

Job Role: Kitchen Trainee  
 Job Role Code: THC/Q2702  
 Job Role Version: V4.0

Valid Till (Qualification): 31st January 2027

| S.No. | Questions  | Option A  | Option B   | Option C  | Option D  | Correct Answer |
|-------|--|---|--|---|---|----------------|
| 1     | Which of the following is an essential method to use in order to avoid cuts when chopping vegetables?                  | Using a dull knife  | Chopping vegetables on a slippery surface        | Keeping your fingers curled under while chopping      | Holding vegetables with your bare hands                 | 3              |
| 2     | What steps should be taken first if a gas leak in the kitchen is found?  | Turn on all kitchen appliances to check if they are working | Open windows and doors to ventilate the area     | Use a phone or any electrical device to call for help | Try to locate the source of the leak by smelling around | 2              |
| 3     | What is the primary rationale for disclosing health hazards or injuries to the relevant banquet kitchen staff members? | To ensure the issue is recorded and addressed promptly      | To inform your coworkers about the problem       | To avoid any paperwork                                | To delay the kitchen operations                         | 1              |
| 4     | How often should you inventory your pantry to make sure you always have enough supplies on hand?                       | Once a month  | Every six months.                                | Once a week.  | Only when you notice items are missing.                 | 3              |
| 5     | How should perishable food items be properly stored in the first place?  | Label the containers with the date                          | Store the food in a cool, dry place              | Refrigerate or freeze the food promptly               | Clean the storage area                                  | 3              |
| 6     | Which expired ingredient has a long shelf life and is frequently located in the rear of a kitchen pantry?              | Fresh basil   | Ground cinnamon                                  | Fresh garlic  | Whole grain mustard                                     | 4              |
| 7     | Which of the following is NOT usually taken into account when determining when raw materials should expire?            | Storage conditions  | Type of raw material                             | Market demand   | Chemical stability                                      | 3              |
| 8     | Why is it important to dispose of expired food products according to the right procedures?                             | To reduce waste and increase storage space.                 | To prevent contamination and ensure food safety. | To make it easier for staff to clean the stock room.  | To comply with company policies on employee conduct.    | 2              |
| 9     | What kind of fuel is often used in a gas range?  | Electricity   | Wood   | Natural gas   | Propane   | 3              |
| 10    | Which of the following is a kitchen counter disinfection best practice?  | Using only water  | disinfectant after washing with soap and water   | Wiping with a dry cloth                               | Only using vinegar                                      | 2              |
| 11    | In order to maintain safety, what should be done with broken kitchen appliances?                                       | Continue using it until it breaks completely                | Repair it immediately                            | Dispose of it properly and replace it                 | Hide it and avoid using it                              | 3              |
| 12    | Which procedure is most frequently advised to defrost a freezer?   | Using a hairdryer   | Using a heat gun                                 | Scraping off the ice with a metal spatula             | Pouring hot water inside the freezer                    | 1              |
| 13    | Which of the following is the main objective of policies for waste management?   | To increase waste production                                | To minimize environmental impact                 | To reduce recycling rates                             | To promote illegal dumping                              | 2              |
| 14    | When is hand sanitization the most crucial?  | Before eating   | After using the restroom                         | Before touching your phone                            | After shaking hands                                     | 2              |
| 15    | What is crucial to show when engaging with PwD and people of different genders?  | Microaggressions and biased assumptions                     | Empathy, understanding, and respect              | Making fun of differences for humor                   | Ignoring the specific needs and challenges they face    | B              |