

ACF Practice Test Questions and Answers

1. What is mise en place?

- A) Cleaning up after cooking.
- B) Cooking with leftover ingredients.
- C) Arranging kitchen décor.
- D) Preparing and organizing all ingredients before cooking

2. What is cross-contamination?

- A) Using clean utensils
- B) Storing raw meat above vegetables
- C) Transfer of bacteria from one surface to another
- D) Cooking food thoroughly

3. How does menu planning affect food waste?

- A) It increases food waste.
- B) It has no effect on waste.
- C) It helps reduce food waste and improve cost efficiency
- D) It complicates purchasing decisions.

4. What is the safest way to thaw frozen meat?

- A) Leaving it on the counter overnight.
- B) Soaking it in hot water.
- C) In the refrigerator
- D) Next to a stove while cooking.

Answers: 1-D 2-C 3-C 4-C

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