

Following is the list of a few items to be collected for a preparation. Which of the following items could be mistaken as they are similar in appearance?

1. Baking powder
2. Self rising flour
3. Cinnamon powder
4. Powdered sugar
5. Cocoa powder

1-4 & 3-5

1-2 & 3-4

1-2 & 3-5

1-2 & 4-5

Choice 1

Which of the following food items, can be prepared by using the ingredients shown in the given image?



Tart

Cake

Tortilla

Pasta

Choice 2

Identify the type of oven shown in the given image.



Deck oven

Conveyor oven

Microwave oven

Convection oven

Choice 2

A disinfectant having percent of alcohol is considered best for kitchen appliances.

70

40

20

50

Choice 1

Identify the kitchen appliances from the ones shown in the given image.



Vacuum cleaner, Grinder, Kettle, Iron

Iron, Vacuum cleaner, Oven, Juicer

Oven, Grinder, Kettle, Juicer

Vacuum, Iron, Mixer, Oven

Choice 3

Which of the following practices would help one, to keep the kitchen clean and maintained?

1. Keep the dry waste separated from wet waste
2. Clean the counter as soon as you are done with cutting or peeling
3. Zone the kitchen according to various tasks to be performed
4. Prepare ingredients list
5. Keep the fire extinguishers ready for use

1, 3 & 4 only

1, 2 & 4 only

2, 3 & 4 only

1, 2 & 3 only

Choice 4

2. THC/N9901: Communicate effectively and maintain service standards

Which of the following should be avoided to keep a customer happy and satisfied?

Have smile on face while talking

Be polite while talking

Be arrogant while talking

Express gratitude on getting feedback

Choice 3

Who should be informed if a guest wants to have some minor modifications in the dish?

Kitchen helper


Chef





Manager

Food & beverage service associate

Choice 2

<p>A female employee suddenly left the company. After inspection, it was found that she left because of sexual harassment. What is the best way to handle the above situation?</p> <ol style="list-style-type: none"> 1. Report to the concerned authority 2. Apologize and let her continue on her decision 3. Apologize and force her to rejoin the outlet 4. File an open complaint against the culprit without asking the victim 	1 & 4 only	3 & 4 only	2 & 3 only	1 & 2 only	Choice 4
<p>Which of the following information would you provide to the guests?</p> <ol style="list-style-type: none"> 1. Non-availability of fuel for tandoor 2. Any ingredient being out of stock 3. Non-availability of any food item or beverage 4. Dysfunctioning equipments 5. Requirement of extra time due to rush hours 	3 & 5 only	2 & 4 only	1 & 5 only	2 & 3 only	Choice 1
<p>Which of the following qualities is represented by reporting for work on time?</p>	Hard-working	Eye for detail	Punctuality	Self-confidence	Choice 3
<p>Which of the following options are avoided in a kitchen?</p> <ol style="list-style-type: none"> 1. Jogging pants 2. Flip-flops 3. Use of mild deodorant 4. Small tattoos that can be hidden 5. Anti-skid shoes 	1 & 3 only	2 & 3 only	3 & 4 only	1 & 2 only	Choice 4
<p>Which of the following would you do in order to prevent infringing on someone's privacy?</p>	Avoid using common amenities	Promote technologies	Ask for feedback	Avoid using personal phones of anyone	Choice 4

	<p>Arrange the following steps of logging complaints against sexual harassment at the workplace, in the correct order.</p> <ol style="list-style-type: none"> 1. Go to relevant government institutions 2. Inform the superior of the outlet 3. Gather relevant reports and documents 4. Gather help from the organization 	2>3>1>4	2>4>3>1	1>4>2>3	3>4>2>1	Choice 2
	Which of the following should be dealt with more care and empathy?	Teenagers	Senior citizens	Young females	Young males	Choice 2
	Which of the following would you provide to a deaf person, in order to assist him?	Visible cues	Walking stick	Walker	Foldable walking stick	Choice 1
<p>3. THC/N9903: Maintain organizational confidentiality and respect guests' privacy</p>	<p>The given image is of a risotto. Which of the following details of the same should NOT be shared with anyone?</p> 	Name	Recipe	Item used	Cookware	Choice 2
	<p>This is sign that makes it possible to distinguish one business's products or services from those of other businesses. What is being described in the above statements?</p>	Patency	Copyright	Trademark	Trade secret	Choice 3
	<p>What is a collection of exclusive rights awarded to a company by a governing authority in exchange for the invention of a new product?</p>	Patency	invoice	inventory	confidential statement	Choice 1

