

RED SEAL STUDY GUIDE COOK YEAR 1

**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. Which Canada Food Guide answer reflects one serving of raw leafy vegetables?

- A: 1 pound
- B: 1/2 cup
- C: 1 cup
- D: 2 cups

2. Which answer is one Canada Food Guide serving of milk/alternative?

- A: 125 ml
- B: No limit on milk/alternative
- C: 2 cups
- D: 250 ml

3. Which Canada Food Guide response represents one apple serving in fruit?

- A: Golf ball
- B: Large marble
- C: light bulb
- D: Eraser

4. What are the Canada Food Guide's daily fruit and vegetable servings for teens?

- A: Three veggies and three fruits
- B: 7-8
- C: 4-6
- D: 2-3

5. One-grain portion of bread is how many slices, per the Canada Food Guide?

- A: 1
- B: 4
- C: 3
- D: 2

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. The Canada Food Guide recommends how many meat/alternative daily servings for teens.

- A: 2-3
- B: 6-7
- C: 1-4
- D: 8-9

7. Cholesterol-rich diets may contribute to.

- A: Cataracts
- B: Diabetes mellitus
- C: Hypertension
- D: Heart disease

8. To adorn food or dish

- A: Marinate
- B: Brush
- C: Garnish
- D: Caramelize

9. This Mexican plant, with thyme, marjoram, and bay leaves, flavors soups and sauces. It tastes different from Italian.

- A: Chives
- B: Oregano
- C: Parsley
- D: Sage

10. When reducing a dish from 16 to 4, what is the new measure for 1 chopped medium carrot?

- A: 1/4 carrot
- B: 4 carrots
- C: 1/2 carrot
- D: 2 carrots

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. This gluten-free Asian marinade contains sugar, water, tomato paste, rice vinegar, potato starch, onion juice, soy sauce, ginger powder, garlic powder, and salt.

A: True

B: False

12. An appetizer of hard, opaque raw fish in lemon juice.

A: Flan

B: Salsa

C: Ceviche

D: Guacamole

13. Is long-nailed food handling, okay?

A: Yes

B: No

14. Eggs have those nutrients except

A: Vitamins D

B: Vitamin C

C: Folate

D: Thiamine

15. Calcium, phosphorus, and potassium are trace elements.

A: True

B: False

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. Bread, cereal, rice, and pasta are rich in

- A: Carbohydrates
- B: Fats
- C: Minerals
- D: Lipids

17. Making long, thin vegetable strips.

- A: Cube
- B: Mince
- C: Chop
- D: Julienne

18. Kitchen knife blades should point forward.

- A: Down and beside you
- B: Upward and stomach ward
- C: Outside and beside you
- D: Inward and upward

19.Only genetics increase obesity risk.

- A: False
- B: True

20. What egg yolk-heavy cream mixture gives the sauce a rich flavor and silky smoothness without being overly thick?

- A: Hollandaise
- B: Liaison
- C: Slurry
- D: Compound butter

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. Find the phrase for recipe servings.

- A: Segment
- B: Scale
- C: Yield
- D: Portion

22. What cooks' food quickly, uncovered, in little fat over high heat?

- A: Pan-frying
- B: Stewing
- C: Simmering
- D: Sautéing

23. Peeled, sliced, or cut fruits and vegetables should be refrigerated.

- A: True
- B: False

24. Another name for blood sugar?

- A: Sucrose
- B: Glucose
- C: Lactose
- D: Fructose

25. Lactose is milk sugar.

- A: False
- B: True



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)
- 6). (A) (B) (C) (D)
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- 16). (A) (B) (C) (D)
- 17). (A) (B) (C) (D)
- 18). (A) (B) (C) (D)
- 19). (A) (B) (C) (D)
- 20). (A) (B) (C) (D)
- 21). (A) (B) (C) (D)
- 22). (A) (B) (C) (D)
- 23). (A) (B) (C) (D)
- 24). (A) (B) (C) (D)
- 25). (A) (B) (C) (D)





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