



Republic of the Philippines
Department of Education
REGION X – NORTHERN MINDANAO

TECHNOLOGY AND LIVELIHOOD EDUCATION (T.L.E.)
Grade 10 – Cookery
TEST QUESTIONS FOR VALIDATION

Directions: Read and understand the questions. Tick the letter of the correct answer on the screen.

1. Which of the following part of an egg that color ranges from a hint of yellow to deep orange, according to the feed and breed of the hen?
 - A. Shell
 - B. Albumen
 - C. Yolk
 - D. Air Cell
2. Which of the following vitamins is found in eggs?
 - A. Vitamin B1
 - B. Vitamin C
 - C. Vitamin D
 - D. Vitamin K
3. Which of the following market forms of eggs is seldom used in cooking?
 - A. Fresh eggs
 - B. Dried eggs
 - C. Frozen eggs
 - D. Pasteurized eggs
4. One of the culinary uses of eggs is to remove the impurities and produce a clear finish of soups and stocks. It refers to:
 - A. Binding
 - B. Aerating
 - C. Clarifying
 - D. Coating
5. Which of the following is the kind of presentation plate to be used in plating egg dishes?
 - A. Plain white
 - B. Colored plate
 - C. Plate with design
 - D. Any kind of plate
6. Which of the following types of pasta needs 15-minute cooking for "al dente"?
 - A. Lasagna
 - B. Spaghetti
 - C. Linguine
 - D. Fettucine

7. Why do we need to know the different types of pasta?
 - A. To know the shape
 - B. To know the cooking time of each type
 - C. To determine the color
 - D. To know how big or small of each type
8. Why is it important to practice proper hygiene and sanitation in preparing starch dishes?
 - A. An unhygienic food handler can be an instrumental bacterial contamination and food-borne diseases
 - B. An unhygienic food handler can be an instrument to food allergy
 - C. An unhygienic food handler can be an instrument to food shortage
 - D. None of the above
9. If you are planning to prepare Chicken Macaroni Salad, you need to buy the needed ingredients, what kind of pasta should you buy?
 - A. Rigatoni
 - B. Linguini
 - C. Macaroni
 - D. Ziti
10. One of the techniques for plating pasta is to place the desired number of portions in a China cup and immerse in _____ to reheat. Then drain, plate and add sauce.
 - A. Cold water
 - B. Tap water
 - C. Boiling water
 - D. Simmering water
11. Which of the following factors in presenting starch and cereal dishes illustrates proper arrangement of slices towards the customer and ensures that the garnish and slice correlates?
 - A. Practicality
 - B. Balance
 - C. Unity
 - D. Temperature
12. Food stuff has a required shelf life and storing requirement. Which of the following food item can be stored in the refrigerator 2-3 days?
 - A. Cooked pasta
 - B. Fresh pasta
 - C. Dried pasta
 - D. Frozen pasta
13. To maintain freshness and quality of dry pasta, it should be stored in:
 - A. Refrigerator
 - B. Not closely tight container
 - C. Open container
 - D. Sealable plastic bag or other container that closes tightly

14. Blanching vegetables in hot water for just a minute takes away much of the raw but minimizes vitamin losses because the process is so quick. What is the step after blanching?
- A. Give a quick rinse with cold water
 - B. Give a quick rinse with hot water
 - C. Give a quick rinse with tap water
 - D. Give a quick rinse with frozen water
15. Why do you have to choose fresh vegetables in preparing various vegetable dishes?
- A. To provide good flavor
 - B. To provide unpleasant flavor
 - C. To provide authentic taste that every single ingredient has
 - D. To provide nutrients
16. Vegetables are marketed either fresh, frozen, dried and what else?
- A. Cooked
 - B. Processed
 - C. Fried
 - D. Boiled
17. How are leafy frozen vegetables thawed?
- A. running them in their packaging under cold water
 - B. running them in their packaging under hot water
 - C. running them in their packaging under frozen water
 - D. running them in their packaging under tap water
18. Vegetables are best eaten with sauces and other accompaniments. The following are the examples of sauces except one:
- A. Lemon Garlic-Mustard Sauce
 - B. Lime-Dill Sauce
 - C. Spicy Hoisin Sauce
 - D. Spaghetti Sauce
19. How are you going to present vegetable dishes?
- A. main item in the center with neat piles of vegetable carefully arranged
 - B. main item in the center with scattered piles of vegetables
 - C. main item in the center with plenty and scattered piles of vegetables
 - D. main item in the center and vegetables are not arranged
20. To keep vegetable at their freshest, they should be placed in an open container in the refrigerator or to be wrapped in a _____.
- A. A piece of paper
 - B. Damp towel
 - C. Dry towel
 - D. Cellophane
21. What do you think is the correct way of storing canned vegetables?
- A. keep in a warm dry place
 - B. keep in a cool dry place, away from the sunlight and off the floor
 - C. Keep in a close wet area
 - D. Keep in warm place

