

Back-of-House (BOH) Standard Operating Procedures (SOP) Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. For food safety, what is critical when cooking meat products?**
 - A. Seasoning them properly**
 - B. Cooking them to the correct temperature**
 - C. Marinating them for flavor**
 - D. Cooking them for a long time**

- 2. How long does it take to cook sirloin steak tips to medium-well?**
 - A. 2 minutes**
 - B. 4 minutes**
 - C. 6 minutes**
 - D. 8 minutes**

- 3. Which of the following products are portioned using #100 scoops?**
 - A. Whipped cream, Chocolate frosting, Cinnamon stick, Lingonberries**
 - B. Lingonberries, Lingonberry butter, Whipped butter, Sour cream**
 - C. Diced ham, Diced onions, Denver mix, Salsa**
 - D. Omelette mix, Mushroom mix, Lingonberries, Diced tomatoes**

- 4. How should steaks be stored under refrigeration?**
 - A. Upright in a container**
 - B. Flat in their original packaging**
 - C. Wrapped in foil**
 - D. In vacuum-sealed bags**

- 5. Which food products have a total shelf life of 7 days?**
 - A. Egg batter, Strawberries, T-bone steak, Raw bacon strips**
 - B. Marinara sauce, Salad dressings, Shredded cheese, Orange juice**
 - C. Cooked bacon, Seasoned corn, Smoked sausage, Ham**
 - D. Turkey bacon, Cheese, Salad, Fresh fruit**

- 6. What is the maximum number of pre-made crepes that can be stacked on each plate?**
- A. 10**
 - B. 15**
 - C. 20**
 - D. 25**
- 7. What type of spatula should be used to protect the Teflon coating of frying pans while preparing eggs?**
- A. Metal spatula**
 - B. Wooden spatula**
 - C. Heat-resistant rubber spatula**
 - D. Silicone spatula**
- 8. How long should over easy eggs be cooked on the second side?**
- A. 5 seconds**
 - B. 10 seconds**
 - C. 15 seconds**
 - D. 20 seconds**
- 9. What does the 'P' in the acronym P.A.S.S. stand for when using a fire extinguisher?**
- A. Prepare the extinguisher**
 - B. Point the nozzle**
 - C. Pull the pin**
 - D. Panic response**
- 10. What items are prohibited from being placed in the mixer while it is turned on?**
- A. Metal utensils**
 - B. Scrapers**
 - C. Hands**
 - D. Wooden spoons**

Answers

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

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Explanations

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1. For food safety, what is critical when cooking meat products?

- A. Seasoning them properly
- B. Cooking them to the correct temperature**
- C. Marinating them for flavor
- D. Cooking them for a long time

Cooking meat products to the correct temperature is critical for food safety because it ensures that harmful bacteria and pathogens are effectively killed, reducing the risk of foodborne illnesses. Each type of meat has specific internal temperature guidelines that must be met to guarantee safety; for example, poultry needs to reach 165°F (74°C), while ground meats typically should hit 160°F (71°C). Proper cooking temperature not only safeguards health but also plays a role in maintaining the meat's texture and overall quality. When meat is cooked at the appropriate temperatures, it allows for the proteins to denature properly, which influences flavor and tenderness. While seasoning and marinating are important for flavor and enhancing the overall eating experience, they do not impact food safety directly. Similarly, while cooking meat for a long time can sometimes lead to tenderness, it doesn't automatically ensure that the meat is safe to eat if it hasn't reached the proper temperature. Therefore, focusing on cooking meat products to the right temperature is the most crucial aspect of ensuring food safety.

2. How long does it take to cook sirloin steak tips to medium-well?

- A. 2 minutes
- B. 4 minutes**
- C. 6 minutes
- D. 8 minutes

Cooking sirloin steak tips to medium-well typically requires around 4 to 6 minutes per side on high heat, depending on the thickness of the meat and the cooking method employed. Choosing 4 minutes aligns with the lower end of cooking times for medium-well, where the internal temperature should reach approximately 150-160°F (65-70°C). This timeframe allows for a good sear on the outside while ensuring that the inside is cooked adequately without becoming overly dried out. It's important to regularly monitor the temperature using a meat thermometer for more accurate results. Additionally, resting the steak after cooking is essential. This allows juices to redistribute throughout the meat, enhancing flavor and tenderness. Cooking for too short a time would likely result in undercooked steak not reaching the desired doneness.

