



# **RED SEAL EXAM SELF-ASSESSMENT GUIDE**

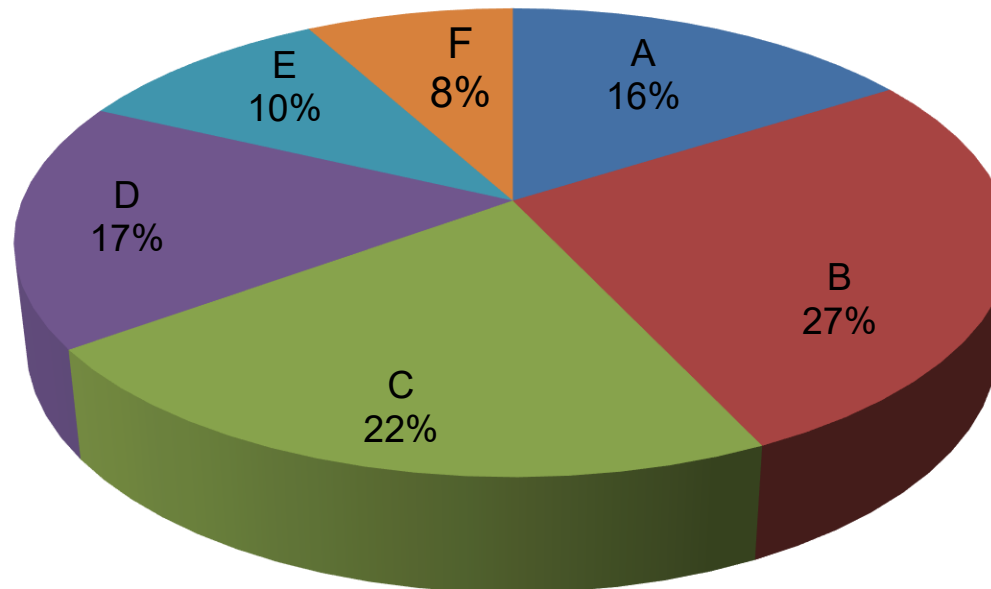
**Baker**



## Red Seal Exam Weighting

This pie chart represents the distribution of questions on the Red Seal Exam. The self-assessment on the next pages shows the Tasks and Sub-tasks within each Major Work Activity and the number of questions assigned to each Major Work Activity and Task.




The Red Seal Exam for this trade has 150 questions.



	<b>Major Work Activity / Exam Section</b>	<b>Percentage of Questions</b>	<b>Number of Questions out of 150</b>
A	Performs common occupational skills	16%	23
B	Prepares fermented goods	27%	41
C	Prepares cookies, bars, quick breads, pastry doughs and cakes	22%	33
D	Performs assembly and finishing	17%	26
E	Prepares chocolate, confections and sugar work	10%	15
F	Prepares desserts, ice creams and ices	8%	12

## Breakdown of Red Seal Exam Questions and Self-Assessment

Rate your own understanding and experience with each task. Look at the activities that make up each task and consider your experience with them when rating yourself. Be honest!

 <b>LOW</b>	I have <b>no or very little understanding or experience</b> in this activity
 <b>MEDIUM</b>	I <b>understand</b> this activity and have <b>some experience</b> doing it in <b>limited</b> situations
 <b>HIGH</b>	I have a <b>very good understanding</b> of this activity and am <b>fully competent</b> in doing it in <b>many</b> situations

This is not intended to accurately predict how you will actually do on the exam – there may be areas where you are over-confident or under-confident. But it should give you an idea of your strengths and weaknesses.










After you rate your own knowledge and experience as **LOW**, **MEDIUM** or **HIGH**, check how many questions there are and write down how many you think you will get correct.
















**LOW**, you may not get many of those questions right.




**MEDIUM**, you might get some right.

**HIGH**, you expect to be able to get most of those questions right.

Comparing your scores with the number of questions on the exam will help you identify which areas you need to prepare the most. Add up your scores from each section to get an idea of your overall readiness for the exam.







