



RED SEAL EXAM

SELF-ASSESSMENT GUIDE

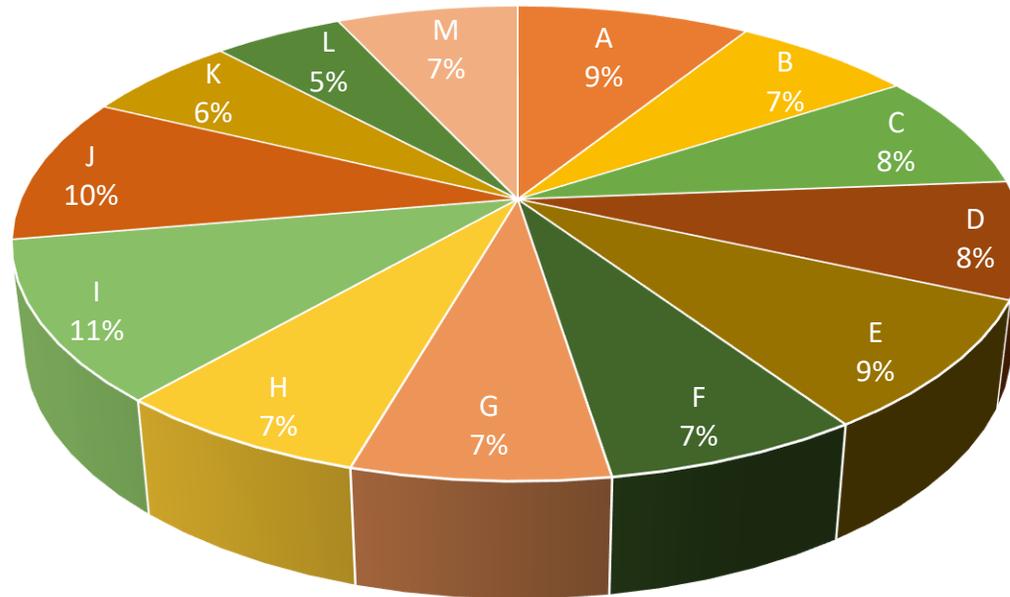
COOK



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.



	Major Work Activity / Exam Section	Percentage of Questions	Number of Questions out of 150
A	Hygiene, sanitation and safety	9%	13
B	Common occupational skills	7%	11
C	Produce	8%	12
D	Stocks, broths and soups	8%	12
E	Sauces	9%	13
F	Cheese, dairy, plant-based dairy alternatives, eggs and egg products	7%	10
G	Pastas, noodles, stuffed pastas and dumplings	7%	10
H	Grains, pulses, seeds, nuts and alternative proteins	7%	11
I	Meats, game, poultry, game birds and variety meats	11%	16
J	Fish and seafood	10%	15
K	Salads and sandwiches	6%	9
L	Specialty preparation	5%	8
M	Sweet and savoury baked goods and desserts	6%	10

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 – Hygiene, sanitation and safety					
1. Performs safety and hygiene-related functions 1.01 Maintains safe work environment 1.02 Uses personal protective equipment (PPE) and safety equipment 1.03 Maintains personal hygiene	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	5	<input type="text"/>
2. Practices food safety procedures 2.01 Maintains safe condition and temperature of raw and finished product 2.02 Cools food rapidly 2.03 Re-thermalizes foods 2.04 Prevents cross-contamination 2.05 Cleans tools and equipment 2.06 Sanitizes tools and equipment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	8	<input type="text"/>
Total number of questions for this section:				13	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?
B – Common occupational skills					
3. Uses tools and equipment 3.01 Uses knives 3.02 Uses pots, pans and utensils 3.03 Uses equipment and appliances	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2	<input type="text"/>
4. Organizes work 4.01 Organizes kitchen workplace 4.02 Schedules production	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1	<input type="text"/>
5. Manages information 5.01 Plans menu and mise en place 5.02 Uses documentation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1	<input type="text"/>
6. Manages products 6.01 Orders products 6.02 Receives products 6.03 Stores products 6.04 Maintains inventory	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2	<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?
7. Performs trade activities 7.01 Uses recipes 7.02 Performs portion control 7.03 Presents finished product 7.04 Uses convenience foods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2	<input type="text"/>
8. Adapts cooking practices to meet dietary requirements 8.01 Adapts kitchen practices to meet dietary requirements 8.02 Selects ingredients to meet dietary requirements 8.03 Prepares food to meet dietary requirements	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2	<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?
9. Uses communication and mentoring techniques 9.01 Uses communication techniques 9.02 Uses mentoring techniques	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1	
Total number of questions for this section:				11	SUM OF YOUR EXPECTED CORRECT ANSWERS <div style="background-color: #cccccc; height: 20px; width: 100%;"></div>

