



NAME: _____
YEAR & SECTION: _____

MIDTERM EXAM - QUALITY COOKERY

SCORE: _____

General Instruction: Choose the best answer for each question. Encircle the letter of your answer.

1. Which ancient civilization is most commonly credited with the first use of fire for cooking food?
A) Prehistoric Humans B) Ancient Egyptians
C) Ancient Romans D) Mesopotamians
2. In which historical period did the modern concept of "chef" or "cooking professional" first emerge?
A) Industrial Revolution B) Ancient Greece
C) Renaissance D) Middle Ages
3. How did the invention of the refrigerator in the early 20th century influence the scope of cookery?
A) It introduced a new type of cuisine based solely on refrigeration.
B) It enabled longer storage of perishable ingredients, leading to more variety in cooking.
C) It reduced the need for cooking as food preservation became obsolete.
D) It led to the decline of traditional cooking methods.
4. What is the primary distinction between the historical scope of cookery in Western and Eastern culinary traditions?
A) Western cuisine developed more complex techniques, while Eastern cuisine remained simple.
B) Western cuisine was heavily influenced by industrialization, while Eastern cuisine retained traditional methods.
C) Eastern cuisines typically utilized fewer spices than Western cuisine.
D) Western cuisine focused primarily on vegetables, while Eastern cuisine focused on meats.
5. Given the rise of global food culture, how might a chef in the 21st century use knowledge of historical cookery to enhance their menu offerings?
A) By incorporating global flavors and historical cooking techniques into fusion dishes.
B) By only offering meals that are native to their local region.
C) By ignoring historical influences and creating completely original dishes.
D) By focusing solely on modern trends and dismissing traditional techniques.
6. If you were tasked with designing a culinary class based on the historical scope of cookery, which of the following would be the most relevant focus for students to understand?
A) How to modernize historical cooking techniques with current food trends.
B) How to avoid using traditional ingredients in modern cooking.
C) How to exclusively recreate ancient recipes from specific cultures.
D) How to ignore the historical evolution of cuisine and focus only on modern methods.
7. Considering the historical evolution of cookery, why did the Industrial Revolution lead to changes in the social structure of cooking?
A) It created a more elite group of chefs who operated in private kitchens.

- B) It diminished the role of women in the kitchen.
- C) It allowed for the mass production of food, transforming home cooking into professional restaurant work.
- D) It led to the elimination of traditional cooking methods.

8. How did the development of trade routes during the Age of Exploration influence global cookery practices?

- A) It introduced regional food items into new continents, allowing for more diverse culinary exchanges.
- B) It led to the complete elimination of regional food customs.
- C) It caused culinary practices to become more standardized worldwide.
- D) It diminished the role of spices and herbs in cooking.

9. Given the rise of processed and fast foods, how should professional chefs today evaluate their culinary practice to balance tradition and modernity?

- A) They should fully embrace modern methods and discard traditional recipes.
- B) They should reject any form of processed food and only focus on ancient cooking methods.
- C) They should focus exclusively on providing fast food to meet the needs of busy customers.
- D) They should aim for a balance between using traditional techniques and adapting to modern health-conscious trends.

10. Which of the following statements best reflects an evaluative approach to understanding the scope of cookery in different cultural contexts?

- A) All cuisines are equally valid, so there's no need to critically assess one over another.
- B) Understanding the influence of geography, climate, and culture is key to evaluating the uniqueness of various cuisines.
- C) All global cuisines have the same techniques and ingredients, so it's easy to compare them.
- D) The focus should only be on the historical origins of each cuisine, not its current form.

11. How could you design a menu that creatively blends the historical evolution of French and Chinese cuisines for a modern fine-dining restaurant?

- A) By using the classic French techniques for preparing meats and combining them with traditional Chinese cooking methods like stir-frying or steaming.
- B) By offering separate menus: one for French and one for Chinese, without any fusion elements.
- C) By preparing a completely new style of dish using random ingredients from both French and Chinese cooking.
- D) By creating a menu with traditional French dishes and adding some Chinese spices to each.

12. Imagine you are tasked with writing a cookbook based on the history and scope of cookery. Which innovative approach could help modern readers appreciate the evolution of cooking techniques and flavors?

