



Republic of the Philippines
Technological University of the Philippines – Taguig
Km. East Service Road, Western Bicutan, Taguig City

Name: _____

Gr & Sec: _____

Date: _____

Score: _____

Multiple Choice Exam – Cookery (Grade 9, 1st Quarter)

Choose the letter of the correct answer.

1. Which of the following is an example of a personal entrepreneurial competency (PEC)?
 - A. Reading a cookbook
 - B. Attending a family gathering
 - C. Being persistent in business
 - D. Eating with family
2. Why is self-confidence important in cookery?
 - A. It allows you to delegate tasks.
 - B. It helps avoid conflicts.
 - C. It encourages risk-taking and decision-making.
 - D. It ensures cleanliness.
3. Which of the following traits best describes an entrepreneur?
 - A. Follows all instructions strictly
 - B. Avoids taking risks
 - C. Waits for instructions
 - D. Takes initiative
4. Applying what you've learned in school into a small business shows which competency?
 - A. Loyalty
 - B. Applying knowledge
 - C. Goal setting
 - D. Discipline
5. A cook decides to sell pickled vegetables using a family recipe. What PEC does this show?
 - A. Risk-taking
 - B. Resourcefulness
 - C. Persistence
 - D. Patience
6. You plan to start a small food business. What's the first step you should take?
 - A. Buy ingredients
 - B. Cook food
 - C. Assess your interests and strengths
 - D. Set a price list
7. How can you improve your personal competencies in cookery?
 - A. Memorizing recipes only
 - B. Regularly practicing skills and seeking feedback
 - C. Watching TV
 - D. Ignoring criticism



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8. Which action best represents creativity in food preparation?
 - A. Following the same recipe
 - B. Copying a friend's dish
 - C. Inventing a new way to serve traditional food
 - D. Cooking only what's required
9. What tool is used for measuring liquid ingredients accurately?
 - A. Dry measuring cup
 - B. Weighing scale
 - C. Measuring spoon
 - D. Liquid measuring cup
10. Which kitchen tool is best for peeling fruits and vegetables?
 - A. Grater
 - B. Paring knife
 - C. Ladle
 - D. Peeler
11. What kitchen tool is used to remove lumps from dry ingredients?
 - A. Whisk
 - B. Sifter
 - C. Colander
 - D. Strainer
12. A grater is used to:
 - A. Cut dough
 - B. Grind spices
 - C. Shred cheese and vegetables
 - D. Mix liquids
13. What is the function of a colander?
 - A. Shred cheese
 - B. Stir food
 - C. Drain liquids
 - D. Mix dry ingredients
14. A cook uses a ladle to:
 - A. Peel potatoes
 - B. Scoop soup or sauces
 - C. Measure sugar
 - D. Chop onions
15. Which among the following is not a cutting tool?
 - A. Knife
 - B. Kitchen shears
 - C. Measuring cup
 - D. Peeler
16. Why is it important to sanitize kitchen tools?
 - A. To reduce expenses



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- B. To save time
 - C. To avoid food contamination
 - D. To make tools shiny
17. What kitchen tool is used for baking bread?
- A. Griddle
 - B. Loaf pan
 - C. Skillet
 - D. Saucepan
18. The use of tongs in the kitchen is for:
- A. Grating cheese
 - B. Flipping pancakes
 - C. Handling hot foods
 - D. Stirring soup
19. Which tool is used to remove zest from citrus fruits?
- A. Peeler
 - B. Grater
 - C. Zester
 - D. Knife
20. What do you call the tool used to weigh ingredients?
- A. Measuring spoon
 - B. Tare
 - C. Kitchen scale
 - D. Timer
21. Which ingredient is essential for fermentation?
- A. Vinegar
 - B. Sugar
 - C. Yeast or bacteria
 - D. Salt
22. What is the main purpose of fermenting food?
- A. To make it colorful
 - B. To reduce its shelf life
 - C. To preserve and enhance flavor
 - D. To remove nutrients
23. Which is an example of a fermented product?
- A. Pickled mango
 - B. Kimchi
 - C. Canned tuna
 - D. Fried tofu
24. How long should fermented products usually be stored before consumption?
- A. 1 hour
 - B. 1–3 days



