



RED SEAL EXAM

SELF-ASSESSMENT GUIDE

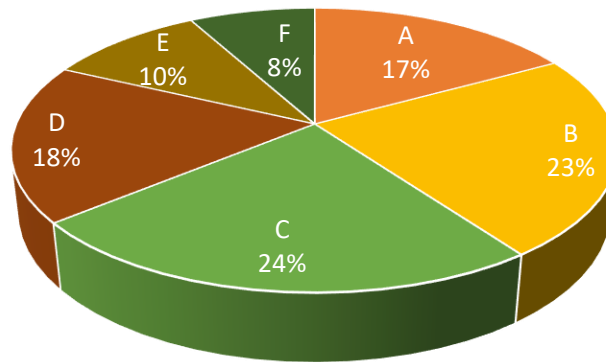
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Red Seal Exam Weighting

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 Block and the number of questions assigned to each Block and Task.

The Red Seal Exam for this trade has 150 questions.



	Block / Exam Section	Percentage of Questions	Number of Questions out of 150
A	Common occupational skills	17%	24
B	Fermented Goods	23%	33
C	Cookies, Bars, Cakes, Pastry and Quick Breads	24%	37
D	Assembly and Finishing	18%	28
E	Chocolate and Confections	10%	16
F	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 of them when rating yourself. Be honest!

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

	● LOW Understanding / Experience	● MEDIUM Understanding / Experience	● HIGH 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?
A - Common Occupational Skills					
1. Performs safety and sanitation related functions. 1.01 Maintains safe and sanitary work environment. 1.02 Uses personal protective equipment (PPE) and safety equipment. 1.03 Sanitizes tools and equipment. 1.04 Applies safe food practices.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	7	
2. Organizes work. 2.01 Schedules production and workflow. 2.02 Organizes workplace and workspace. 2.03 Maintains tools and equipment.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	4	
3. Manages products and information. 3.01 Manages inventory. 3.02 Performs quality control assessments. 3.03 Stores bakery products. 3.04 Packages bakery products.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	7	

	● LOW Understanding / Experience	● MEDIUM Understanding / Experience	● HIGH 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?
4. Applies food science. 4.01 Uses formulations. 4.02 Applies nutritional and allergen information.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	6	
Total number of questions for this section:				24	SUM OF YOUR EXPECTED CORRECT ANSWERS

	● LOW Understanding / Experience	● MEDIUM Understanding / Experience	● HIGH 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 - Fermented Goods					
5. Prepares dough. 5.01 Manages dough temperature. 5.02 Mixes ingredients for fermented goods. 5.03 Allows dough to rest.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	8	<input type="text"/>
6. Forms dough. 6.01 Portions dough. 6.02 Shapes dough. 6.03 Pans dough. 6.04 Monitors final proof. 6.05 Performs make-up of laminated doughs.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	13	<input type="text"/>
7. Finishes fermented goods. 7.01 Applies pre bake finish. 7.02 Bakes fermented goods. 7.03 Deep-fries fermented goods.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	12	<input type="text"/>
Total number of questions for this section:				33	SUM OF YOUR EXPECTED CORRECT ANSWERS <input type="text"/>

	● LOW Understanding / Experience	● MEDIUM Understanding / Experience	● HIGH 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?
C - Cookies, Bars, Cakes, Pastry and Quick Breads					
8. Prepares cookies and bars. 8.01 Mixes cookie and bar ingredients. 8.02 Portions mixture for cookies and bars. 8.03 Performs make-up of cookies and bars. 8.04 Bakes cookies and bars.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10	<hr/>
9. Prepares quick breads. 9.01 Mixes quick bread ingredients. 9.02 Portions mixture for quick breads. 9.03 Performs make-up of quick breads. 9.04 Bakes quick breads.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	7	<hr/>
10. Prepares pastry doughs. 10.01 Mixes pastry doughs. 10.02 Portions pastry doughs. 10.03 Performs make-up of pastry doughs. 10.04 Cooks pastry doughs by baking and frying.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1	<hr/>