	 <b>LOW</b> Understanding / Experience	 <b>MEDIUM</b> Understanding / Experience	 <b>HIGH</b> Understanding / Experience	Number of questions on the Red Seal exam	Based on your self-rating, how many of the questions do you think you will get correct?
<b>A – Performs common occupational skills</b>					
Task A-1 Performs safety- and hygiene-related functions A-1.01 Maintains safe work environment A-1.02 Uses personal protective equipment (PPE) and safety equipment A-1.03 Maintains professional appearance and personal hygiene				3	
Task A-2 Practices food safety procedures A-2.01 Maintains safe condition and temperature of raw ingredients and finished products A-2.02 Prevents cross-contamination of raw ingredients and finished products A-2.03 Cleans and sanitizes tools and equipment				3	
















	 <b>LOW</b> Understanding / Experience	 <b>MEDIUM</b> Understanding / Experience	 <b>HIGH</b> Understanding / Experience	Number of questions on the Red Seal exam	Based on your self- rating, how many of the questions do you think you will get correct?
Task A-3 Uses and maintains tools and equipment A-3.01 Uses non-mechanized tools A-3.02 Uses mechanized tools and equipment				3	
Task A-4 Organizes work A-4.01 Schedules production and workflow A-4.02 Organizes workplace and workspace				4	
Task A-5 Manages products and information A-5.01 Orders products A-5.02 Receives products A-5.03 Manages inventory A-5.04 Performs quality control assessments on bakery products A-5.05 Stores bakery products A-5.06 Packages bakery products				4	
Task A-6 Performs routine work practices A-6.01 Performs portion control A-6.02 Uses convenience foods A-6.03 Uses formulations A-6.04 Applies dietary information				3	

	 <b>LOW</b> Understanding / Experience	 <b>MEDIUM</b> Understanding / Experience	 <b>HIGH</b> Understanding / Experience	Number of questions on the Red Seal exam	Based on your self-rating, how many of the questions do you think you will get correct?
Task A-7 Adapts baking practices to meet dietary requirements A-7.01 Adapts bakery practices to meet dietary requirements A-7.02 Selects ingredients to meet dietary requirements A-7.03 Prepares food to meet dietary requirements	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3	
Task A-8 Uses communication and mentoring techniques A-8.01 Uses communication techniques A-8.02 Uses mentoring techniques	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	0	
Total number of questions for this section:				23	SUM OF YOUR EXPECTED CORRECT ANSWERS




	● <b>LOW</b> Understanding / Experience	● <b>MEDIUM</b> Understanding / Experience	● <b>HIGH</b> Understanding / Experience	Number of questions on the Red Seal exam	Based on your self- rating, how many of the questions do you think you will get correct?
<b>B – Prepares fermented goods</b>					
Task B-9 Prepares pre-ferment B-9.01 Mixes ingredients for pre-ferment B-9.02 Manages pre-ferment process	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	6	
Task B-10 Prepares dough B-10.01 Manages dough temperature B-10.02 Mixes ingredients for fermented goods B-10.03 Manages bulk fermentation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	11	
Task B-11 Forms dough B-11.01 Divides dough B-11.02 Shapes dough B-11.03 Monitors final proof of dough	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	9	
Task B-12 Forms laminated dough B-12.01 Laminates dough B-12.02 Performs make-up of laminated dough products B-12.03 Monitors final proof of laminated dough products	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	7	









	 <b>LOW</b> Understanding / Experience	 <b>MEDIUM</b> Understanding / Experience	 <b>HIGH</b> Understanding / Experience	Number of questions on the Red Seal exam	Based on your self-rating, how many of the questions do you think you will get correct?
Task B-13 Finishes fermented goods B-13.01 Applies pre-bake finish B-13.02 Bakes fermented goods B-13.03 Deep-fries fermented goods				8	
Total number of questions for this section:				<b>41</b>	SUM OF YOUR EXPECTED CORRECT ANSWERS <div></div>

	 <b>LOW</b> Understanding / Experience	 <b>MEDIUM</b> Understanding / Experience	 <b>HIGH</b> Understanding / Experience	Number of questions on the Red Seal exam	Based on your self-rating, how many of the questions do you think you will get correct?
<b>C – Prepares cookies, bars, quick breads, pastry doughs and cakes</b>					
Task C-14 Prepares cookies and bars C-14.01 Mixes cookie and bar ingredients C-14.02 Performs make-up of cookies and bars C-14.03 Bakes cookies and bars				7	<div></div>
Task C-15 Prepares quick breads C-15.01 Mixes quick bread ingredients C-15.02 Performs make-up of quick breads C-15.03 Bakes quick breads				7	<div></div>
Task C-16 Prepares pastry doughs C-16.01 Mixes pastry dough ingredients C-16.02 Performs make-up of pastry doughs C-16.03 Bakes pastry doughs				9	<div></div>
Task C-17 Prepares cakes C-17.01 Mixes cake ingredients C-17.02 Portions mixture for cakes C-17.03 Bakes cakes				10	<div></div>
Total number of questions for this section:				<b>33</b>	SUM OF YOUR EXPECTED CORRECT ANSWERS <div></div>

