

### 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:
- Left to the judgment of the servers
  - Listed for every diet in the facility
  - Consistently the same regardless of when the product is on the menu
  - 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?
- Volume is more accurate
  - Weighing is faster
  - Large recipes may have to be converted
  - Weight is more accurate than measuring by volume
- 9) How should recipe ingredients be listed on a recipe?
- In the order they are added to the mixture
  - From the least amount to the largest amount
  - From the largest amount to the least amount
  - 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:
- Food cost
  - The skill level of the staff
  - The type of service
  - The clientele
- 11) Scaling a recipe means to:
- Pour the product into a pan
  - Cut the product into portions
  - Adjust ingredients in a recipe up or down for specific yield
  - 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?
- 2.25 pounds
  - 6.25 pounds
  - 7.5 pounds
  - 11.25 pounds
- 13) The conversion factor is:
- The number of servings for a recipe
  - Substitute ingredients for a recipe
  - The amount of ingredients needed in a recipe
  - 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