22. Always remember that tools and equipment must be cleaned and _____.
A. Sanitized
B. Sterilized
C. Boiled
D. Dried
23. Fishes vary widely in different localities such as saltwater and freshwater. Where do fresh water fishes come from?
A. Aquarium
B. Pond
C. Lakes and rivers
D. Sea
24. Thaw frozen fish in the cooler or refrigerator. This method is called _____.
A. Microwave oven thawing
B. Cold water thawing
C. Refrigerator thawing
D. Natural thawing
25. How are you going to receive frozen products?
A. it must be received frozen, not thawed
B. it must be received fresh
C. it must be received with foul odor
D. it must be received with dark color
26. Oysters when cooked in shells _____ with a stiff kitchen brush, to remove the dirt.
A. should have the shells cleaned
B. should have the shells boiled
C. should have the shells dried
D. should have the shells thrown away
27. What is the very first step to fillet a fish?
A. Cut the tail
B. Cut behind the head while angling
C. Cut the head
D. Cut the body
28. Which one of the following fundamentals of plating shows variety and contrast?
A. Portion size
B. Harmony
C. Color
D. Balance
29. Seafood should not be left in the refrigerator for more than two (2) hours with the temperature of _____ because it will cause the growth of bacteria.
A. 85 °F
B. 90 °F
C. 95 °F
D. 100 °F

30. Fish should be stored at 30 degrees to 34 degrees Fahrenheit for _____
- A. 1 to 3 days
 - B. 1 to 4 days
 - C. 1 to 2 days
 - D. 1 to 5 days
31. Which of the following is the storage time of frozen fish specifically fat fish?
- A. 2 months
 - B. 3 months
 - C. 4 months
 - D. 5 months
32. Which of the following criteria in rating seafood dishes evaluates their intactness and tenderness?
- A. Taste/flavor
 - B. Texture
 - C. Appearance
 - D. Color
33. Which of the following fishes is high in fat?
- A. Bass
 - B. Cod
 - C. Mackerel
 - D. Red snapper
34. Which of the following uses fish as main ingredients in preparing stock?
- A. Brown stock
 - B. Fish stock
 - C. Glace viande
 - D. Ham stock
35. Maya is task to prepare a white sauce for chicken cordon bleu. Which of the following is a white sauce?
- A. Hollandaise sauce
 - B. Bechamel sauce
 - C. Brown sauce
 - D. Hoisin sauce
36. Which of the following is a roux-based sauce made with margarine or butter, flavor and brown stock?
- A. Brown sauce
 - B. Butter sauce
 - C. Hollandaise sauce
 - D. Tomato sauce
37. Which of the following classes of poultry is on sale especially during the Christmas Holiday?
- A. Broiler
 - B. Capon
 - C. Jumbo broiler
 - D. Roaster