- A) Offering a narrative approach that traces the evolution of specific dishes from ancient times to modern interpretations, accompanied by stories of the cultures they originate from.
- B) Including only traditional recipes without providing any context about their historical significance.
- C) Limiting the cookbook to recipes that are universally recognized across the world, without focusing on their cultural origins.
- D) Focusing solely on recipes from the 21st century and ignoring historical perspectives.

13 A cook recalls that steaming vegetables preserves most of their vitamins. Which nutrient is most at risk of being lost if the vegetables were instead boiled for a long time?

- A. Iron
C. Calcium
B. Vitamin C
D. Protein
- 14 A chef is asked to prepare meals for an anemic patient. Which ingredient is best remembered as a rich source of dietary iron?
A. Apple
C. White rice
B. Spinach
D. Cucumber
- 15 A student cook is asked why grilling fish is recommended over deep-frying it. Which explanation shows an understanding of the nutritional role of cooking?
A. Deep-frying reduces the protein content
B. Grilling lowers added fat intake
C. Deep-frying makes fish inedible
D. Grilling adds more carbohydrates
- 16 A patient with hypertension is advised to reduce sodium intake. The cook suggests using herbs and spices to season food. This demonstrates understanding that:
A. Spices increase cholesterol
B. Sodium prevents nutrient loss
C. Herbs neutralize all sodium in the body
D. Herbs and spices can enhance flavor without excess salt
- 17 A diabetic client asks for a dessert. Which option should the cook prepare to apply knowledge of healthy cookery?
A. Fruit salad with natural yogurt
B. Fried banana coated with sugar
C. Chocolate cake with extra sugar
D. Sweetened condensed milk pudding
- 18 A nutritionist instructs the cook to reduce saturated fat in school lunches. Which cooking method should the cook apply to achieve this?
A. Cooking pork with lard
B. Frying chicken in butter
C. Serving bacon with added oil
D. Roasting chicken without skin
- 19 A hospital cook prepares meals using canned vegetables. A nutritionist observes that patients are not meeting their vitamin intake. Which factor should be analyzed as the main cause?
A. Canned vegetables always taste better
B. Canned vegetables are more expensive
C. Canned vegetables may lose water-soluble vitamins during processing
D. Canned vegetables provide no carbohydrates
- 20 A cook serves a dish of stir-fried vegetables with soy sauce. A patient complains of bloating. Which factor should be analyzed as the probable cause?
A. Overcooked vegetables
B. Lack of protein
C. High sodium content in soy sauce
D. Low dietary fiber
- 21 A cook considers whether to serve fried chicken or grilled chicken in a hospital cafeteria. Which option is best and why?
A. Grilled chicken, because it lowers added fat and supports heart health
B. Fried chicken, because it tastes better
C. Both are equal in nutritional value
D. Fried chicken, because oil adds more energy
- 22 A cook is reviewing meal plans for elderly clients. Which factor is most important to evaluate before finalizing the menu?
A. Availability of spices and herbs

- B. Nutrient needs and medical conditions of the clients
C. The cook's personal taste preference
D. Popularity of international dishes
- 23 A cook is tasked to design a meal plan for athletes. Which of the following menus best reflects creativity in balancing energy and recovery needs?
- A. Instant noodles with hotdog
 - B. Fried pork with rice and soda
 - C. Sweet pastries with coffee
 - D. Grilled salmon with quinoa and steamed vegetables
- 24 A cook must create a healthy snack option for school children. Which menu shows innovation in cookery for nutrition?
- A. Salted popcorn with butter
 - B. Candies with soft drinks
 - C. Baked sweet potato fries with yogurt dip
 - D. Deep-fried chips with ketchup
- 25 During a safety inspection, the supervisor asks the cook to demonstrate the *correct way to carry a sharp chef's knife across a busy kitchen*. Which is the proper method to recall?
- A. Hold the knife loosely at your side, point facing backward
 - B. Wrap the knife in a towel and carry it under your arm
 - C. Carry it upright with the blade above your head
 - D. Hold the knife firmly at your side, tip pointing down, blade facing inward
- 26 A trainee argues that measuring ingredients "by eye" is faster than weighing them. Which reasoning best shows an understanding of why precise measurement is considered an essential kitchen skill?
- A. Measuring makes dishes more visually appealing
 - B. It ensures recipes are cooked more quickly
 - C. Precise measurement guarantees identical taste in every serving
 - D. Measuring saves time compared to freehand estimation
- 27 The sous chef instructs a cook to prepare julienne carrots for a salad. The cook accidentally cuts them into thick, uneven strips. How should the cook *apply knife skills* to correct this error?
- A. Recut the carrots into uniform thin matchstick sizes
 - B. Switch to dicing instead of slicing
 - C. Leave them as is since the flavor remains unchanged
 - D. Discard the carrots and start over completely
- 28 A restaurant kitchen consistently struggles with long ticket times during dinner rush. After observation, the chef identifies that cooks are spending too much time searching for prepped ingredients. Which kitchen skill should be analyzed as the root cause?
- A. Weak knife handling skills
 - B. Inadequate mise en place and workstation organization
 - C. Insufficient knowledge of cooking methods
 - D. Poor seasoning techniques
- 29 Two cooks are being considered for promotion. Cook A has excellent knife precision and speed but often leaves the station cluttered. Cook B is slower with prep but maintains impeccable organization and sanitation. From an evaluator's perspective, who is the better choice for leadership and why?
- A. Both are equally qualified for leadership
 - B. Cook A, because knife skills matter more than organization
 - C. Cook B, because strong organization ensures long-term efficiency and safety
 - D. Cook A, because speed is the top priority