3. Which of the following products are portioned using #100 scoops?

- A. Whipped cream, Chocolate frosting, Cinnamon stick, Lingonberries**
- B. Lingonberries, Lingonberry butter, Whipped butter, Sour cream**
- C. Diced ham, Diced onions, Denver mix, Salsa**
- D. Omelette mix, Mushroom mix, Lingonberries, Diced tomatoes**

The selection of #100 scoops for specific products is based on standard portioning practices that aim to ensure consistency in serving sizes while also considering the nature of the food item. A #100 scoop typically measures to approximately 1.25 ounces. In this case, the answer highlights lingonberries, lingonberry butter, whipped butter, and sour cream, all of which can be portioned effectively using a #100 scoop. This scoop size is suitable for items that are either condiments or spreads, allowing for consistent and reasonable serving sizes in relation to what is commonly served in culinary settings. Each of these products tends to have a similar volume-to-weight ratio that aligns well with the #100 scoop measurement, enabling efficient and uniform servings. These factors ensure that when serving, staff can easily manage portions without the risk of over-serving or under-serving, which is essential in maintaining cost control and meeting guest expectations. The other groupings presented in the other choices might not fit this standard as seamlessly, either because some of the items tend to be larger or more substantial compared to what is conventional for a #100 scoop, or they may not be served in a manner that prioritizes portion control as is most practical for sauces, spreads, and similar products

4. How should steaks be stored under refrigeration?

- A. Upright in a container**
- B. Flat in their original packaging**
- C. Wrapped in foil**
- D. In vacuum-sealed bags**

Storing steaks flat in their original packaging is considered the best practice because it helps maintain both the quality and safety of the meat. Keeping the steaks in their original packaging ensures that they are shielded from contaminants and moisture while preventing exposure to air, which can lead to freezer burn and degradation of flavor and texture. When steaks are stored flat, they are less likely to become misshaped or damaged, which could occur if they were upright in a container. Additionally, this method allows for better air circulation, which is essential when storing meat in refrigeration to avoid any condensation buildup that could promote bacterial growth. Flat storage also makes it easier to stack and organize the meat, utilizing refrigeration space more efficiently. While vacuum-sealed bags are an excellent option for extended storage, especially for preventing spoilage, the original packaging still provides a balance between convenience and product preservation when steaks are only being stored short-term in the refrigerator. Thus, storing steaks flat in their original packaging is preferred for optimal safety and longevity.

5. Which food products have a total shelf life of 7 days?
- A. Egg batter, Strawberries, T-bone steak, Raw bacon strips
 - B. Marinara sauce, Salad dressings, Shredded cheese, Orange juice**
 - C. Cooked bacon, Seasoned corn, Smoked sausage, Ham
 - D. Turkey bacon, Cheese, Salad, Fresh fruit

The correct choice highlights food products that generally have a total shelf life of 7 days once opened or prepared. Marinara sauce, salad dressings, shredded cheese, and orange juice are all items that can typically be stored in the refrigerator for about a week after being opened, allowing for safe consumption within that timeframe. Marinara sauce and salad dressings often contain preservatives that help extend their shelf life after opening, while shredded cheese also maintains its quality and safety for several days when properly stored. Orange juice, particularly if it is fresh and not from concentrate, aligns with this shelf life after opening as well. Understanding the shelf life of food products is vital in a Back-of-House context, as it ensures food safety, minimizes waste, and helps maintain the quality of dishes served. Monitor these products closely, as exceeding the suggested storage time can lead to spoilage and potential foodborne illnesses.

6. What is the maximum number of pre-made crepes that can be stacked on each plate?
- A. 10
 - B. 15
 - C. 20**
 - D. 25

The maximum number of pre-made crepes that can be stacked on each plate is considered to be 20. This figure typically arises from considerations of both food safety and practicality. Stacking too many crepes on a plate can lead to several issues, including the potential for uneven heating if they need to be warmed, and difficulties in maintaining the structural integrity of the stack during transport. With a maximum of 20, kitchens can ensure that the crepes remain intact and that they can be easily served to customers without risking spills or mess. Additionally, this number balances aesthetics and portion control, providing an appealing presentation while also ensuring that diners receive a generous serving without the crepes becoming overly difficult to manage. This careful consideration aligns with standard protocols in food handling and presentation, making 20 an optimal choice for stacking pre-made crepes.