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- C. Overnight
 - D. Several days to weeks
25. What is the role of salt in pickling?
- A. Adds sweetness
 - B. Kills bacteria
 - C. Helps preserve the food
 - D. Reduces acidity
26. In pickling, vinegar acts as:
- A. A sweetener
 - B. A preservative
 - C. A coloring agent
 - D. A protein
27. Why is sterilization important before pickling?
- A. To soften jars
 - B. To kill harmful microbes
 - C. To keep them warm
 - D. To make pickles spicy
28. What vegetable is commonly used in making achara?
- A. Cabbage
 - B. Cucumber
 - C. Carrot
 - D. Green papaya
29. What is the benefit of fermented food to health?
- A. Lowers nutrients
 - B. Provides probiotics
 - C. Increases calories
 - D. Reduces minerals
30. What process involves soaking vegetables in salty water to start fermentation?
- A. Boiling
 - B. Salting
 - C. Brining
 - D. Steaming
31. Which condition is essential for successful fermentation?
- A. Exposure to sunlight
 - B. Cold environment
 - C. Controlled temperature
 - D. Freezing
32. What should be avoided during pickling?
- A. Clean utensils
 - B. Sterilized jars
 - C. Contaminated ingredients
 - D. Fresh vegetables



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33. Which is not a step in the fermentation process?
 - A. Adding sugar
 - B. Proper sealing
 - C. Heating the jar
 - D. Allowing time to ferment
34. Why is it important to follow safety procedures in the kitchen?
 - A. To impress customers
 - B. To cook faster
 - C. To prevent accidents and injuries
 - D. To reduce workload
35. What should you wear to protect your hands from burns?
 - A. Apron
 - B. Gloves
 - C. Cap
 - D. Hairnet
36. Which of the following is a hygiene practice in food preparation?
 - A. Not washing hands
 - B. Using apron
 - C. Not tying hair
 - D. Touching food with bare hands
37. To avoid electric shock in the kitchen, one should:
 - A. Plug appliances with wet hands
 - B. Use damaged cords
 - C. Keep electrical appliances dry
 - D. Use water near plugs
38. What is the first thing to do during a kitchen fire?
 - A. Scream
 - B. Pour water
 - C. Turn off the heat source
 - D. Call friends
39. When handling a knife, you should:
 - A. Hold it loosely
 - B. Point it upward
 - C. Cut toward yourself
 - D. Use a cutting board
40. What is the safest way to thaw frozen meat?
 - A. On the counter
 - B. Under the sun
 - C. In the refrigerator
 - D. In warm water overnight
41. The best way to avoid cross-contamination is:
 - A. Mixing raw and cooked foods



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- B. Using same knife for all items
 - C. Washing hands and tools between tasks
 - D. Ignoring storage rules
42. What is HACCP in food safety?
- A. Cooking method
 - B. Sanitary tool
 - C. Hazard analysis and control point
 - D. Health checkup
43. A foodborne illness may result from:
- A. Clean utensils
 - B. Fresh ingredients
 - C. Improper food handling
 - D. Cooking meat well
44. Why is waste management important in the kitchen?
- A. Keeps the place noisy
 - B. Makes food taste better
 - C. Promotes cleanliness and reduces pests
 - D. Saves cooking time
45. Which is an example of personal protective equipment (PPE)?
- A. Knife
 - B. Frying pan
 - C. Apron
 - D. Chopping board
46. If you spend ₱300 for ingredients and sell at ₱500, what is your profit?
- A. ₱100
 - B. ₱200
 - C. ₱300
 - D. ₱500
47. What is meant by "costing" in food production?
- A. Cooking process
 - B. Setting a price based on expenses
 - C. Cleaning tools
 - D. Serving food
48. How do you compute for unit cost?
- A. Divide total cost by number of servings
 - B. Multiply cost by 2
 - C. Add costs randomly
 - D. Ignore expenses
49. If a sandwich costs ₱25 to make, and you sell it for ₱35, what is the profit?
- A. ₱5
 - B. ₱10



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C. ₱15

D. ₱20

50. What is the purpose of cost calculation in cookery?

A. Increase waste

B. Price guessing

C. Budget planning and pricing

D. Add more ingredients