38. To what part of poultry does breast meat belong?
- A. Dark meat
 - B. Tough meat
 - C. Variety meat
 - D. White meat
39. When making a game dish, what does it mean to "hang" the meat?
- A. Seasoning the meat before cooking
 - B. Aging the meat to enhance flavor
 - C. Slow-cooking the meat in a covered pot
 - D. Tenderizing the meat using a mallet or meat tenderizer
40. What type of meat is typically used in a Classic Beef Stroganoff?
- A. Chicken
 - B. Beef
 - C. Lamb
 - D. Turkey
41. What temperature should pork be cooked to in order to be safe to eat?
- A. 145 °F
 - B. 180 °F
 - C. 200 °F
 - D. 300 °F
42. When making a traditional lasagna, which type of meat is commonly used in the sauce?
- A. Chicken
 - B. Turkey
 - C. Ground Beef
 - D. Lamb
43. Which cooking method is best suited for preparing a roast beef?
- A. Boiling
 - B. Grilling
 - C. Baking
 - D. Stir-frying
44. Amalia loves eating cereal for breakfast. She buys a box of her favorite cereal, which contains 500 grams of cereal flakes. If she eats 25 grams of cereal flakes every morning, how many days will the box of cereal last?
- A. 15 days
 - B. 18 days
 - C. 20 days
 - D. 25 days
45. Why do we need to include eggs in our diet?
- A. eggs can make a significant contribution to a healthy diet
 - B. eggs cannot make a significant contribution to a healthy diet
 - C. eggs can make a significant contribution to a poor diet
 - D. eggs cannot make a significant contribution to a poor diet

46. One of the composition of eggs is chalaza. Marylove wants to see the actual appearance of it. In what way she can identify it?
- A. Buying stale eggs
 - B. Buying not so fresh eggs
 - C. Buying most expensive eggs
 - D. Buying fresh eggs
47. Ana is preparing eggs " Bella Rosina" Style which requires four (4) eggs in one recipe. How many eggs to be used in two (2) recipes?
- A. 2 eggs
 - B. 4 eggs
 - C. 8 eggs
 - D. 10 eggs
48. John is assigned to cook breakfast on that day. He is going to prepare Perfect Egg Roll. What kind of egg he will be using?
- A. Fresh eggs
 - B. Dried eggs
 - C. Frozen eggs
 - D. Pasteurized eggs
49. When is the best time to serve egg dishes?
- A. 10 minutes after cooking
 - B. 15 minutes after cooking
 - C. Immediately after cooking
 - D. 20 minutes after cooking
50. Part of serving food is the presentation. How can you make it appealing to your mouth, nose and eyes?
- A. Set the schedule of dining
 - B. Set the dish unattractively
 - C. Set the curtain
 - D. Set the table properly
51. In one recipe of Creamy Macaroni Casserole, needs 1 kilogram of spaghetti sauce. How many grams are there in 1 kg?
- A. 200 grams
 - B. 300 grams
 - C. 400 grams
 - D. 1000 grams
52. Which of the following statement is TRUE about the difference between Tapioca and Sago?
- A. Tapioca is obtained from the roots of a tropical plant called cassava while Sago is produced from the pith of the sago palm.
 - B. Tapioca is obtained from the root crop called camote while Sago is produced from the pith of the bamboo tree.
 - C. Tapioca is process from the root crops while Sago is produced from the flour.
 - D. Tapioca is obtained from the roots of the tropical plant called sweet potato while Sago is a palm starch.

53. One of the failures in preparing pasta is overcooked. How are you going to test if it's already cooked?
- A. break pasta into small pieces and taste it
 - B. do not break pasta
 - C. just hold the pasta and squeeze it
 - D. just see it
54. After cooking pasta, what kind of ingredient to be used to prevent it from sticking?
- A. Small amount of cold water
 - B. Small amount of hot water
 - C. Small amount of oil
 - D. Small amount of flavored juice
55. Mary Joy wants to follow the correct way to present food like a chef. How will she do it in an ideal way?
- A. Play with the color and texture
 - B. Set the dish in an unattractive way
 - C. Choose your plate unwisely
 - D. Garnish food inappropriately
56. Why do we need to store starch and cereal properly?
- A. To maintain the color
 - B. to maintain the optimum freshness and quality of starch
 - C. to maintain the appearance
 - D. to maintain the shape
57. Which of the following practices best illustrates the proper technique for storing starch and cereal dishes?
- A. Ana kept the rice in an air-tight containers in a cool, well-ventilated store room.
 - B. Johanna stored the tapioca and sago in a not so tight-fitting plastic container.
 - C. Mary placed the flour in a sack.
 - D. Jamaica stored the oats in a plastic container labeled with its name.
58. If you are requested by your mother to prepare "Pinakbet" then the ingredients are lacking what should you do first?
- A. cook immediately without checking the needed ingredients
 - B. buy first the lacking ingredients
 - C. make a market list before buying
 - D. murmuring
59. Jai is requested by her mother to cook cauliflower and broccoli as side dishes for dinner. Which of the following cooking method is best suited for the vegetables?
- A. Blanching
 - B. Sauteing
 - C. Stir-frying
 - D. Baking
60. In preparing green leafy vegetables, one of the problems is overcooking. How are you going to solve that problem?
- A. Cook green vegetables with cover
 - B. Cook green vegetables uncovered
 - C. Cook green vegetables with cold water
 - D. Cook green vegetables for a longer period of time