- 30 The executive chef wants to develop a new training program for apprentices that improves multitasking under pressure. Which plan best demonstrates creativity in building essential kitchen skills?
- A. Designing a timed simulation where apprentices must prep, cook, and plate multiple dishes simultaneously
 - B. Having apprentices practice during off-hours with no time limits
 - C. Assigning each apprentice a single repetitive task until mastered
 - D. Giving written tests about kitchen procedures without practical application
- 31 You are asked to prepare vegetables for a consommé that requires uniformity for both flavor and presentation. The head chef tells you to use the *brunoise cut*. To recall correctly, what shape and size should you produce?
- A. Small cubes about 3 mm on each side
 - B. Large baton-shaped strips about 6 cm long
 - C. Thin slices about 3–4 mm thick
 - D. Irregular chopped pieces for rustic dishes
- 32 In a culinary training kitchen, a student asks why the chef insists on using *chiffonade* when cutting basil for pasta garnish instead of chopping roughly. Which explanation shows understanding of this knife skill?
- A. Chiffonade ensures the basil cooks evenly when boiled
 - B. Chiffonade produces thin ribbons that enhance appearance and mouthfeel
 - C. Chiffonade prevents the basil from darkening during storage
 - D. Chiffonade releases less aroma and reduces flavor impact
- 33 During service, the soup station runs out of prepped mirepoix (onion, celery, carrot). The chef orders you to prepare it immediately. To apply the correct knife skills under time pressure, what should you do?
- A. Julienne all vegetables so they cook faster
 - B. Dice the vegetables into uniform medium cubes to ensure even cooking
 - C. Rough chop the vegetables into large pieces to save time
 - D. Mince the vegetables to blend quickly into the broth
- 34 At the garde-manger station, salads are being returned because cucumber slices are uneven, making some crunchy while others soggy. The chef asks you to analyze the issue. Which factor is the most likely cause?
- A. Cutting cucumbers while they were still chilled
 - B. Using chiffonade instead of slicing
 - C. Incorrect use of the slicing technique with inconsistent knife angle
 - D. Forgetting to peel cucumbers before slicing
- 35 Two line cooks prepare potatoes for roasting. Cook A uses *paysanne*, while Cook B uses *batonnet*. If the dish requires both speed of cooking and uniform crispness, which cook's choice is more suitable, and why?
- A. Cook B, because batonnet cuts are faster to execute in bulk prep
 - B. Cook B, because batonnet cuts give a stronger visual presentation
 - C. Cook A, because paysanne cuts are larger and retain more nutrients
 - D. Cook A, because paysanne cuts are thin and cook quickly with even texture
- 36 The executive chef challenges you to create a plated vegetable side dish for a fine dining menu where knife skills must elevate presentation. Which preparation demonstrates creativity in combining precision and artistry?
- A. Crushing garlic cloves to emphasize aroma
 - B. Layering zucchini and carrots in alternating chiffonade ribbons as a nest garnish
 - C. Roughly chopping seasonal vegetables for a rustic appearance
 - D. Dicing vegetables into large cubes for quick roasting

