

Paper Code: M-EPA-COM2002

Level 2

Commis Chef

Mock EPA On-demand Test

Information for registered centres

The seal on this examination paper must only be broken by the candidate at the time of the examination. Under no circumstances should a candidate use an unsealed examination paper.

Information for candidates

Under no circumstances should you, the candidate, use an unsealed examination paper.

This examination consists of **52 multiple-choice** questions.

The exam is worth **52 marks**, with a Pass being **36 marks**, and Distinction **44 marks**.

The duration of this examination is **95 minutes**.

You are **NOT** allowed any assistance to complete the answers.

You must use a pencil to complete the answer sheet - pens must **NOT** be used.

When completed, please leave the **examination answer sheet (EAS)** on the desk.

EXAMINATION ANSWER SHEET (EAS) INSTRUCTIONS:

For each question, fill in **ONE** answer **ONLY**.

If you make a mistake, ensure you erase it thoroughly.

You must mark your choice of answer by shading in **ONE** answer circle only.

Please mark each choice like this:

01 A B C D **ANSWER COMPLETED CORRECTLY**

Examples of how NOT to mark your examination answer sheet (EAS). These will not be recorded.

01 A B C D **DO NOT** partially shade the answer circle
ANSWER COMPLETED INCORRECTLY

01 A B C D **DO NOT** use ticks or crosses
ANSWER COMPLETED INCORRECTLY

01 A B C D **DO NOT** use circles
ANSWER COMPLETED INCORRECTLY

01 A B C D **DO NOT** shade over more than one answer circle
ANSWER COMPLETED INCORRECTLY

All candidates **MUST** sign the Examination Answer Sheet (EAS) in the bottom right-hand corner of the page before leaving the examination room.

1

You are checking a delivery of pork loin. You know that the pork is fresh because of its:

- A. soft flesh
- B. hard and brittle fat
- C. bright pink colour
- D. fine texture

2

A dish on the menu has a selling price of £20.00 excluding VAT. The cost of the food is £6.00. The other £14.00 would be known as gross:

- A. margin
- B. cost
- C. profit
- D. selling

3

A raw food cutting board needs cleaning and the only hot water available is at a hand-wash basin. The **most** appropriate action for you to take is to:

- A. use a cutting board meant for cooked food instead
- B. use the hand-wash basin to clean the cutting board
- C. report this to your supervisor or a senior chef
- D. pour boiling water from the kettle over the board

4

After cleaning the deep fat fryers, you have 40 litres of used cooking oil to dispose of. Legally, you **must** do this by:

- A. emptying it down the food preparation sink while it is still warm
- B. placing it into clean oil containers and placing them with the general waste
- C. cooling and emptying it into the main drainage, making sure to clean any spillages
- D. placing it into a clean waste container and giving this to an oil waste collection service

5

An important professional behaviour for a commis chef to demonstrate in the workplace is:

- A. taking last-minute holidays
- B. completing tasks more quickly than their colleagues
- C. keeping any illnesses to themselves so they can continue to work
- D. following company standards regarding uniform

6

By developing your wider culinary knowledge, you are **most** likely to:

- A. reduce staff turnover
- B. understand how to better control pests
- C. improve the quality of your dishes
- D. improve food safety practices

7

Following a menu specification, you are cooking a sole en papillote and have been given whole lemon sole to use. The **most** suitable cut for the fish would be:

- A. délice
- B. tronçon
- C. darne
- D. supreme

8

It is the end of a shift and you are carrying out the closing down procedures with your team. You have completed all your tasks early. The **most** appropriate action to take next is to:

- A. pretend you are still busy so you do not need to help anyone else
- B. go for a break until your shift ends
- C. ask your colleagues if they need help with any tasks not yet completed
- D. ask the chef in charge if you can leave early as you have completed your work

9

Legally, there are 14 key allergens that **must** be clearly identified on labels when used as an ingredient. These include:

- A. tomatoes and apples
- B. kiwis and strawberries
- C. mustard and celery
- D. cucumbers and onions

10

Of the following, the **best** example of 'clear and clean as you go' is:

