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**TEST INFORMATION GUIDE**

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This test information guide provides a summary of concepts that are tested on the written (multiple choice) examination for the **Cook I & II** job. This information can be reviewed in combination with the class specification and examination announcement to assist you in preparing for the examination.

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**I. ARITHMETIC (12 Questions)**

Employees in this job must be capable of performing calculations involving addition, subtraction, multiplication and division as required by tasks involved in food preparation and cooking in a food service environment. Test question topics include:

- Calculations involving addition, subtraction, multiplication and division;
- Practical applications of mathematical reasoning;
- Percentage increases/decreases.

**II. FOOD PREPARATION (14 Questions)**

Employees in this job must be knowledgeable in the areas of food preparation and cooking, which includes utilizing established recipes and determining amount and methods used. The questions in this section will test your knowledge of food preparation methods and techniques. Test question topics include:

- Food cooking methods and preparation for eggs, fresh/frozen vegetables, meat, etc.;
- Safety procedures to follow when frying foods;
- Cooking terminology (e.g. braising; boiling; frying; simmering; sautéing; etc.).

**III. WEIGHTS AND MEASURES (16 Questions)**

It is important that cooks possess knowledge regarding equivalent weights and measures of foods and liquids in order to prepare the proper amounts of food in a food service environment. Test question topics include:

- Simple calculations involving multiplication and division as needed when measuring and cooking;
- Use of weights and measures (cups; pounds, ounces; gallons; quarts; liquid pints; etc.) in calculating food amounts.

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#### **IV. COOKING EQUIPMENT**

**(12 Questions)**

Employees in this job must be able to safely and efficiently operate equipment used in cooking and food preparation. This section will test your knowledge of the use of cooking equipment such as:

- Deep fryers;
- Gas and electric stoves;
- Stainless steel knives/tools;
- Bread slicers;
- Steam cooking equipment;
- Double boilers;
- Dutch oven.

#### **V. HEALTH AND SAFETY**

**(12 Questions)**

Employees in this job must be knowledgeable regarding the conditions and actions required to promote good health and safety in a food service environment. This section will test your knowledge of health and safety practices including:

- Most effective way to put out grease fires;
- Efficient food refrigeration to prevent food spoilage;
- Proper cooking and storage of meat;
- Importance of washing hands;
- Importance of washing fruits and vegetables;
- Identifying spoilage in canned goods;
- Safely lifting heavy loads;
- Extinguishing clothing fires;
- Thawing of frozen foods;
- Recognizing signs of food spoilage.