

TESDA Cookery NC II Practice Exam (Sample)

Study Guide



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SAMPLE

Questions

- 1. What is the term for cooking food in a vacuum-sealed bag at a low temperature?**
 - A. Convection cooking**
 - B. Pressure cooking**
 - C. Sous vide**
 - D. Instant cooking**
- 2. Which classification of vegetable includes tubers?**
 - A. Bulbs**
 - B. Roots**
 - C. Fruits**
 - D. Seeds**
- 3. What is the primary use of a grill?**
 - A. To cook food using indirect heat from above**
 - B. To cook food using direct heat from below**
 - C. To bake food evenly**
 - D. To steam food with moisture**
- 4. In which moist heat cooking method is food subjected to direct steam?**
 - A. Simmering**
 - B. Boiling**
 - C. Steaming**
 - D. Poaching**
- 5. Which herb is commonly used in Italian cuisine for its aromatic flavor?**
 - A. Mint**
 - B. Rosemary**
 - C. Basil**
 - D. Parsley**

- 6. What cooking technique is used to create a Chiffonade cut?**
- A. Rolling and slicing**
 - B. Chopping finely**
 - C. Dicing evenly**
 - D. Shredding coarsely**
- 7. What should be done if critical limits are not met according to HACCP principles?**
- A. Establish corrective actions**
 - B. Document the failure**
 - C. Change the food handling staff**
 - D. Enhance verification procedures**
- 8. What is one of the key components of establishing monitoring procedures in HACCP?**
- A. Implementing corrective actions**
 - B. Setting critical limits**
 - C. Conducting regular food inspections**
 - D. Documenting all monitoring data**
- 9. What is the key characteristic of simmering as a cooking method?**
- A. Cooking food at boiling temperatures**
 - B. Cooking food by steaming**
 - C. Cooking food in a gently bubbling liquid**
 - D. Cooking food without any liquid**
- 10. What is a bouquet garni?**
- A. A type of pastry**
 - B. A bundle of herbs for flavoring**
 - C. A style of presentation**
 - D. A cooking technique**

Answers

SAMPLE

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

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Explanations

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1. What is the term for cooking food in a vacuum-sealed bag at a low temperature?

- A. Convection cooking**
- B. Pressure cooking**
- C. Sous vide**
- D. Instant cooking**

The term for cooking food in a vacuum-sealed bag at a low temperature is "sous vide." This cooking method involves sealing food in a plastic pouch and immersing it in a water bath at a controlled, low temperature for an extended period. This technique allows for precise cooking, ensuring that the food is cooked evenly and retains its moisture, flavor, and nutrients. Sous vide cooking also enhances the infusion of flavors, as the vacuum-sealed environment traps the juices and seasonings with the food. Additionally, because the food is cooked at a lower temperature than traditional methods, it reduces the risk of overcooking, making it an excellent method for achieving perfectly tender and juicy results for various types of proteins and vegetables. Other cooking methods mentioned do not involve vacuum sealing or the low-temperature water bath characteristic of sous vide. Convection cooking typically refers to the use of a fan to distribute heat evenly in an oven, pressure cooking involves sealing food in a pot that uses steam pressure to cook quickly, and instant cooking is more associated with rapid methods like those employed in pressure cookers or instant pots, rather than the low-temperature, long-duration approach of sous vide.

2. Which classification of vegetable includes tubers?

- A. Bulbs**
- B. Roots**
- C. Fruits**
- D. Seeds**

The classification of vegetables that includes tubers is rooted in the botanical definition of plant parts. Tubers are a type of modified stem that serve as a storage organ for nutrients and energy, enabling plants to survive adverse growing conditions. They are typically found underground and are essential for the plant's survival and reproduction. Roots are the part of the plant that usually anchors it in the soil and absorbs water and nutrients, but in the case of tubers, they play a dual role both as storage organs and as the root system adapts to suit these functions. Tubers, such as potatoes, are indeed classified under roots because they grow underground and perform functions associated with root systems, even though they originate from stem tissues. The other classifications, such as bulbs, fruits, and seeds, do not pertain to tubers in this context. Bulbs, for example, consist of layers of modified leaves and primarily function for nutrient storage but differ significantly from tubers. Fruits develop from the flowering parts of plants and contain seeds, while seeds are the reproductive units of flowering plants, making them unrelated to the definition of tubers. Thus, this classification aligns accurately with how tubers are categorized in horticulture and botany.

3. What is the primary use of a grill?

- A. To cook food using indirect heat from above
- B. To cook food using direct heat from below**
- C. To bake food evenly
- D. To steam food with moisture

The primary use of a grill is to cook food using direct heat from below. This method is characterized by the application of heat directly from a flame or a heat source beneath the grill grate, allowing the food to cook quickly and develop a unique flavor profile, especially from the char marks that result from this cooking method. Grilling is typically associated with meats, vegetables, and a variety of other ingredients that benefit from the high temperatures and direct exposure to the heat source. This process not only cooks the food rapidly but also creates appealing textures and flavors that enhance the overall dining experience. In contrast, cooking food using indirect heat from above, as suggested in one of the options, is more typical of methods like broiling or certain baking techniques. Baking evenly refers to cooking in an oven, which uses indirect heat throughout to ensure even cooking but is not associated with grills. Finally, steaming food with moisture is a technique that involves cooking with water vapor and is fundamentally different from grilling, which relies on dry heat. Understanding these distinctions is critical for effectively utilizing a grill and achieving the desired results in cooked dishes.