- A. disposing of waste food as it is produced
- B. hiring a specialised cleaning team
- C. recording cleaning tasks on a daily basis
- D. creating a strict cleaning schedule

11

Of the following, the **most** common vehicle of contamination in a kitchen is:

- A. ovens and grills
- B. dry-store shelving
- C. a wiping cloth
- D. the floors

12

One of the key areas in any kitchen is good mise en place. This is an important procedure because it means that the:

- A. chef in charge is happy, improving the working environment
- B. kitchen is ready for service, ensuring each section works as part of a bigger operation
- C. shift will take less time and the chefs can finish earlier
- D. staff in the kitchen only need to work hard for a few hours of their shift

13

One of your colleagues arrives late at work twice in 1 week due to poor timekeeping. The **most** important reason for the senior chef to address this with them is because it:

- A. is never acceptable to be late to work for any reason
- B. will cause the business's profits to decrease
- C. means the team member will not be considered for promotion
- D. may affect the rest of the team's morale

14

One of your colleagues has decided they want to leave the kitchen and are telling everyone how unfairly they have been treated. The **main** implication of this is that it will have a negative impact on:

- A. senior management
- B. customer experience
- C. their colleagues
- D. the overall quality of food

15

The **main** tools that can be used to reduce the likelihood of accidents in a kitchen are:

- A. training and risk assessments
- B. staff appraisals and team meetings
- C. training and COSHH assessments
- D. one-to-one meetings and training in HACCP principles

16

The **most** appropriate conditions for ambient storage are that it should be:

- A. free of pests and kept cold
- B. well lit and close to the kitchen
- C. clean and well ventilated
- D. dry and well lit

17

The **most** important characteristic of protective clothing is that it should be:

- A. light coloured
- B. clean
- C. changed weekly
- D. only washed at home

18

The **most** likely consequence to a business that provides unsatisfactory customer service is the reduction of:

- A. staffing costs and productivity
- B. suppliers and stock
- C. customers and sales
- D. management accountability and reputation

19

The pastry chef has asked you to help them with the miniature desserts for service. You have time, but have not been trained on this before. The **most** appropriate action to take is to:

- A. tell the pastry chef you are too busy to help
- B. help the pastry chef and hope you make something good enough
- C. check this is OK with the senior chef and ask to be shown first
- D. refuse to help and suggest that the pastry chef asks someone else

20

Upon finishing a tomato soup at work, the feedback from senior chefs when tasting is that it is too sour and lacks depth of flavour. You have followed the recipe correctly. The **most** likely issue with the finished product is that the:

- A. soup was cooked too quickly
- B. vegetables for the soup were incorrectly stored
- C. tomatoes used were not fully ripened
- D. onions used in the mirepoix base were of poor quality

21

Upon finishing a tomato soup at work, the feedback from senior chefs when tasting is that it is too sour and lacks depth of flavour. You have followed the recipe correctly. To correct the dish, the **best** ingredients to add are:

- A. black pepper and chopped fresh basil leaves
- B. tomato puree and vegetable bouillon
- C. fresh tarragon and white wine
- D. sugar and vinegar reduction

22

Using whole guinea fowl for a pot roast is a classic method of cooking to ensure tenderness of the finished dish. After de-feathering, the preparation methods of the bird before it goes into the pot roast should include:

- A. rolling and tying
- B. trimming and trussing
- C. basting out and coating
- D. stuffing and coating

23

When checking a delivery of meat you notice the beef rump steaks are bright red and have more blood in the packet than usual. The **most** likely cause of this is that the beef has:

- A. been packaged incorrectly, allowing air into the packet
- B. not been dried after cutting by the butcher
- C. had water added to it to bulk the flesh
- D. not been hung for the correct amount of time

24

When checking a delivery of meat you notice the beef rump steaks are bright red and have more blood in the packet than usual. The **most** appropriate course of action to take is to:

- A. accept the delivery and cook the beef as soon as possible
- B. reject the delivery and inform the line manager
- C. accept the delivery and discard it if the quality does not improve
- D. reject the delivery and make a note of the issue

