

RED SEAL STUDY GUIDE COOK YEAR 4

**25 EXAM PREP QUESTIONS
WITH ANSWERS**



APPRENTICES | INSTRUCTORS | INSTITUTES

RedSealStudyGuide.ca

UNITY CREST SOLUTIONS INC.

INTRODUCTION

Introducing the Red Seal Study Guide – Cook

Ready to dive into the world of Cook? Meet your ultimate companion – the Red Seal Study Guide for Cook. This practical booklet is your go-to practice tool to conquer your Cook exam.

Presented in an easy Q&A format, this guide lets you preview the kinds of questions you'll tackle on the real exam day. Consider it a sneak peek into what's coming your way!

Inside its pages, you'll find a treasure trove of Cook essentials. It's more than just answering questions – it's about truly grasping the basics of Cook in a way that sticks. Whether you're starting fresh or aiming to refine your skills, this guide has got you covered.

So, get set to challenge yourself, learn in a breeze, and build up your Cook expertise. With the Red Seal Study Guide, you're all set to take that significant stride toward becoming a certified Cook.

Ready to get started? For more information, tips, and resources, head over to www.RedSealStudyGuide.ca
Cook success starts here – dive in!



DISCLAIMER

Study Guide Disclaimer: Important Notice

The Red Seal Study Guide – Cook is a reference tool meant to enhance your exam preparation. It offers insights into potential question formats. However, it's vital to know that this guide should complement, not replace, official government-issued study materials.

For comprehensive readiness, we recommend using both this guide and official resources provided by relevant authorities. Please note that this guide covers exams across Canadian provinces, but slight content variations might exist.

For your best chance at success, ensure a well-rounded preparation approach that includes official materials.

Good luck on your path to becoming a certified Cook!

For more information, tips, and resources,
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Let's craft your future together!



1. A station chef trains this trainee.

- A: Boulanger
- B: Sous-chef
- C: Pâtissier
- D: Commis

2. Fat-soluble vitamins are not stored.

- A: True
- B: False

3. Bacteria are the largest food safety risk.

- A: True
- B: False

4. Convection oven.

- A: Cooks faster than microwave
- B: One part of a range
- C: Cooks like a regular oven
- D: Employs a fan to circulate heat

5. Vitamins energize.

- A: True
- B: False

See answers on the next page.



1. ☐ A ☐ B ☐ C ☒ D

Note: _____

2. ☐ A ☒ B ☐ C ☐ D

Note: _____

3. ☒ A ☐ B ☐ C ☐ D

Note: _____

4. ☐ A ☐ B ☐ C ☒ D

Note: _____

5. ☐ A ☒ B ☐ C ☐ D

Note: _____



6. Mashed avocado, tomato, and onion spread.

- A: The Salsa
- B: Guacamole
- C: Both A and B
- D: None of the options listed

7. Baking using yeast takes time to ferment.

- A: True
- B: False

8. Fry, broil, bake, or toast food to brown its surface.

- A: Fry
- B: Pan-broil
- C: Sear
- D: Brown

9. Double this ingredient. 1/8 tsp pepper.

- A: 1/4 tsp pepper
- B: 1/16 tsp pepper
- C: 1 Tsp pepper
- D: 1/2 cup pepper

10. Lift the pot lid from the rear to avoid steam when checking boiling food.

- A: True
- B: False

See answers on the next page.



6. ☐ A ☒ B ☐ C ☐ D

Note: _____

7. ☒ A ☐ B ☐ C ☐ D

Note: _____

8. ☐ A ☐ B ☐ C ☒ D

Note: _____

9. ☒ A ☐ B ☐ C ☐ D

Note: _____

10. ☒ A ☐ B ☐ C ☐ D

Note: _____



11. What is the chef-gender ratio?

- A: Males: 20% female 70%
- B: Males 60% female 40%
- C: Males 19% female 85%
- D: Male 77% female 19%

12. Like tea, cover with boiling water and let stand without heating until flavor and color are extracted.

- A: Sauté
- B: Steep
- C: Steam
- D: Simmer

13. To apply syrup or jelly and heat or chill.

- A: Grease
- B: Glaze
- C: Grate
- D: Flour

14. Tell cooking companions when you open the oven or transfer hot liquids.

- A: True
- B: False

15. Thicken soups with?

- A: Bouquet Garni
- B: Compound butter
- C: Cream
- D: Cornstarch

See answers on the next page.



11. ☐ A ☐ B ☐ C ☒ D

Note: _____

12. ☐ A ☒ B ☐ C ☐ D

Note: _____

13. ☐ A ☒ B ☐ C ☐ D

Note: _____

14. ☒ A ☐ B ☐ C ☐ D

Note: _____

15. ☐ A ☐ B ☐ C ☒ D

Note: _____



16. How to maintain food handler nails?

- A: Brief and unfinished
- B: Prolonged and polished
- C: Long and unfinished
- D: Short and sleek

17. Chicken and turkey white breast flesh should be cooked medium to avoid drying out.

- A: True
- B: False

18. Pasteurize milk before drinking.

- A: True
- B: False

19. Attach meat with pins to maintain shape during cooking using

- A: Skewer
- B: Simmer
- C: Stew
- D: Sear

20. To measure equipment surface temperature, utilize

- A: Thermistor
- B: Infrared Thermometer
- C: Thermocouple
- D: A bimetallic stemmed thermometer.

See answers on the next page.



16. ☐ A ☐ B ☐ C ☒ D

Note: _____

17. ☐ A ☒ B ☐ C ☐ D

Note: _____

18. ☒ A ☐ B ☐ C ☐ D

Note: _____

19. ☒ A ☐ B ☐ C ☐ D

Note: _____

20. ☐ A ☒ B ☐ C ☐ D

Note: _____



21. How would you train a new employee to prepare menu items?

- A: Role-playing
- B: On-the-job training
- C: Group-training
- D: Cross-training

22. Where should raw poultry go in a raw/ready-to-eat cooler?

- A: Near the produce
- B: The bottom shelf
- C: On top shelf
- D: Above ready-to-eat food

23. To brown meat quickly with high heat. Heat a skillet with little fat or the oven at high.

- A: Pan-fry
- B: Toast
- C: Sauté
- D: Sear

24. Choose the right snack combination for a tree-nut allergy.

- A: Croutons, pistachios, cranberries
- B: Raisins, cashews, coconut flakes
- C: Pecans, dried blueberries, cheerios
- D: Banana chips, raisins, cheerios

25. Al dente pasta refers to its bite-ability.

- A: Firm
- B: Mushy
- C: Soft
- D: Crisp



21. ☐ A ☒ B ☐ C ☐ D

Note: _____

22. ☐ A ☒ B ☐ C ☐ D

Note: _____

23. ☐ A ☐ B ☐ C ☒ D

Note: _____

24. ☐ A ☐ B ☐ C ☒ D

Note: _____

25. ☒ A ☐ B ☐ C ☐ D

Note: _____



- 1). (A) (B) (C) (D)
- 2). (A) (B) (C) (D)
- 3). (A) (B) (C) (D)
- 4). (A) (B) (C) (D)
- 5). (A) (B) (C) (D)
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- 23). (A) (B) (C) (D)
- 24). (A) (B) (C) (D)
- 25). (A) (B) (C) (D)





Kris & Bobby Publications.