61. In preparing "Four Seasons", you need a combination of various vegetables, what should you do?
- A. Vegetables should be cooked for once only
 - B. Vegetables should be cooked for twice
 - C. Vegetables should be cooked for several times
 - D. Vegetables should be cooked separately for different cooking items
62. Ana is celebrating her birthday party at home. Her mother is preparing "Lumpiang Ubod with Egg and Sauce". In making the sauce it needs to caramelize the sugar. How to do it?
- A. caramelize sugar, add 1.5 liter of water and let it boil
 - B. boil sugar
 - C. boil water and mix with sugar
 - D. melt sugar
63. You are task by your teacher to perform sauce-making. You are given 30 minutes to perform it. Which of the following sauces is the easiest to make?
- A. Lime-Dill Sauce
 - B. Spicy Hoisin Sauce
 - C. Balsamic Pan sauce
 - D. Citrus sauce
64. Frozen vegetables should be stored at 0 F (-18 C) and thawed before cooking. Then after cooking there are still left of thawed vegetables, what will you do?
- A. Do not refreeze thawed vegetables
 - B. Freeze thawed vegetables
 - C. Chill the vegetables
 - D. Put some ice
65. In storing canned vegetables, it should be stored in a cool dry place, away from sunlight. What will you do with the cans that show signs of damages?
- A. Keep it
 - B. Recycle
 - C. Consume the content
 - D. Discard
66. The students are making their project in "Bangus Deboning". They only use a pair of scissors but the result is not effective because there are still bones left. How are you going to remove the bones completely?
- A. By using knife
 - B. By using surgical forceps
 - C. By using kitchen knife
 - D. By using puller
67. How are you going to apply refrigerator thawing?
- A. put the frozen item in an open plastic bag
 - B. Put the frozen item in a watertight plastic bag or container
 - C. put the frozen item on a plate
 - D. submerged in hot water

68. How do you describe a fresh fish?
- A. A fresh fish has bright, full and bulging eyes
 - B. A fresh fish floats in a basin of water
 - C. A fresh fish has faded color
 - D. A fish is fresh if it has a soft and flabby flesh
69. In the recipe of Spicy Broiled Fish Fillet, which of the following ingredients that makes it spicy?
- A. Sweet sauce
 - B. Chili sauce
 - C. Sweet and spicy sauce
 - D. Sour and spicy sauce
70. In cutting butterfly cut of fish, how can you achieve the correct way and perfect cut?
- A. Use a non-sharp fillet knife
 - B. Use a stainless fillet knife
 - C. Use a sharp fillet knife
 - D. Use an aluminum fillet knife
71. How to serve hot foods?
- A. serve hot foods cold, on cold plates
 - B. serve hot foods hot, on hot plates
 - C. serve hot foods hot, on cold plates
 - D. serve hot foods hot in lukewarm plates
72. which of the following enhances baked fish when served?
- A. Served with seasoned butter
 - B. Cream
 - C. Lemon
 - D. Sauce
73. Fins and tails of the fish are cut with the use of a sharp knife or a pair of scissors. How should they be wrapped properly?
- A. Cellophane
 - B. Paper
 - C. Tissue paper
 - D. Banana leaf
74. Fish and shellfish are perishable foods so they should be stored carefully and used immediately. Which of the following practices best illustrates proper handling of fish and shellfish?
- A. Shucked shellfish can be placed in a sealed container
 - B. Mussels and clams in shells should be put in a shallow pan with water
 - C. Look for a fishy odor fish
 - D. Make sure that frozen foods are thawed when bought
75. Margarette wanted to learn the basics of plating seafood dishes, which is the art of presenting food in an attractive way. She selected foods and garnishes that offer variety and contrast. Which of the following is NOT included in achieving balance to a plated dish?
- A. Variety of shapes
 - B. Variety of textures
 - C. Flavors
 - D. Variety of colors about 4-5 colors