	 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 – Produce					
10. Prepares herbs and spices 10.01 Selects herbs and spices 10.02 Cleans herbs 10.03 Processes herbs and spices	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3	
11. Prepares vegetables 11.01 Selects vegetables 11.02 Cleans vegetables 11.03 Processes vegetables 11.04 Cooks vegetables 11.05 Finishes vegetables	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	5	

	 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?
12. Prepares fruit 12.01 Selects fruit 12.02 Cleans fruit 12.03 Processes fruit 12.04 Cooks fruit 12.05 Finishes fruit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	4	
Total number of questions for this section:				12	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?
D – Stocks, broths and soups					
13. Prepares stocks and broths 13.01 Selects stock and broth ingredients 13.02 Processes stock and broth ingredients 13.03 Cooks stocks and broths	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	6	<input type="text"/>
14. Prepares soups 14.01 Selects soup ingredients 14.02 Processes soup ingredients 14.03 Cooks soups 14.04 Finishes soups	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	6	<input type="text"/>
Total number of questions for this section:				12	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?
E – Sauces					
15. Prepares thickening and binding agents 15.01 Selects thickening and binding ingredients 15.02 Processes thickening and binding ingredients	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	4	
16. Prepares sauces 16.01 Selects sauce ingredients 16.02 Processes sauce ingredients 16.03 Cooks sauces 16.04 Finishes sauces	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	9	
Total number of questions for this section:				13	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?
F – Cheese, dairy, plant-based dairy alternatives, eggs and egg products					
17. Uses cheese, dairy products and plant-based dairy alternative products 17.01 Selects cheese, dairy and plant-based dairy alternative ingredients 17.02 Processes cheese, dairy and plant-based dairy alternative ingredients 17.03 Finishes cheese, dairy and plant-based dairy alternative products	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	5	<input type="text"/>
18. Prepares eggs and egg-based dishes 18.01 Selects ingredients for eggs and egg-based dishes 18.02 Processes ingredients for eggs and egg-based dishes 18.03 Cooks eggs and egg-based dishes 18.04 Finishes eggs and egg-based dishes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	5	<input type="text"/>
Total number of questions for this section:				10	<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?
G – Pastas, noodles, stuffed pastas and dumplings					
19. Prepares pastas and noodles 19.01 Selects pasta and noodle ingredients 19.02 Processes pastas and noodles 19.03 Cooks pastas and noodles 19.04 Finishes pastas and noodles	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	6	<input type="text"/>
20. Prepares stuffed pastas and dumplings 20.01 Selects stuffed pasta and dumpling ingredients 20.02 Processes stuffed pastas and dumplings 20.03 Cooks stuffed pastas and dumplings 20.04 Finishes stuffed pastas and dumplings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	4	<input type="text"/>
Total number of questions for this section:				10	<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?
H – Grains, pulses, seeds, nuts and alternative proteins					
21. Prepares grains and pulses 21.01 Selects grains and pulses 21.02 Processes grains and pulses 21.03 Cooks grains and pulses	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	4	<input type="text"/>
22. Prepares seeds and nuts 22.01 Selects seeds and nuts 22.02 Processes seeds and nuts 22.03 Cooks seeds and nuts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3	<input type="text"/>
23. Prepares alternative proteins 23.01 Selects alternative proteins 23.02 Processes alternative proteins 23.03 Cooks alternative proteins	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	4	<input type="text"/>
Total number of questions for this section:				11	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?
I – Meats, game, poultry, game birds and variety meats					
24. Prepares meats and game meats 24.01 Selects meats and game meats 24.02 Processes meats and game meats 24.03 Cooks meats and game meats 24.04 Finishes meats and game meats	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	8	
25. Prepares poultry and game birds 25.01 Selects poultry and game birds 25.02 Processes poultry and game birds 25.03 Cooks poultry and game birds 25.04 Finishes poultry and game birds	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	6	

