

18/06/22/10 (CE12260-1) Theory

Cook

Interprovincial/Qualification

COUNSELLING INFORMATION

150 TOTAL QUESTIONS

Number of Questions

SECTION 1 HYGIENE, SANITATION AND SAFETY	13
Task 1 Performs safety and hygiene-related functions	5
Task 2 Practices food safety procedures	8
SECTION 2 COMMON OCCUPATIONAL SKILLS	11
Task 3 Uses tools and equipment	2
Task 4 Organizes work	1
Task 5 Manages information	1
Task 6 Manages products	2
Task 7 Performs trade activities	2
Task 8 Adapts cooking practices to meet dietary requirements	2
Task 9 Uses communication and mentoring techniques	1
SECTION 3 PRODUCE	12
Task 10 Prepares herbs and spices	3
Task 11 Prepares vegetables	5
Task 12 Prepares fruit	4
SECTION 4 STOCKS, BROTHS AND SOUPS	12
Task 13 Prepares stocks and broths	6
Task 14 Prepares soups	6
SECTION 5 SAUCES	13
Task 15 Prepares thickening and binding agents	4
Task 16 Prepares sauces	9

SECTION 6	CHEESE, DAIRY, DAIRY ALTERNATIVES, EGGS AND EGG PRODUCTS	10
Task 17	Uses cheese, dairy products and plant-based dairy alternative products	5
Task 18	Prepares eggs and egg-based dishes	5
SECTION 7	PASTAS, NOODLES, STUFFED PASTAS AND DUMPLINGS	10
Task 19	Prepares pastas and noodles	6
Task 20	Prepares stuffed pastas and dumplings	4
SECTION 8	GRAINS, PULSES, SEEDS, NUTS AND ALTERNATIVE PROTEINS	11
Task 21	Prepares grains and pulses	4
Task 22	Prepares seeds and nuts	3
Task 23	Prepares alternatives proteins	4
SECTION 9	MEATS, GAME POULTRY, GAME BIRDS AND VARIETY MEATS	16
Task 24	Prepares meats	8
Task 25	Prepares poultry and game birds	6
Task 26	Prepares variety meats	2
SECTION 10	FISH AND SEAFOOD	15
Task 27	Prepares fin fish	7
Task 28	Prepares seafood	8
SECTION 11	SALADS AND SANDWICHES	9
Task 29	Prepares sandwiches	3
Task 30	Prepares salads	3
Task 31	Prepares condiments, preserves and dressings	3
SECTION 12	SPECIALTY PREPARATION	8
Task 32	Prepares hors d'oeuvres and other finger foods	3
Task 33	Prepares charcuterie and cured products	2
Task 34	Prepares gels and glazes	1
Task 35	Prepares marinades, rubs and brines	2

SECTION 13 SWEET AND SAVOURY BAKED GOODS AND DESSERTS	10
Task 36	Prepares dough-based products 2
Task 37	Prepares batter-based products 2
Task 38	Prepares creams, mousses, frozen desserts, fillings, icings, toppings and sugar works 2
Task 39	Assembles cakes 1
Task 40	Prepares savory and sweet pastries and pies 2
Task 41	Prepares chocolate 1

TIME ALLOWED 4 HOURS

PASS MARK 70%

- This is a multiple-choice type examination.
- This information is to be used for candidate counseling purposes only.