	Which of the following would help to protect an online file?	Adding a password to the system	Encrypting the file	Using personal ID on the system	Keeping a hardcopy of the file	Choice 2
4. THC/N9906: Follow Health, Hygiene and Safety practices	Which of the following is an all-rounder disinfectant for floor, selves and sinks?	Alcohol	Acid	Bleach	White Vinegar	Choice 3
	Which of the following is an excellent disinfectant to disinfect wooden chopping board?	Sugar	Turmeric	Black pepper	White Vinegar	Choice 4
	You have to assist a Patisier in using Nitro-cooking procedure for a recipe. Which of the following is necessary for the process?	Splash goggles & cut-resistant gloves	Splash goggles & freezer gloves	Face shield & oven muffs	Mask & oven muffs	Choice 2
	Which of the following dustbin should be used for disposal of e-waste?					Choice 1
Listed below are a few personal health conditions that must need not be reported right away; EXCEPT:	Hair fall	Headache	Food contamination	Bruises	Choice 3	

<p>An uncooked or infected poultry can be a serious cause of health problems. Identify the correct statements with respect to handling and preparation of poultry in a kitchen.</p> <ol style="list-style-type: none"> 1. Poultry should be thawed at room temperature. 2. It should be thoroughly rinsed inside and out after thawing. 3. Cotton towels should be used to dry the washed poultry. 4. A thermometer should be inserted in the thickest part of a prepared poultry to check the temperature. 	1 & 4 only	2 & 4 only	1 & 3 only	2 & 3 only	Choice 2
<p>Which of the following gloves should one use to avoid the cuts caused by knives?</p>	Freezer Gloves	Cut-Resistant Gloves	Dishwashing Gloves	Cotton Gloves	Choice 2
<p>One of your colleagues started feeling choked while having lunch. Arrange the steps of first aid to be followed in this case, in the correct order.</p> <ol style="list-style-type: none"> 1. Make a fist with one hand and position it slightly above the person's navel 2. Press hard into the abdomen with a quick, upward thrust 3. Grasp the fist with the other hand 4. Perform between six and 10 abdominal thrusts 5. Stand behind the person 	4>2>1>5>3	4>5>1>3>2	2>4>1>3>5	5>1>3>2>4	Choice 4
<p>Under which category of waste, do we classify the used personal protective equipment?</p>	Hazardous waste	Agriculture waste	Industrial waste	Chemical waste	Choice 1

Which of the following statements are respect with respect to the use of trashcans and segregation of waste?

- (I) Keep separate containers for dry and wet waste in the kitchen.
- (II) Keep two bins for waste collection- One for paper and plastic, second for the rest of the household waste.
- (III) Keep the bins at a higher level that does not provide access to kids
- (IV) Place the bin liners only when the trashcans are wet

(I) only

(II) only

(I) and (II) only

(II) and (IV) only

Choice 3

Practical/Viva	NOS	Question	Rubrics	Equipment required
Practical	1. THC/N2706: Assist in kitchen operations and cooking	Demonstrate the procedure to be followed while making scrambled eggs in the kitchen.	<p>The candidate:</p> <ol style="list-style-type: none"> Placed the frying pan onto the flame. Broke the eggs in a bowl and beat them with a whisk or fork. They did not stop until the mixture converged into a homogenous mixture. Added the cream, butter and seasoning. Kept whisking until everything is mixed well. Poured the egg mixture onto a moderately heated pan. Took the flat wooden spoon and stirred the mixture continuously. Made sure to scrape the bottom and the sides of the pan for removing any egg that might have been stuck. Kept cooking the eggs and stirred them until they became creamy and soft, but not liquid or runny in texture. Served the dish hot. 	Gas range, Non-stick frying pan, Flat wooden spoon, Steel bowl, Fork or whisk & Mould for presentation
Viva		Mention the steps one needs to follow to make Mirepoix cut.	<p>The candidate mentioned:</p> <ol style="list-style-type: none"> Place the vegetables in a colander and wash them under running water. Hold the vegetables in one hand. Hold the peeler in the other hand and peel the vegetable. Cut the vegetables in desired but even sizes. Store or use as required 	
Viva		Mention few nutritional values of	<p>The candidate mentioned:</p> <ol style="list-style-type: none"> Potatoes and green leafy vegetables, cabbage and 	