25

When ordering non-food items online or over the telephone, suppliers often ask for a purchase order number generated by the in-house team at the buyer's end. The **main** reason for this is to:

- A. control spending on those items
- B. make sure the general manager looks at every order being placed
- C. allow departments to see how much they are spending before placing the order
- D. record which suppliers the company is still using

26

When preparing a meal for a person with an allergy, you forget to check the ingredient labels of the products you are using. Potentially, the **most** serious consequence of this is that the customer suffers from:

- A. vomiting
- B. itchy skin
- C. red, watering eyes
- D. anaphylactic shock

27

When preparing food for large numbers of people it is important to double check the amounts prepared before service. The **main** reason for doing this is to ensure that the:

- A. manager is happy with the amount of food being produced
- B. food can be added to the list for reordering
- C. food does not run out mid-service
- D. food safety policy of the kitchen is being followed

28

When using a vacuum-packing machine for the preparation of duck breast, it is important to use the machine correctly to prevent any air remaining around the meat. This is because the air will:

- A. increase the risk of bacterial growth
- B. affect the quality of the cooked meat
- C. increase the cooking time
- D. prevent the meat from cooking evenly

29

Which of the following dishes is **not** appropriate for a person with coeliac disease to eat?

- A. Chicken and vegetable stir fry
- B. Spaghetti bolognese
- C. Creme brûlée
- D. Cherry tomato salad with parmesan cheese

30

Within the kitchen there are several types of hazard. Of the following, the **most** common types of injuries sustained in a kitchen environment are:

- A. falls from heights
- B. chemical burns
- C. slips and trips
- D. cuts and bruises

31

Working in a food preparation business, you are likely to be required to follow recipe specifications. The **main** reason for this is because it means that:

- A. managers can take busy shifts off as everyone has a recipe to follow
- B. businesses can control costs while maintaining quality and consistency
- C. money can be saved on training as new team members can just follow the recipes
- D. customers do not receive dishes they were not expecting

32

You are completing your close down procedures and notice 40 chicken breasts and 2 trays of button mushrooms are out of date. You remember disposing of similar amounts of the same products 2 days ago. The **main** issue is likely to be that:

- A. close down procedures are not being completed correctly
- B. food is being stored in the wrong fridges
- C. stock is not being rotated when stored
- D. not enough items are being ordered

33

You are making a minestrone soup. Acceptable preparation and cutting methods for the vegetables are:

- A. macedoine, roughly chopped or julienne
- B. macedoine, brunoise or julienne
- C. macedoine, brunoise or paysanne
- D. macedoine, roughly chopped or baton

34

You are making bread and you are using a combi oven. The oven setting that will be of **most** use to you when baking and finishing the bread is the:

- A. adjustment of the fan speed during cooking
- B. humidity control
- C. internal probe thermometer
- D. countdown timer

35

You are tasked with writing the new specials menu for the bar. All of the dishes you have been asked to contribute are main courses. To make sure the meals are balanced, what **must** each main course contain as a minimum?

- A. Protein, vegetables, fats and carbohydrates
- B. Vegetables, carbohydrates, sugars and garnish
- C. Protein, sugars, fats and carbohydrates
- D. Carbohydrates, sugars, garnish and vegetables

36

You are working on butchery and are going to be working with lamb legs, pork belly and beef ribs. A knife suitable for boning these types of meat has a:

- A. long, thick blade
- B. short, thick blade
- C. short, narrow blade
- D. long, narrow blade

37

You can **best** avoid food poisoning bacteria multiplying in dried foods by:

- A. reducing ventilation
- B. using newer stock first
- C. keeping the food dry
- D. keeping the food warm

38

You have arrived on time for your late shift, and after checking your fridges you realise the early shift has not completed the section's mise en place, leaving the section short. Of the following, the **main** implication of this is likely to be that:

- A. prepping will need to take place during service, resulting in late food to tables
- B. everyone will believe that this is your fault personally
- C. the team will need to stay late to make sure the section is prepped for tomorrow
- D. you will not be able to take your break as normal

39

You have been tasked to come up with an addition for the menu and you choose to use seasonal asparagus. The **most** appropriate time to add this dish to the new menu is:

- A. May and June
- B. October and November
- C. March and April
- D. July and August

40

Your head chef has asked you to justify the use of asparagus on the menu. Linking to its seasonality, the **main** reason you would give for using this ingredient is that:

- A. the colour looks appetising on the plate
- B. every customer enjoys eating it
- C. it is good value for money
- D. preparation time is minimal

41

You have been using the preparation area for raw meat preparation, but now need to prepare the salads for lunch. You **must** clean the area before you prepare the salad to reduce the risk of:

- A. cross-contamination
- B. allergen survival
- C. spore germination
- D. bacterial multiplication

42

You have been working at your organisation for a while and are looking to gain a promotion. The behaviour that is **most** likely to help with this is:

- A. offering to undertake additional tasks
- B. being social with your colleagues
- C. having high standards of personal hygiene
- D. booking your holidays well in advance

43

You have decided to make a chicken stock from bones. To prevent fat mixing into the stock and making it greasy, the **most** appropriate technique for you to use is:

- A. rapid boiling
- B. slow simmering
- C. skimming
- D. straining

44

You have just finished putting together lasagnes for a later service and you choose to place these in the ready-to-eat fridge while they are still hot. This is **bad** practice because the hot dishes may:

- A. raise the temperature of other foods in the fridge
- B. take up too much space in the fridge
- C. cause the fridge to break down
- D. create condensation in the fridge that could then freeze

45

You have just prepared 12 kilos of tomato slices and have the ends left over. To reduce wastage, the **most** appropriate way to use these is for:

- A. salads and sauces
- B. sauces and soup
- C. soup and sandwiches
- D. sandwiches and salads

46

You have placed a new seafood dish on your menu but your usual supplier has told you that the ingredients you need will be expensive. The **most** likely risk to your business if a cheaper, less reputable supplier is used instead is a:

- A. reduction in quality that could affect standards
- B. decrease in profits across all menu items
- C. poor reputation for supporting local suppliers
- D. less presentable seafood dish

47

You notice that the under-counter fridge digital display is reading 9°C, so you probe the food inside and find it is at 4°C. The **most** likely reason for this is that the:

- A. fridge door was left open for too long during preparation
- B. fridge unit is located too close to a warm area of the kitchen
- C. goods inside the fridge unit are in vacuum packs
- D. shelves inside the fridge unit are spaced too far apart

48

You plan to prepare a dish of sea bream en papillote and have received the fish raw and fresh. The **first** preparation methods for this dish will include:

- A. skinning and filleting
- B. gutting and descaling
- C. rinsing and trimming
- D. rolling and stuffing

49

You witness a colleague cutting chicken with a large butcher's knife, but they have not anchored the board they are using correctly. The **biggest** risk is to the:

- A. chopping board
- B. knife
- C. food
- D. colleague

50

Your business decides to deliver a food safety qualification in-house, via an online platform. A **key** benefit of this is that:

- A. the training is more accessible for the learners
- B. it allows the human resources department to fulfil any legal requirements
- C. training is completed during company time and labour costs are reduced
- D. the online examination is made much easier to pass

51

Your place of work is hosting an event for guests from around the world. You are asked to create a buffet menu for this event. Without specific instructions given, what considerations might you make with regard to different diets and religious beliefs?

- A. Remove pork, beef and alcohol from the menu and provide gluten-free and vegan options
- B. Provide halal food for all guests and ensure there are vegan and vegetarian options available
- C. Remove alcohol from the menu and provide Kosher options for all guests
- D. Provide vegetarian options only and have lactose-free products available

52

Your restaurant is trying to become more environmentally friendly. As a **minimum**, an appropriate way of achieving this would be to:

- A. provide separate waste bins for different types of recycling
- B. monitor food wastage by weighing the food waste bags
- C. record how much water is used for cooking
- D. provide the kitchen with paper-only bins for recycling





Level 2

Highfield Qualifications

Highfield House
Heavens Walk
Lakeside
Doncaster
South Yorkshire
DN4 5HZ
United Kingdom

01302 363277
info@highfield.co.uk
www.highfieldqualifications.com