- 37 During a kitchen safety orientation, the chef asks how to properly clean a blender after making a smoothie. Which step should be recalled first?
- A. Fill the blender halfway with warm soapy water and run it briefly
 - B. Wipe the motor base with a damp cloth, avoiding submersion
 - C. Detach the pitcher and blades before washing
 - D. Place the entire blender in the dishwasher
- 38 A culinary student wonders why cast iron pans require seasoning instead of being washed like stainless steel. Which explanation best shows understanding?
- A. Seasoning prevents rust and creates a natural nonstick surface
 - B. Seasoning increases the iron content in cooked food
 - C. Seasoning makes the pan lighter and easier to handle
 - D. Seasoning sterilizes the pan after every use
- 39 During service, the oven's thermostat malfunctions, causing uneven heating. The chef asks you to continue baking bread while repairs are pending. How should you apply equipment knowledge to ensure the bread bakes evenly?
- A. Rotate the trays during baking to balance heat distribution
 - B. Increase the oven temperature by 50°C to compensate
 - C. Place all trays on the top rack for faster cooking
 - D. Bake only one tray at a time to avoid air circulation issues
- 40 A fryer has been producing food with a burnt taste, even at the correct temperature. After inspection, which factor should you analyze as the most likely cause?
- A. The fryer basket was not preheated
 - B. The oil has degraded and needs replacement
 - C. The fryer lid was kept open during cooking
 - D. The equipment's power cord is too short
- 41 Two dishwashers are available: Dishwasher A is older but well-maintained, while Dishwasher B is new but often overloaded by staff. As the kitchen manager, which should you evaluate as the better choice for consistent sanitation?
- A. Dishwasher B, because newer models are always superior
 - B. Dishwasher A, because proper maintenance ensures reliable sanitation
 - C. Dishwasher B, because it handles more dishes at once
 - D. Dishwasher A, because older equipment uses hotter water
- 42 The executive chef tasks you with designing a maintenance schedule for small kitchen appliances (mixers, food processors, blenders). Which plan best demonstrates creativity and practicality?
- A. Cleaning equipment only when it shows visible dirt
 - B. Rotating cleaning duties randomly among staff
 - C. Assigning weekly deep-cleaning, daily wipe-downs, and monthly inspection logs
 - D. Allowing staff to decide individually when equipment should be cleaned
- 43 During a culinary exam, the instructor asks which method involves cooking food in a small amount of fat over relatively high heat, while stirring constantly.
- A. Steaming
 - B. Poaching
 - C. Braising
 - D. Stir-frying
- 44 A student asks why blanching vegetables before freezing is recommended. Which explanation shows proper understanding?
- A. It fully cooks vegetables, so reheating is unnecessary
 - B. It seals in seasoning added before freezing
 - C. It reduces enzymatic activity, helping preserve color and texture
 - D. It removes all moisture, preventing freezer burn

A customer requests chicken breast that is tender but with a lightly browned surface. Which cooking technique should the cook apply?

- A. Pan-searing followed by finishing in the oven
- B. Poaching in broth until cooked through
- C. Deep-frying until golden
- D. Steaming until fully cooked

46 A catering team receives complaints that the grilled steaks served at an event are dry and tough. Which error in food preparation technique should be analyzed as the most likely cause?

- A. The steaks were sliced against the grain
- B. The seasoning was added before cooking
- C. The grill was preheated properly
- D. The steaks were not rested after cooking

47 Two chefs propose methods for preparing salmon: Chef A wants to steam it with herbs, while Chef B wants to deep-fry it in batter. If the goal is to maximize nutritional value, which method should be chosen and why?

- A. Chef B's method, because frying makes salmon more flavorful
- B. Chef B's method, because batter protects the fish from nutrient loss
- C. Chef A's method, because steaming eliminates all fishy odor
- D. Chef A's method, because steaming retains nutrients with minimal added fat

48 The head chef challenges you to design a healthy appetizer using advanced food preparation techniques. Which option best demonstrates creativity?

- A. Butter-sautéed potatoes with cream sauce
- B. Deep-fried zucchini sticks with cheese dip
- C. Boiled carrots served with salt
- D. Grilled vegetable skewers brushed with olive oil and herbs

49 During a safety audit, the inspector asks: Which cooking method involves exposing food directly to dry heat from above, often requiring close monitoring to prevent burning?

- A. Broiling
- B. Steaming
- C. Poaching
- D. Simmering

50 A new trainee wonders why chefs prefer roasting root vegetables at high dry heat rather than boiling them in water. Which explanation best shows understanding of the technique?