4. In which moist heat cooking method is food subjected to direct steam?

- A. Simmering
- B. Boiling
- C. Steaming**
- D. Poaching

The moist heat cooking method in which food is subjected to direct steam is steaming. In this technique, food is placed in a steamer basket or on a rack above boiling water, allowing the steam to cook the food evenly while retaining moisture and nutrients. Steaming is particularly advantageous for cooking vegetables, fish, and delicate items like dumplings, as it prevents them from becoming waterlogged while preserving their natural flavors and textures. Simmering, on the other hand, involves cooking food in water or broth at a temperature slightly below boiling, which does not expose the food directly to the steam. Boiling requires submerging food in rapidly bubbling water, which can lead to a loss of some nutrients. Poaching is a method where food is gently cooked in water or broth at low temperatures and is not about the direct exposure to steam like steaming is. Each of these methods serves different culinary purposes and outcomes, but steaming is distinctly characterized by the use of direct steam for cooking.

5. Which herb is commonly used in Italian cuisine for its aromatic flavor?

- A. Mint**
- B. Rosemary**
- C. Basil**
- D. Parsley**

Basil is widely known for its significant role in Italian cuisine, celebrated for its aromatic flavor that enhances a variety of dishes. It is a key ingredient in sauces, especially the classic pesto, and is often used fresh in salads, pasta, and as a topping for pizzas. The sweet, slightly peppery taste of basil pairs well with tomatoes, garlic, and olive oil, which are staples in Italian cooking. Its distinct aroma and flavor profile make it an essential herb that defines many traditional Italian recipes, establishing it as a cornerstone of the country's culinary identity.

6. What cooking technique is used to create a Chiffonade cut?

- A. Rolling and slicing**
- B. Chopping finely**
- C. Dicing evenly**
- D. Shredding coarsely**

The technique used to create a Chiffonade cut involves rolling leaves or herbs tightly and then slicing them into thin ribbons. This method is often employed for leafy greens and herbs, such as basil or spinach, where the rolled structure allows for a consistent and elegant presentation of the final result. By slicing through the rolled bundle, you obtain delicate strips that can be used to enhance the visual appeal and flavor profile of a dish. In contrast, chopping finely, dicing evenly, or shredding coarsely do not yield the characteristic thin, ribbon-like strips that define a Chiffonade cut. Each of these techniques serves different culinary purposes, focusing on varying sizes and textures that are not aligned with the elegant, ratio-controlled result that a Chiffonade aims to achieve.

7. What should be done if critical limits are not met according to HACCP principles?

- A. Establish corrective actions**
- B. Document the failure**
- C. Change the food handling staff**
- D. Enhance verification procedures**

In the context of Hazard Analysis and Critical Control Points (HACCP) principles, if critical limits are not met, it is essential to establish corrective actions. This is because critical limits are the thresholds that must be maintained to ensure food safety, and failing to meet them could result in unsafe food products. Corrective actions are predetermined responses that must be taken to address and rectify the failure in meeting those limits. Implementing corrective actions typically involves identifying the cause of the failure, addressing the issue to bring the process back under control, and verifying that the critical limits are being met again. This ensures that food safety is maintained and also aids in preventing similar issues in the future. While documenting the failure, changing the food handling staff, and enhancing verification procedures might be necessary steps in a broader food safety program, they do not directly address the immediate concern of rectifying the situation when critical limits are not met. Therefore, establishing corrective actions is the most appropriate and direct response according to HACCP principles.

8. What is one of the key components of establishing monitoring procedures in HACCP?

- A. Implementing corrective actions**
- B. Setting critical limits**
- C. Conducting regular food inspections**
- D. Documenting all monitoring data**

Documenting all monitoring data is crucial in establishing monitoring procedures within a Hazard Analysis Critical Control Point (HACCP) system. This documentation ensures that all actions, observations, and measurements related to critical control points (CCPs) are recorded systematically. Accurate records provide a written account of what has been monitored, allowing for verification and accountability. In case of a deviation from critical limits, having detailed documentation helps to identify the root cause, enabling effective corrective actions and adjustments to be made in the process. Additionally, documentation serves as evidence of compliance with safety standards, supporting transparency and traceability in food production. Proper records also aid in training and informing staff about best practices and procedures, reinforcing the importance of adherence to safety protocols. This comprehensive approach ultimately contributes to the overall safety and quality of food products.

9. What is the key characteristic of simmering as a cooking method?

- A. Cooking food at boiling temperatures**
- B. Cooking food by steaming**
- C. Cooking food in a gently bubbling liquid**
- D. Cooking food without any liquid**

Simmering is characterized by cooking food in a gently bubbling liquid, typically at a temperature just below the boiling point. This method allows for even cooking and tenderness without the aggressive agitation or high temperatures associated with boiling. Simmering helps to meld flavors and ensures that delicate foods, such as fish or certain vegetables, do not break apart or overcook, which can happen at higher temperatures. This technique is often used for soups, stews, and sauces, where longer cooking times can enhance the dish's overall flavor and texture. The other options describe different cooking methods: boiling involves cooking at high temperatures, steaming utilizes the steam generated from boiling water, and cooking without any liquid refers to dry cooking methods like roasting or frying, which do not apply to the simmering technique.

10. What is a bouquet garni?

- A. A type of pastry**
- B. A bundle of herbs for flavoring**
- C. A style of presentation**
- D. A cooking technique**

A bouquet garni is indeed a bundle of herbs used for flavoring dishes, particularly in soups, stews, and stocks. This traditional French technique involves gathering herbs, typically tied together with kitchen twine or placed in a piece of cheesecloth, allowing them to infuse their flavors into the dish without needing to strain out individual leaves or stems later. Common herbs used in a bouquet garni include thyme, bay leaf, and parsley, among others. The use of a bouquet garni is advantageous because it allows for the infusion of multiple flavors while making it easy to remove the herbs once cooked, ensuring a clean and flavorful final dish. Understanding this technique is essential for enhancing the taste of various culinary preparations.