	● <b>LOW</b> Understanding / Experience	● <b>MEDIUM</b> Understanding / Experience	● <b>HIGH</b> Understanding / Experience	Number of questions on the Red Seal exam	Based on your self- rating, how many of the questions do you think you will get correct?
<b>D – Performs assembly and finishing</b>					
Task D-18 Prepares creams, custards, sweet fillings, decorating pastes and icings D-18.01 Performs make-up of creams, custards, sweet fillings, decorating pastes and icings D-18.02 Cooks creams, custards and sweet fillings D-18.03 Holds products for use	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	6	
Task D-19 Prepares savoury fillings D-19.01 Performs make-up of savoury fillings D-19.02 Holds savoury fillings for use D-19.03 Portions savoury fillings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3	
Task D-20 Prepares sauces, glazes and garnishes D-20.01 Performs make-up of sauces and glazes D-20.02 Performs make-up of garnishes D-20.03 Holds sauces, glazes and garnishes for use	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	4	
Task D-21 Assembles and bakes sweet and savoury pastries D-21.01 Performs make-up and assembly of sweet and savoury pastries D-21.02 Bakes sweet and savoury pastries	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	4	

	 <b>LOW</b> Understanding / Experience	 <b>MEDIUM</b> Understanding / Experience	 <b>HIGH</b> Understanding / Experience	Number of questions on the Red Seal exam	Based on your self-rating, how many of the questions do you think you will get correct?
Task D-22 Assembles cakes and other baked goods D-22.01 Performs make-up and assembly of cakes and other baked goods D-22.02 Portions cakes and other baked goods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	5	
Task D-23 Decorates and finishes baked goods D-23.01 Applies sauces, toppings and glazes D-23.02 Applies garnishes and decorative products	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	4	
Total number of questions for this section:				<b>26</b>	SUM OF YOUR EXPECTED CORRECT ANSWERS <input type="text"/>

	 <b>LOW</b> Understanding / Experience	 <b>MEDIUM</b> Understanding / Experience	 <b>HIGH</b> Understanding / Experience	Number of questions on the Red Seal exam	Based on your self-rating, how many of the questions do you think you will get correct?
<b>E – Prepares chocolate, confections and sugar work</b>					
Task E-24 Prepares chocolate E-24.01 Selects quality and types of chocolate E-24.02 Prepares fillings for chocolate E-24.03 Prepares couvertures and compounds E-24.04 Uses couvertures and compounds	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	9	
Task E-25 Prepares confections and sugar work E-25.01 Boils sugar and sugar substitutes E-25.02 Forms sugar and sugar substitutes E-25.03 Creates artistic garnishes and sugar work E-25.04 Prepares confections	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	6	
Total number of questions for this section:				<b>15</b>	SUM OF YOUR EXPECTED CORRECT ANSWERS <input type="text"/>

	 <b>LOW</b> Understanding / Experience	 <b>MEDIUM</b> Understanding / Experience	 <b>HIGH</b> Understanding / Experience	Number of questions on the Red Seal exam	Based on your self-rating, how many of the questions do you think you will get correct?
<b>F – Prepares desserts, ice creams and ices</b>					
Task F-26 Prepares plated desserts F-26.01 Plans plate design F-26.02 Assembles components	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	4	
Task F-27 Prepares ice creams and ices F-27.01 Prepares bases for ice creams and ices F-27.02 Performs make-up of ice creams and ices	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	4	
Task F-28 Prepares frozen desserts F-28.01 Performs make-up of frozen dessert components F-28.02 Assembles frozen dessert components F-28.03 Holds frozen desserts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	4	
Total number of questions for this section:				<b>12</b>	<b>SUM OF YOUR EXPECTED CORRECT ANSWERS</b>
Now, add up the totals you gave yourself for each section.				<b>TOTAL NUMBER OF QUESTIONS</b> 150	<b>MY EXPECTED TOTAL</b>

## **Interpreting your Self-Assessment**

What score did you give yourself?

Divide it by the number of questions to get a percentage.

The passing mark for the Red Seal exam is 70%. If you rated yourself higher than that overall, you feel pretty confident that your experience and knowledge in the trade are good enough for a pass. However, remember that this self-assessment is just a guide. We still encourage you to develop a study plan and to consider the areas where you rated yourself as less confident.

If your overall score is less than 70%, you might have more work to do. Look more closely at your scores section by section. What are the areas where you have the most to gain?

Look over the Red Seal Exam Preparation Guide for more advice.