- A. Roasting makes vegetables absorb surrounding flavors
- B. Roasting caramelizes natural sugars, enhancing flavor
- C. Roasting prevents vegetables from becoming denser
- D. Roasting cooks food more quickly than boiling

51 You are assigned to prepare pork shoulder for a banquet. The client requests tender meat with a smoky crust. Which cooking approach should you apply?

- A. Grilling over high heat until fully cooked
- B. Steaming until soft, then pan-frying
- C. Smoking followed by braising in liquid
- D. Deep-frying for crispness and moisture retention

52 A catering company receives feedback that their poached chicken tastes watery and lacks depth. As the supervisor, which factor should you analyze first?

- A. The chicken was simmered instead of boiled
- B. The pot size was too small for the chicken
- C. The chicken was cooled too quickly after cooking
- D. The poaching liquid lacked aromatics and seasoning

53 Two sous chefs propose methods for cooking salmon:

*Chef A: Pan-sear skin-on salmon, then finish in the oven.
Chef B: Poach salmon gently in court bouillon.
If the priority is balancing flavor development and
superior and why?
A. Chef B, because*

- superior and why?**

The executive chef claims that poaching is superior to oven finishing for flavor development and nutrient preservation, whose method is

 - A. Chef B, because poaching avoids any fat use and maximizes flavor
 - B. Chef A, because searing builds flavor through Maillard reaction while oven finishing avoids overcooking
 - C. Chef B, because poaching caramelizes proteins better
 - D. Chef A, because pan-searing eliminates all

54 The executive chef challenges you to design a menu item showcasing a modern take on combination cooking. Which dish best fulfills this challenge?

- A. Steamed fish
- B. Chef A, because pan-searing eliminates all nutrient loss
- C. Chef B, because caramelizes proteins better

- A. Steamed fish with soy sauce**

B. Pan-fried zucchini slices with salt

C. Boiled potatoes seasoned with butter

D. Sous-vide beef short ribs finished with a quick sear

55. What is the primary function of a torch?

- What is the primary function of a mandoline slicer in the kitchen?**

 - A) To tenderize meat
 - B) To chop herbs finely
 - C) To create uniform slices of vegetables
 - D) To whisk sauces

56. Why is it important to "rest" meat after cooking, especially larger cuts like roast beef or steak?

- A) To allow the meat to absorb more seasoning
 - B) To allow juices to redistribute and prevent drying out
 - C) To cool the meat down quickly for storage
 - D) To enhance the color of the meat

57. Which cooking method is most appropriate for preparing delicate fish fillets without them falling apart?

58. A sous chef notices that the soup has an overly salty taste despite the correct amount of seasoning. Which factor should be analyzed as the likely cause?

- seasoning.** Which factor could have contributed to this?

 - A) The ingredients used in the recipe were not fresh
 - B) The soup was overcooked, causing the flavors to concentrate
 - C) The soup was seasoned before it reached the desired consistency
 - D) The salt was added too early in the cooking process

59 A chef is evaluating two different olive oils:

Oil A: Extra virgin olive oil, cold-pressed

Oil A: Extra virgin olive oil

Which oil would be preferred for finishing dishes or drizzling over salads, and why?

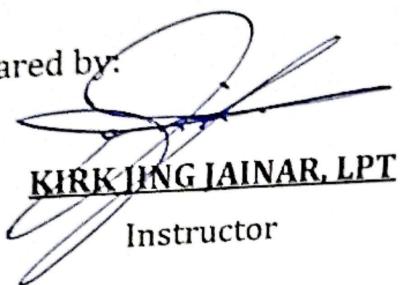
- A) Oil A, because it has a more complex flavor profile due to less processing
 - B) Oil B, because it is more affordable and has a higher smoke point
 - C) Oil B, because it is more versatile for cooking at high heat
 - D) Oil A, because it has a higher smoke point and is better for sautéing

60. You're tasked with creating a vegetarian main dish for a fine dining restaurant. The dish should be visually striking and showcase seasonal vegetables. Which dish would best meet

These criteria?

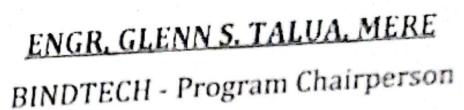
- A) Grilled eggplant with tomato sauce
- B) Roasted beetroot salad with goat cheese and walnuts
- C) Stuffed squash blossoms with ricotta and herbs
- D) Creamy cauliflower soup with truffle oil

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