

6100-030/530 Level 3 Professional Cookery – Sample **Questions**

Version 1.1 – September 2017

Candidate Name

Please note this is not a complete sample theory exam, this document consists of sample questions from across the test specification.

Candidat	e Name						Da	te	DD/MM/YY
Descr	ribe four w	ays to avo	id the risk	of contan	nination \	when reh	eating pre	e-coo	ked foods.
									(4 marks
The h	ead chef o	f a hotel ha	as sourced	a new fis	h supplie	er.			
Descr	ibe four no	ecessary p	urchasing	processe	s to the p	ooint of de	elivery.		(4 mark

Explain three methods that can be used to prepare a whole ch	nicken for grilling. (6 n
Describe six techniques required to produce a crème c	aramel. (6 n

5	Explain three correct storage requirements when storing a fresh cream strawberry						
	gateau.	(6 marks)					
6	Describe the roles of the four essential macro nutrients present in a balance	d diet.					
		(4 marks)					
7	Describe three impacts that the age of guinea fowl has on the choice of prep	aration and					
	cooking method used.	(6 marks)					
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chicken for sauté. The wastage (carcass and trimmings) weighs 760 g and the weigh 1,240 g.	
After cooking, the cuts of chicken weigh 1 kg.	
Calculate the following:	
The cost of unprepared chicken per kg.	(1 mark)
The percentage of wastage after preparation.	(1 mark)
The percentage of weight loss after the preparation and cooking processes.	(1 mark)
The cost, per kg, of servable meat after preparation and cooking.	(1 mark)
Describe three characteristics of double cream.	(3 marks)

Expl	ain why incorr	ect prepar	ation may	y affect the	e rising qu	ality of a	soufflé.	
								(6 m
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