		vegetables that are used in cooking.	<p>Brussels sprouts, capsicum, tomatoes and broccoli are good sources of vitamin C.</p> <p>2. Dark green leafy vegetables, such as spinach and broccoli, are a good source of vitamin A; and are available in the form of carotene.</p> <p>3. Vegetables contain small quantities of iron, calcium and phosphorous, necessary for the human body.</p> <p>4. Potatoes and sweet potatoes are root vegetables and are a good source of carbohydrates.</p> <p>5. Most vegetables contain little protein; except soya beans, which is a rare kind of vegetable containing full protein.</p>	
Practical	2. THC/N9901: Communicate effectively and maintain service standards	Your helper in the kitchen has a problem of very low vision. Assist them in executing the day-to-day activities of the kitchen.	<p>The candidate:</p> <ol style="list-style-type: none"> 1. Prepared a list of all activities required for the day and read it out to the helper. 2. Gave finger guard to the helper for protecting fingers from getting cut in order to do the chopping activities. 3. Gave scoop measuring cups and spoons to the helper to make sure they put in the right amount of ingredients in all the dishes. 4. Stored all the knives in a wooden knife holder so that the helper does not accidentally happen to touch the sharp edges. 5. Used jars with wide mouth to store items like spices, salt, sugar, flour. Wider mouth also allows entry of the measuring spoon or cup. 6. Got a cutting board that had one side with light color and the other side with darker color. This would assist the helper to cut whatever items needed for the meals. 	Pen & paper, finger guard, scoop measuring cups, wooden knife holder, jars with wide mouth & cutting board with contrasting sides.
Viva		Mention few tips on how to design a safe workplace for everyone.	<p>The candidate mentioned:</p> <ol style="list-style-type: none"> 1. Use ergonomically designed furniture and equipment to avoid stooping and twisting. 2. Provide mechanical aids to avoid lifting or carrying heavy objects. 3. Have protective equipment on hand for hazardous jobs. 4. Designate emergency exits and ensure they are easily accessible. 5. Set down health codes and ensure they are implemented. 6. Follow the practice of regular safety inspections in and around the workplace. 	

<p>Practical</p>	<p>4. THC/N9906: Follow Health, Hygiene and Safety practices</p>	<p>Suppose you were working in the kitchen and all of a sudden there was an earthquake of large magnitude. Demonstrate the safety measures to be taken in this scenario.</p>	<p>The candidate:</p> <ol style="list-style-type: none"> 1. Dropped to the ground. 2. Took COVER by getting under a sturdy table or other piece of furniture. 3. CLASPED ON until the shaking stopped. If there was not a table or desk near them, they covered the face and head with their arms and crouched in an inside corner of the building. 4. Stayed away from glass, windows, outside doors and walls-- anything that could fall, such as lighting fixtures or furniture. 5. Used a doorway for shelter only if it was in close proximity to them and they knew it was a strongly supported, loadbearing doorway. 6. Was aware that the electricity may go out or the sprinkler systems or fire alarms may turn on. 7. Did not use elevators at any case and connected with the authority once everything settled 	<p>Phone</p>
<p>Viva</p>		<p>Mention few tips for disposing off the waste material in your workplace.</p>	<p>The candidate mentioned:</p> <ol style="list-style-type: none"> 1. Food waste and other refuse must be deposited in closable containers, which are easy to clean and disinfect. 2. All refuse containers, must be lined with plastic liners which can be easily removed and secured. 3. Outdoor storage should not be kept next to the main delivery entrance. 4. Have clearly labelled containers at all key work areas for each item being recycled, like bottles, cans, cardboard, etc. 5. Ensuring that the trash cans or waste collection points are cleared everyday. 	