7. What type of spatula should be used to protect the Teflon coating of frying pans while preparing eggs?

- A. Metal spatula**
- B. Wooden spatula**
- C. Heat-resistant rubber spatula**
- D. Silicone spatula**

The correct answer is that a heat-resistant rubber spatula is appropriate for protecting the Teflon coating of frying pans while preparing eggs. This type of spatula is designed to be flexible enough to scrape the surfaces of non-stick cookware without scratching or damaging the protective coating. The heat-resistant feature ensures that the spatula can withstand high cooking temperatures without melting or warping, making it ideal for tasks such as flipping or stirring eggs in a frying pan. Using a spatula made from other materials, like metal, can easily result in scratches to the Teflon coating, compromising the non-stick properties and potentially causing the coating to peel over time. A wooden spatula, although less damaging than metal, does not provide the same level of flexibility and may not conform to the curves of the pan as well as a rubber spatula. Lastly, while a silicone spatula could also be a suitable option, the term "heat-resistant rubber spatula" more accurately describes the best choice for the specific task of protecting the Teflon surface while preparing delicate items like eggs.

8. How long should over easy eggs be cooked on the second side?

- A. 5 seconds**
- B. 10 seconds**
- C. 15 seconds**
- D. 20 seconds**

Cooking over easy eggs requires careful attention to achieve the desired texture while ensuring proper cooking. When flipping the egg, the second side should be cooked for approximately 10 seconds. This brief cooking time allows the egg white to set without fully cooking the yolk, which should remain slightly runny. At this duration, the surface of the egg becomes just firm enough to hold its shape while maintaining that classic over easy presentation—soft, tender, and with a yolk that is still liquid. Cooking for too short a time, such as a few seconds, would not adequately set the egg white, leading to undercooked eggs that can be unsafe to eat or unappetizing. Conversely, cooking for too long would fully solidify the yolk, transforming the eggs into over medium or over hard, which deviates from the over easy style. Thus, the correct approach for cooking the second side of over easy eggs is around 10 seconds, ensuring the right balance of texture and doneness.

9. What does the 'P' in the acronym P.A.S.S. stand for when using a fire extinguisher?

- A. Prepare the extinguisher**
- B. Point the nozzle**
- C. Pull the pin**
- D. Panic response**

The 'P' in the acronym P.A.S.S. stands for "Pull the pin." This is the crucial first step in using a fire extinguisher effectively. By pulling the pin, you unlock the mechanism that allows you to operate the extinguisher. This action is necessary to ensure that you can discharge the extinguisher's contents safely and effectively at the fire. Understanding the sequence of the P.A.S.S. method is essential for effective fire extinguisher use. After pulling the pin, the next steps involve aiming the nozzle at the base of the fire and squeezing the handle to release the extinguishing agent. It's important to remember that if the pin is not pulled, the extinguisher will not work, leading to potential danger. Other potential meanings for the 'P' might suggest alternative actions, such as preparing the extinguisher or panicking, but these do not accurately reflect the proper procedure for using a fire extinguisher. Thus, understanding that the first step is to pull the pin emphasizes the importance of correct emergency response and safety protocols in a back-of-house setting.

10. What items are prohibited from being placed in the mixer while it is turned on?

- A. Metal utensils**
- B. Scrapers**
- C. Hands**
- D. Wooden spoons**

The correct answer highlights that hands should never be placed in a mixer while it is turned on due to safety concerns. When the mixer is operational, the beaters or blades are moving rapidly and can cause serious injury, including cuts or amputations. This protective guideline is crucial in a kitchen setting to ensure the health and safety of all employees working in the back-of-house. The other items listed, such as metal utensils, scrapers, and wooden spoons, are typically designed for food preparation and mixing tasks. While care should still be taken with these objects to avoid damage to the mixer or risk of injury, they are not inherently dangerous when appropriately used at the correct time. In contrast, putting hands into the moving parts of a mixer poses an immediate danger, underscoring the importance of strict adherence to safety protocols in kitchen operations.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://bohsop.examzify.com>

We wish you the very best on your exam journey. You've got this!

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