

RED SEAL STUDY GUIDE COOK YEAR 3

**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!

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Let's craft your future together!



1. This thick cookware is great for slow, long-cooking stews. Two strong grips and a secure lid.

- A: Wok
- B: Toaster
- C: Non-stick skillet
- D: Dutch oven

2. First in, first out (FIFO) is a method of

- A: Temperature control
- B: Stock Rotation
- C: Pest control
- D: Record keeping

3. Fruits with a central pit containing one seed are called

- A: Tropical fruits
- B: Cold-weather fruits
- C: Fruits of Summer
- D: Dupes

4. Cut thin grooves or gashes in food

- A: Cubes
- B: Cool
- C: Score
- D: Core

5. One oven mitt is safe for food removal.

- 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. Chop very finely

- A: Dice
- B: Mix
- C: Melt
- D: Mince

7. A dangerous mold is injected into blue-veined cheese.

- A: True
- B: False

8. At what temperature should rolls be baked?

- A: 200
- B: 160
- C: 180
- D: 230

9. Find the right conversion factor when scaling a four-serving recipe to eight.

- A: 5
- B: 0.2
- C: 0.5
- D: 1.2

10. Wine absorbs short light waves and releases what compounds?

- A: Esters
- B: Aldehydes
- C: Sulfurous
- D: Phenols

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. Food oxidation releases CO₂, water, and energy.

A: True

B: False

12. Stock can be made from all poultry bones.

A: True

B: False

13. Put hot pots and baking dishes on a hot pad after baking.

A: False

B: True

14. A tiny energy wave oven is a type of oven.

A: Microwave

B: Convectional

C: Tabletop

D: Broiler

15. Chocolate has potentially addicting compounds.

A: False

B: True

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 hot should poultry be cooked?

- A: 145 F
- B: 135 F
- C: 155 F
- D: 165 F

17. Name the popular secondary sauce made from Bechamel.

- A: Bordelaise sauce
- B: Mornay sauce
- C: Aioli
- D: Beurre Manie

18. Apply cold water to burns promptly.

- A: False
- B: True

19. To turn dry into liquid

- A: Core
- B: Dice
- C: Score
- D: Dissolve

20. Biotechnology creates new meals synthetically.

- A: True
- B: False

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. Choose the non-whole wheat option.

- A: Germ
- B: Endosperm
- C: Bran
- D: Shell

22. Vegans eat eggs and dairy.

- A: True
- B: False

23. Simple carbohydrates give long-lasting energy.

- A: False
- B: True

24. Scrub your hands with soap for how long?

- A: 3–5 seconds
- B: 5–7 seconds
- C: 7-9 seconds
- D: 10–15 sec

25. What temperature should cold TCS food be stored?

- A: 45
- B: 41
- C: 50
- D: 31



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)





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