	 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?
26. Prepares variety meats 26.01 Selects variety meats 26.02 Processes variety meats 26.03 Cooks variety meats 26.04 Finishes variety meats	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2	
Total number of questions for this section:				16	SUM OF YOUR EXPECTED CORRECT ANSWERS <div style="background-color: #cccccc; height: 20px; width: 100%;"></div>

	 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?
J – Fish and seafood					
27. Prepares fin fish 27.01 Selects fin fish 27.02 Processes fin fish 27.03 Cooks fin fish 27.04 Finishes fin fish	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	7	<input type="text"/>
28. Prepares seafood 28.01 Selects seafood 28.02 Processes seafood 28.03 Cooks seafood 28.04 Finishes seafood	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	8	<input type="text"/>
Total number of questions for this section:				15	<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?
K – Salads and sandwiches					
29. Prepares sandwiches 29.01 Selects sandwich ingredients 29.02 Processes sandwich ingredients 29.03 Assembles sandwiches 29.04 Cooks sandwiches	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3	
30. Prepares salads 30.01 Selects salad ingredients 30.02 Processes salad ingredients 30.03 Finishes salad	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3	

	 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?
31. Prepares condiments, preserves and dressings 31.01 Selects ingredients for condiments, preserves and dressings 31.02 Processes ingredients for condiments, preserves and dressings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3	
Total number of questions for this section:				9	SUM OF YOUR EXPECTED CORRECT ANSWERS <div style="background-color: #cccccc; height: 20px; width: 100%;"></div>

	 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?
L – Specialty preparation					
32. Prepares hors d’oeuvres and other finger foods 32.01 Selects ingredients for hors d’oeuvres and other finger foods 32.02 Processes ingredients for hors d’oeuvres and other finger foods 32.03 Assembles hors d’oeuvres and other finger foods 32.04 Cooks hors d’oeuvres and other finger foods 32.05 Finishes hors d’oeuvres and other finger foods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3	
33. Prepares charcuterie and cured products 33.01 Selects ingredients for charcuterie and cured products 33.02 Processes ingredients for charcuterie and cured products 33.03 Cooks charcuterie and cured products 33.04 Finishes charcuterie and cured products	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2	

	 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?
34. Prepares gels and glazes 34.01 Selects ingredients for gels and glazes 34.02 Processes ingredients for gels and glazes 34.03 Finishes gels and glazes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1	<input type="text"/>
35. Prepares marinades, rubs and brines 35.01 Selects marinade, rub and brine ingredients 35.02 Processes marinade, rub and brine ingredients	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2	<input type="text"/>
Total number of questions for this section:				8	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?
M – Sweet and savoury baked goods and desserts					
36. Prepares dough-based products 36.01 Selects ingredients for dough 36.02 Processes ingredients for dough 36.03 Cooks dough-based products 36.04 Finishes dough-based products	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2	
37. Prepares batter-based products 37.01 Selects ingredients for batters 37.02 Processes ingredients for batters 37.03 Cooks batter-based products 37.04 Finishes batter-based products	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2	

	 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?
38. Prepares creams, mousses, frozen desserts, fillings, icings, toppings and sugar works 38.01 Selects ingredients for creams, mousses, frozen desserts, fillings, icings, toppings and sugar works 38.02 Processes ingredients for creams, mousses, frozen desserts, fillings, icings, toppings and sugar works 38.03 Finishes creams, mousses, frozen desserts, fillings, icings, toppings and sugar works	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2	<input type="text"/>
39. Assembles cakes 39.01 Selects cake components for assembly 39.02 Finishes cakes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1	<input type="text"/>
40. Prepares savoury and sweet pastries and pies 40.01 Selects ingredients for savoury and sweet pastries and pies 40.02 Assembles savoury and sweet pastries and pies 40.03 Cooks savoury and sweet pastries and pies 40.04 Finishes savoury and sweet pastries and pies	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2	<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?
41. Prepares chocolate 41.01 Selects chocolate and ingredients 41.02 Processes chocolate 41.03 Finishes chocolate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1	<input type="text"/>
Total number of questions for this section:				10	SUM OF YOUR EXPECTED CORRECT ANSWERS <input type="text"/>
Now, add up the totals you gave yourself for each section.				TOTAL NUMBER OF QUESTIONS 150	MY EXPECTED TOTAL <input type="text"/>

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.