

Lesson 3, Prepare Standardized Recipes for Food Production, Chapter 3, Quiz

- 1) A standardized recipe will ensure:
 - a. Consistency in nutritional value of the foods
 - b. The same cook will have to prepare the recipe each time it is made
 - c. New recipes will be acceptable to clients
 - d. There is no need to test the recipe before it is prepared for the first time

- 2) A standardized recipe is:
 - a. General to give cooks the opportunity to try different things
 - b. Specific so the product is the same each time it is prepared
 - c. Specific after the first cook has prepared the product and put their special touches on it
 - d. General so the cooks can put their signature on the product

- 3) The advantage of a recipe being very specific is:
 - a. Only the Certified Dietary Manager will be able to train the cooks how to prepare the recipe
 - b. It gives the Certified Dietary Manager the ability to have only one cook prepare the product
 - c. It allows all employees that rotate through the cook position to know how to prepare the recipe
 - d. It will allow the cooks to add extra touches to the product

- 4) The Certified Dietary Manager has received several calls from clients that the meatloaf did not taste -the same as it always does. What would the Certified Dietary Manager do first?
 - a. Tell the clients the cook is new and is still learning the recipes
 - b. Assure the clients that they will have a good meal at supper
 - c. Ask the cook who prepared the meatloaf to talk with the clients
 - d. Visit with the cook to determine if she/he followed the recipe correctly

- 5) During the noon meal, the service line runs out of the main dish. What is the first step to take?
 - a. Determine if the servers were serving the correct portion for the recipe
 - b. Interview the cook as to why the main dish ran out early
 - c. Make sure the clients have a substitute
 - d. Document the time the shortage occurred

- 6) The Certified Dietary Manager notices the gelatin salad did not set up. What should she do?
 - a. Check the temperature of the cooler
 - b. Work with the cook to determine if they followed the recipe correctly
 - c. Serve the gelatin and apologize to the clients for the mistake the cook made
 - d. Add yogurt to the gelatin and make it into a smoothie

- 7) The portion size of a product should be:
 - a. Left to the judgment of the servers
 - b. Listed for every diet in the facility
 - c. Consistently the same regardless of when the product is on the menu
 - d. Determined by the cooks after the product is prepared

- 8) Why is it better to measure ingredients in larger recipes by weight than by volume?
 - a. Volume is more accurate
 - b. Weighing is faster
 - c. Large recipes may have to be converted
 - d. Weight is more accurate than measuring by volume

- 9) How should recipe ingredients be listed on a recipe?
 - a. In the order they are added to the mixture
 - b. From the least amount to the largest amount
 - c. From the largest amount to the least amount
 - d. Alphabetically

- 10) The production of a recipe is controlled by the time it takes to prepare, the equipment needed, the -labor cost of the recipe and:
 - a. Food cost
 - b. The skill level of the staff
 - c. The type of service
 - d. The clientele

- 11) Scaling a recipe means to:
 - a. Pour the product into a pan
 - b. Cut the product into portions
 - c. Adjust ingredients in a recipe up or down for specific yield
 - d. Weighing all ingredients prior to production

- 12) A turkey casserole (30 servings) uses 3.75 pounds of turkey breast. To scale the recipe for 50 servings, how much turkey would be needed?
 - a. 2.25 pounds
 - b. 6.25 pounds
 - c. 7.5 pounds
 - d. 11.25 pounds

- 13) The conversion factor is:
 - a. The number of servings for a recipe
 - b. Substitute ingredients for a recipe
 - c. The amount of ingredients needed in a recipe
 - d. The number a recipe will be adjusted by to get a new yield

- 14) A recipe yields 50 portions and the Certified Dietary Manager wants it to yield 155 portions. What is the conversion factor?

- a. 15.5
 - b. 3.1
 - c. .77
 - d. .322
- 15) What would be the unit cost of individual packages of potato chips that cost \$11.24 per case of 24?
- a. \$.47
 - b. \$.94
 - c. \$1.12
 - d. \$2.13
- 16) When would a Certified Dietary Manager use EP instead of AP?
- a. Fresh apples that have been cored and peeled
 - b. 8 ounces of milk from a gallon
 - c. A banana
 - d. A muffin
- 17) To minimize confusion with standardized recipes, the Certified Dietary Manager should:
- a. Conduct training on all abbreviations used on recipes
 - b. Standardize all abbreviations used in the kitchen
 - c. Encourage the cooks to learn several different abbreviations so they know them
 - d. Avoid the use of any abbreviations
- 18) To save time for the cooks, the Certified Dietary Manager should make what changes to recipes?
- a. Leave ingredients in small measuring amounts
 - b. Encourage the cooks to use whatever measuring amounts they are comfortable with
 - c. Consolidate measures to larger units
 - d. Convert all measures to weight
- 19) Portion control is essential to control costs, to standardize the nutrient content of the item, and to:
- a. maximize inventory
 - b. monitor planned leftovers
 - c. assist the cook in food preparation
 - d. assure the correct number of servings for each product
- 20) The number on a disher/portion scoop corresponds to the number of servings in a:
- a. Quart
 - b. Gallon
 - c. Number 10 can
 - d. Liter

21) A muffin recipe that yields 50 muffins and uses 3 tablespoons of baking powder is being scaled to yield 100 muffins. How much baking powder will be needed (convert to the smallest measure)?

- a. 1.5 tablespoons
- b. 1/4 cup
- c. 5 tablespoons
- d. 1/3 cup

22) What size pan(s) would be the best to cook and serve lasagna for 45 clients?

- a. 2 half size 2 1/2" pans
- b. 1 full size 6" pan
- c. 2 third size 4" pans
- d. 1 full size 4" pan