

Cooking Lessons Practice Test Questions and Answers

1. What is the most important principle for food safety in cooking?

- A) Using expensive ingredients
- B) Proper temperature control and hygiene
- C) Cooking quickly
- D) Using only organic ingredients

2. Which knife technique is fundamental for beginners to learn first?

- A) Julienne cutting
- B) Basic chopping and dicing
- C) Filleting fish
- D) Carving meat

3. What does "mise en place" mean in cooking?

- A) Cooking at high heat
- B) Everything in its place - preparing ingredients before cooking
- C) Adding seasoning
- D) Serving the dish

4. Which cooking method is best for retaining nutrients in vegetables?

- A) Deep frying
- B) Steaming or light sautéing
- C) Boiling for long periods
- D) Overcooking until soft

Answers: 1-B 2-B 3-B 4-B

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