
31. The most suitable type of sauce that is used for Club sandwich is;
 - a) Cheese sauce
 - b) Thousand island sauce
 - c) Parsley sauce
 - d) Tomato sauce
32. The type of pastry that is used instead of Tart is;
 - a) Choux Pastry
 - b) Puff Pastry
 - c) Sugar Pastry
 - d) Short Pastry
33. Which of the following is served using cheese sauce;
 - a) Roasted Mutton
 - b) Boiled fish
 - c) Grilled herrings
 - d) Deep fried fish
34. The meal plans that are used in a tourism hotels are;
 - a) Full board, Bed and breakfast, Half board, Room only
 - b) Room only, Half board, Full board, Breakfast
 - c) Bed, Room only, Half board, Full board
 - d) Full board, Bed, Breakfast, Room only
35. What should be done after taking meats and fish out of the freezer;
 - a) Transfer to the normal refrigerator
 - b) Keep at normal ambient temperature
 - c) Put in hot water
 - d) Put in cold water
36. Which of the following is not a type of herb;
 - a) Thyme
 - b) Turmeric
 - c) Tarragon
 - d) Bay leaf
37. The divisions that are belongs to a commercial kitchen of a tourism hotel are;
 - a) Sauce, Larder, Pastry hot kitchen
 - b) Hot kitchen, Cold, Butchery, Pastry
 - c) Sauce, Cold, Larder, Pastry
 - d) Hot kitchen, Larder, Sauce, Pastry

38. The main changes that are occurred during the cooking of meats;
 - a) Acidity of the meat is decreases and size becomes smaller.
 - b) Color of meat is changed and thickness is increased.
 - c) Piece of meat becomes smaller and acidity is increased.
 - d) Thickness of meat fiber is increased and piece of meat become smaller
39. Which of the following is a type “A” fire;
 - a) Fire that is caused by watery organic substance.
 - b) Fire that is caused by materials
 - c) Fire that is caused by gas
 - d) Fire that is caused by metals
40. The ingredients that are used for Chinese cookery are;
 - a) Soya sauce, Oyster sauce, Rice wine vinegar
 - b) Soya sauce, Red wine vinegar, Volute sauce
 - c) Oyster sauce, Tomato sauce, Sesame oil
 - d) Soya sauce, White sauce, Tomato sauce
41. The ingredients that are used to prepare Spring rolls are;
 - a) Chicken, Noodles, Eggs
 - b) Spring rolls, oil, Chicken
 - c) Chicken, eggs, oil
 - d) Spring rolls, eggs, oil
42. HACCP is;
 - a) A scientific method of food preservation
 - b) A system for standardizing food safety
 - c) A method of measuring for classifying the hotels
 - d) A standard method of food preparation
43. The type of glass that is used to serve seafood cocktail is;
 - a) Margarita Glass
 - b) Sherry Glass
 - c) Red Wine Glass
 - d) Cocktail Glass
44. The standard temperature range of the Danger zone where bacterial growth is occurred in food is;
 - a) 28°C- 32°C
 - b) 05°C-65°C
 - c) 05°C- 63°C
 - d) 05°C- 20°C
45. The group of factors that are necessary for the growth of bacteria is;
 - a) Temperature/ Moisture/ Foods
 - b) Temperature/ Lighting/ Foods
 - c) Germs/ Temperature/ Lighting
 - d) Humidity/ Lighting/ Time

46. Scum is;
- a) A method of cooking food
 - b) A method of serving foods
 - c) The oil and foam that are formed when cooking the foods
 - d) The spices that are used for cooking foods
47. The main ingredient used to prepare Lassi is;
- a) Fresh milk
 - b) Curd
 - c) Sugar
 - d) Ice cubes
48. The ingredient that is used to prepare Fruit punch is;
- a) Sugar Syrup
 - b) Whipping Cream
 - c) Vanilla Essenes
 - d) Gelatin
49. The ingredient that is used to enhance flavor of Hot Chocolate is;
- a) Vanilla Essence
 - b) Cinnamon Bar
 - c) Almond Essence
 - d) Sherbet Syrup
50. The method of preparing to fry after scrolling on the flour that is seasoned with salt and pepper and subsequently in eggs and bread crumbs is called as
- a) Roux
 - b) Pane
 - c) Sauté
 - d) Terrine

(01 X 50 = 50 marks)