	<p>● LOW Understanding / Experience</p>	<p>● MEDIUM Understanding / Experience</p>	<p>● HIGH Understanding / Experience</p>	<p>Number of questions on the Red Seal exam</p>	<p>Based on your self-rating, how many of the questions do you think you will get correct?</p>
<p>11. Prepares cakes. 11.01 Mixes cake ingredients. 11.02 Portions mixture for cake. 11.03 Bakes cake.</p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10	
<p>Total number of questions for this section:</p>				37	<p>SUM OF YOUR EXPECTED CORRECT ANSWERS</p>

	● LOW Understanding / Experience	● MEDIUM Understanding / Experience	● HIGH 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?
D - Assembly and Finishing					
12. Prepares creams, custards, fillings, decorating pastes and icings. 12.01 Performs make-up of creams, custards, fillings, decorating pastes and icings. 12.02 Cooks creams and custards. 12.03 Holds products for use.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10	<input type="text"/>
13. Prepares sauces, glazes and garnishes. 13.01 Performs make-up of sauces and glazes. 13.02 Performs make-up of garnishes.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	4	<input type="text"/>
14. Prepares cakes, pastries and other baked goods for decorating. 14.01 Mixes pastry ingredients and components. 14.02 Cuts cakes and pastries. 14.03 Assembles cakes, pastries and other baked goods. 14.04 Bakes pastries. 14.05 Portions cakes, pastries and other baked goods.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	8	<input type="text"/>

	<p>● LOW Understanding / Experience</p>	<p>● MEDIUM Understanding / Experience</p>	<p>● HIGH Understanding / Experience</p>	<p>Number of questions on the Red Seal exam</p>	<p>Based on your self-rating, how many of the questions do you think you will get correct?</p>
<p>15. Finishes and decorates baked goods. 15.01 Applies sauces, toppings and glazes. 15.02 Applies garnishes and decorative products.</p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	6	
<p>Total number of questions for this section:</p>				28	<p>SUM OF YOUR EXPECTED CORRECT ANSWERS</p>

	● LOW Understanding / Experience	● MEDIUM Understanding / Experience	● HIGH 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?
E - Chocolate and Confections					
16. Prepares chocolate. 16.01 Selects quality and types of chocolate. 16.02 Prepares fillings for chocolate. 16.03 Prepares couvertures and compounds. 16.04 Uses couvertures and compounds.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	9	<input type="text"/>
17. Prepares confections. 17.01 Boils sugar. 17.02 Forms sugar. 17.03 Creates artistic garnishes.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	7	<input type="text"/>
Total number of questions for this section:				16	SUM OF YOUR EXPECTED CORRECT ANSWERS <input type="text"/>

	● LOW Understanding / Experience	● MEDIUM Understanding / Experience	● HIGH 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?
F - Desserts, Ice Creams and Ices					
18. Prepares plated desserts. 18.01 Plans plate design. 18.02 Assembles components	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	4	<input type="text"/>
19. Prepares ice creams and ices. 19.01 Prepares bases for ice creams and ices. 19.02 Performs make-up of ice creams and ices.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	4	<input type="text"/>
20. Prepares frozen desserts. 20.01 Performs make-up of frozen desserts. 20.02 Holds frozen desserts. 20.03 Assembles components for frozen desserts.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	4	<input type="text"/>
					SUM OF YOUR EXPECTED CORRECT ANSWERS
Total number of questions for this section:				12	<input type="text"/>

	<p>● LOW Understanding / Experience</p>	<p>● MEDIUM Understanding / Experience</p>	<p>● HIGH Understanding / Experience</p>	<p>Number of questions on the Red Seal exam</p>	<p>Based on your self-rating, how many of the questions do you think you will get correct?</p>
<p>Now, add up the totals you gave yourself for each section.</p>				<p>TOTAL NUMBER OF QUESTIONS 150</p>	<p>MY EXPECTED TOTAL</p> <div style="border: 1px solid black; height: 20px; width: 100%; background-color: #cccccc;"></div>

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.