

HOME ECONOMICS (COOKERY) – QUARTER 1 EXAM

Grade Level: 9

Number of Items: 50

Instructions: Read each question carefully. Choose the letter of the correct answer and shade it on your answer sheet.

1. What kitchen tool is used to cut food items?
A. Spatula B. Knife C. Strainer D. Measuring cup
2. Which of the following is a benefit of fermentation?
A. Increases spoilage B. Reduces nutrients C. Extends shelf life D. Makes food toxic
3. Which of the following best defines “entrepreneurship”?
A. Selling products only B. Managing a business with risks C. Buying goods from stores D. Saving money from profit
4. What is the use of a grater?
A. For boiling food B. For peeling fruits C. For shredding D. For serving soup
5. What is the correct action when you spill water on the floor?
A. Leave it B. Call your friend C. Clean it immediately D. Ignore it
6. What should be worn to avoid food contamination?
A. Fancy clothes B. Jewelry C. Apron and hairnet D. Slippers

7. What is production cost?
- A. The time spent B. The number of workers C. The total expenses in making a product D. The ingredients used
8. Which of the following tools is used to beat or whip ingredients?
- A. Tongs B. Whisk C. Turner D. Knife
9. What is one benefit of pickling?
- A. Spoils food quickly B. Adds flavor C. Reduces shelf life D. Makes food unsafe
10. Which kitchen tool is best for measuring small amounts of liquid?
- A. Measuring spoon B. Beaker C. Mixing bowl D. Knife
11. What is a key characteristic of a successful entrepreneur?
- A. Laziness B. Dependence C. Creativity D. Dishonesty
12. Which of the following tools is used to serve soup?
- A. Turner B. Knife C. Ladle D. Tongs
13. Why is OHS important in the kitchen?
- A. For design only B. To cook faster C. To prevent accidents D. To look professional
14. You are making kimchi. What process are you using?
- A. Boiling B. Frying C. Fermenting D. Steaming
15. Which of the following is **not** a personal entrepreneurial competency (PEC)?
- A. Self-confidence B. Commitment C. Irresponsibility D. Risk-taking

16. To compute for cost of production, you must:
A. Add all expenses B. Subtract materials only C. Count employees D. Divide by number of products
17. What ingredient is essential in pickling?
A. Sugar B. Vinegar C. Butter D. Oil
18. Which is an example of a fermented product?
A. Banana B. Yogurt C. Bread (fresh) D. Apple
19. What should you do before cooking?
A. Wear jewelry B. Wash your hands C. Ignore spills D. Taste raw ingredients
20. Which of the following is commonly fermented?
A. Fish sauce B. Cookies C. Cakes D. Ice cream
21. What kitchen tool is used to flip pancakes?
A. Spatula/Turner B. Whisk C. Knife D. Tongs
22. You need to mix flour and water. What tool will you use?
A. Knife B. Measuring cup C. Mixing bowl D. Peeler
23. Which of the following behaviors shows persistence?
A. Quitting after failure B. Trying again after failure C. Not starting at all D. Asking others to do it
24. What PPE is used in food preparation?
A. Gloves B. Helmet C. Boots D. Goggles

25. How do you avoid burns in the kitchen?
A. Touch pans directly B. Use a wet towel C. Use oven mitts D. Work barefoot
26. Which microorganism is commonly used in fermentation?
A. Yeast B. Mold C. Virus D. Insect
27. How do you prevent cross-contamination?
A. Use the same knife for all B. Mix cooked and raw foods
C. Separate utensils for raw meat D. Store all items together
28. Why is fermentation important in cooking?
A. It destroys food B. It causes waste C. It enhances nutrition and taste D. It removes flavor
29. What does OHS stand for?
A. Only Home Safety B. Occupational Health and Safety
C. Office of Housekeeping Staff D. Outside Health Standards
30. Which step comes **first** in pickling?
A. Add sugar B. Soak in vinegar C. Boil water D. Clean the vegetables
31. What is the use of a colander?
A. Measuring ingredients B. Straining liquids C. Mixing dough D. Cutting vegetables
32. What is initiative?
A. Ignoring work B. Waiting for orders C. Taking action without being told D. Complaining about tasks

33. Why should containers be sterilized before pickling?
A. To make it colorful B. To avoid contamination C. To melt the container D. To make it heavier
34. What food item is *best* for fermentation?
A. Dry meat B. Fresh milk C. Canned food D. Instant noodles
35. When working with knives, you should:
A. Toss them into the sink B. Use them carelessly
C. Cut away from your body D. Share them while using
36. If your total production cost is ₱500 and you make 10 products, how much is the cost per product?
A. ₱40 B. ₱50 C. ₱60 D. ₱70
37. Which tool is used to remove skin from vegetables?
A. Colander B. Peeler C. Grater D. Knife
38. What is the importance of being goal-oriented in business?
A. To please others B. To compete with friends C. To have a clear direction D. To copy others
39. What hazard is related to slippery floors?
A. Electrical B. Chemical C. Biological D. Physical
40. If your selling price is ₱100 and cost is ₱60, what is your profit?
A. ₱30 B. ₱40 C. ₱50 D. ₱60
41. Which of the following shows self-confidence?
A. Hesitating to speak B. Giving up easily
C. Believing in your ability D. Ignoring feedback

42. Why do you need to follow safety procedures when using tools?
A. To impress others B. To get extra credit
C. To prevent injuries D. To waste time
43. Which of the following is used to lift hot food like fried chicken?
A. Grater B. Tongs C. Peeler D. Ladle
44. Why is it important to measure ingredients correctly?
A. To finish faster B. To guess the recipe
C. To achieve the correct outcome D. To waste less
45. Which tool is used to scrape food from mixing bowls?
A. Tongs B. Whisk C. Rubber scraper D. Grater
46. Which of the following tools is best used to strain pasta?
A. Peeler B. Colander C. Turner D. Measuring cup
47. Which factor affects the cost of production the most?
A. Size of packaging B. Seasoning taste C. Cost of ingredients D. Popularity of the cook
48. What is an example of a variable cost?
A. Rent B. Ingredients C. Business permit D. Insurance
49. Fire extinguishers in the kitchen are used for:
A. Decoration B. Fire prevention C. Fire control D. Cooking
50. What competency should you develop first if you want to start a food business?
A. Cooking for yourself B. Avoiding risks
C. Self-confidence and initiative D. Waiting for investors

ANSWER KEY

1. B 2. C 3. B 4. C 5. C 6. C 7. C 8. B 9. B 10.

A

2. C 12. C 13. C 14. C 15. C 16. A 17. B 18. B 19. B 20. A

3. A 22. C 23. B 24. A 25. C 26. A 27. C 28. C 29. B 30. D

4. B 32. C 33. B 34. B 35. C 36. B 37. B 38. C 39. D 40. B

5. C 42. C 43. B 44. C 45. C 46. B 47. C 48. B 49. C 50. C