

18/06/24/10 (CE12408-1) 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.