76. How many colors are suggested on a plate to make it balanced?
- A. Four to five
 - B. Three to four
 - C. One to two
 - D. Two to three
77. As a chef of a fine dining restaurant, Genie simmers meat, fish, and vegetables. Which of the following is a by-product after the different food stuffed have been simmered?
- A. Glaze
 - B. Sauce
 - C. Stock
 - D. Water
78. Stocks are bases of many soups and sauces. Stocks are thin, flavored liquids derived from meat, fish or poultry bones simmered with vegetables and seasonings, herbs and spices. Which of the following statement is true about the principles in preparing stocks?
- I. Start with cold water to allow protein and other impurities to be dissolved.
 - II. Bones for brown stock should be browned or roasted before cold water.
 - III. Thicken stock with roux and finished with cream.
 - IV. Add aromatic vegetables and spices to enhance the flavor of the stock.
- A. I, II and III only
 - B. I, II and IV only
 - C. I and II only
 - D. III and IV only
79. A chef made a pot of soup with 5 liters of vegetable broth. Each bowl of soup requires 250 mL of broth. How many bowls can the chef serve with the soup?
- A. 15 bowls
 - B. 20 bowls
 - C. 25 bowls
 - D. 30 bowls
80. Jessica wants to make a large batch of chicken soup. The recipe calls for 3 kilograms of chicken. How many grams of chicken does Jessica need?
- A. 300 grams
 - B. 1000 grams
 - C. 3, 000 grams
 - D. 30, 000 grams
81. Which of the following practices best describes proper handling and storage of sauces, stocks and soups?
- A. Cooked sauces, soups and stocks should be cooled quickly. An ice bath or placing them in a well-ventilated area for cooling, before storing.
 - B. Sauces, stocks or soups should be placed in containers with dotted lids, labelled and stored in the chiller.
 - C. Serve the sauce right away without reheating. A small amount of liquid may be added as flavorings and seasonings.
 - D. Unused reheated sauces should be stored again in a tight-fitting lids container.

82. To assess the finished product of cooked dish with sauce, the following criteria are considered except one
- A. Body and consistency
 - B. Flavor
 - C. Appearance
 - D. Texture
83. Andrea prepares spaghetti for afternoon snack. What kind of sauce will she use?
- A. Bechamel sauce
 - B. Brown sauce
 - C. Tomato sauce
 - D. Hollandaise sauce
84. The following are ways to reconstitute stocks, sauces and soups except one
- A. By adding water
 - B. By adding evaporated milk
 - C. By adding coconut milk
 - D. By adding rum
85. At the local farmers market, a farmer is selling market forms of poultry. The price for a whole chicken is P350, while a pack of chicken wings costs P150. if a customer buys 2 whole chickens and 3 packs of chicken wings, how much will their total purchase be?
- A. P 1, 000
 - B. P 1, 150
 - C. P 1, 250
 - D. P 1, 300
86. Two poultry vendors at Cogon Market are competing for customers. The first vendor sold 15 whole chickens and earned P900. The second vendor sold 20 packs of chicken wings and earned P500. Which vendor had a higher average selling price per item?
- A. 1st vendor
 - B. 2nd vendor
 - C. Both vendors have the same average
 - D. None of the vendors
87. How can you ensure that a game bird stays moist during the cooking process?
- A. Marinating it overnight
 - B. Preparing a brine solution
 - C. Basting it with butter or oil
 - D. Placing it in a slow cooker
88. If a recipe calls for searing a steak for 2 minutes on each side, how long does the whole searing process take?
- A. 2 minutes
 - B. 4 minutes
 - C. 6 minutes
 - D. 8 minutes
89. How can you ensure the doneness of a piece of meat without cutting into it?
- A. By checking the internal temperature
 - B. By smelling it
 - C. By listening to it
 - D. By touching it

90. Sarah is planning to make a batch of chicken curry for a potluck party. She visits two different grocery stores to compare the prices of chicken thighs. At Store A, chicken thighs are sold in a pack of 6 for P200, while at Store B, they are sold in a pack of 8 for P300.00. Which store offers a better deal in terms of price per chicken thigh?
- A. Store A
 - B. Store B
 - C. Both stores
 - D. None of the stores