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



Time: 1 1/2 Hours

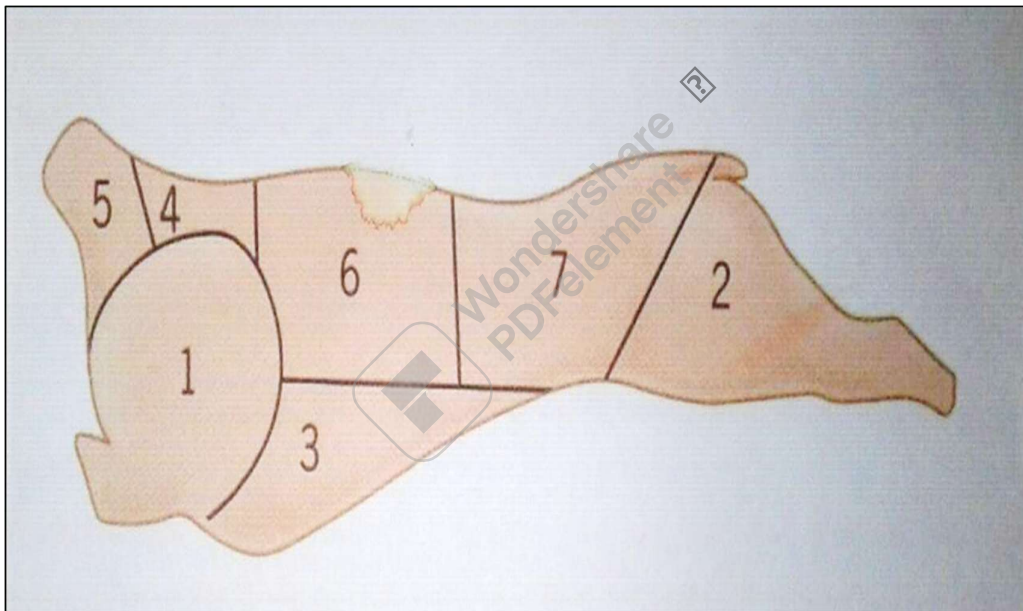
Instructions for the Candidates

- 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 09 pages.

Part 2

1.

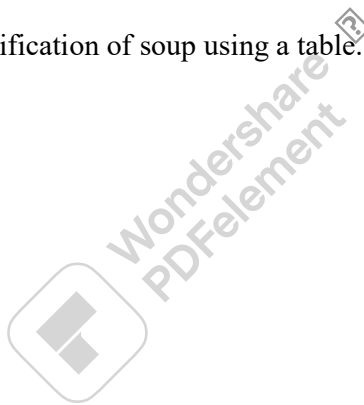
- i). Name the parts of diagram of an animal shown below. (07 marks)



| | | | |
|---|--|---|--|
| 1 | | 5 | |
| 2 | | 6 | |
| 3 | | 7 | |
| 4 | | | |

- ii). Name three (03) methods of cooking pork and briefly describe each of them.
(03 marks)

2.
i). Write down the classification of soup using a table. (05 marks)



- ii). Name five (05) types of international soups and mention relevant countries of them. (05 marks)

3.

- i). Name four (04) breakfast menus served in tourism hotel and write down one type of foreign menu.

(06 marks)

ii). Write down a lunch menu for an Italian person.

(04 marks)

4.

i). What is hygiene? Name the main types of hygiene and describe each of them briefly.

(2.5 marks)

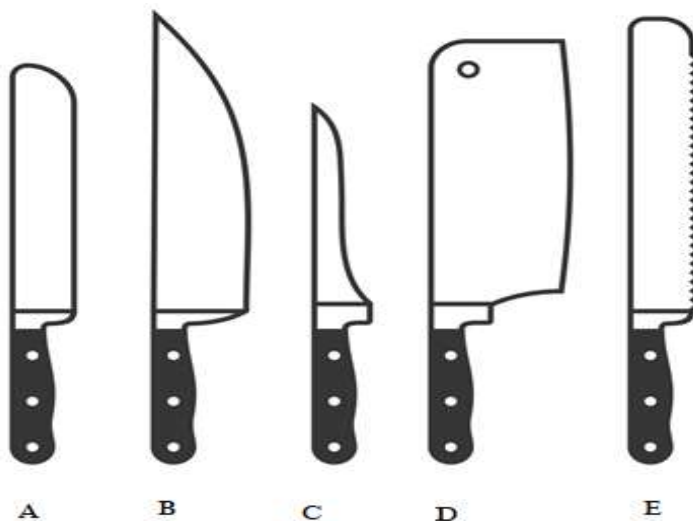
- ii). Sketch a diagram of the uniform of chef and name the parts. Write down five (05) things that you would be expected by providing a uniform for the chef. (2.5 marks)

- iii). Match the followings appropriately by writing the English letter that indicates the sentence. (05 marks)

| | Word | English letter that indicates correct sentence | Sentence |
|----|-------------------|---|---|
| 1 | Thiamine | | A. Every type of meat |
| 2 | An alkaline index | | B. Method of cut fish |
| 3 | Flesh | | C. Kidneys |
| 4 | Darne | | D. A type of a vitamin |
| 5 | Offal | | E. The irregular method of cutting vegetables |
| 6 | Mireoir | | F. A type of bacteria that grows in milk |
| 7 | Demi-glaze | | G. A short eat |
| 8 | Salmonella | | H. pH value |
| 9 | Canape | | I. A type of bacteria |
| 10 | Lactobacillus | | J. A main type of sauce |

5.

- i). Name the following type of knives shown below and briefly describe the function of each of the knives with examples. (05 marks)



| | | | |
|----------|--|----------|--|
| A | | D | |
| B | | E | |
| C | | | |

- ii). Write down the temperature and method of storing for following items shown below. (05 marks)

| Type of food | Temperature | Method of storing |
|-----------------|-------------|-------------------|
| 1. Meats | | |
| 2. Fish | | |
| 3. Fruits | | |
| 4. Green leaves | | |
| 5. Cool drinks | | |

6.

- i). Name the ingredients of Veloute sauce and briefly describe the method of preparation of it.

(2.5 marks)

- ii). Name five (05) sub sauces of Veloute Sauce. Briefly explain with the examples about the type of foods that are served with them.

(2.5 marks)



iii). Write down five (05) types of dairy drinks. (2.5 marks)

iv). Name five (05) types of salads and write down the dressings that are used for each of them. (2.5 marks)



7.
i). Write down five (05) major methods of cutting vegetables. (2.5 marks)

- ii). What is Roux? Briefly explain about the varieties of Roux with examples.
(2.5 marks)

- iii). Write down short notes for the followings. (05 marks)
- a) ISO 22000
 - b) HACCP
 - c) GLAZE
 - d) STOCKS

