PRACTICE EXAM 5: RED SEAL BAKER SIMULATION (150 QUESTIONS)

1. In WHMIS, what does the acronym SDS stand for?

A. Standard Disposal System

B. Safety Data Sheet

C. Sanitation Detail Schedule

D. Supplier Delivery Statement

2. The temperature danger zone, in which bacteria multiply most rapidly, is generally defined as:

A. −18°C to 0°C

B. 0°C to 4°C

C. 60°C to 100°C

D. 4°C to 60°C

3. In the acronym FAT TOM, the two "T" factors stand for:

A. Temperature and Time

B. Texture and Taste

C. Temperature and Texture

D. Time and Tenderness

4. What does the acronym FIFO stand for in stock rotation?

A. Fast In, Fast Out

B. Frozen In, Frozen Out

C. First In, First Out

D. Fresh In, Final Out

5. The two wheat proteins that combine with water to form gluten are correctly named:

A. Glutenin and gliadin

B. Albumin and globulin

C. Casein and whey

D. Amylose and amylopectin

6. Which term describes the process by which starch granules absorb water and swell when heated during baking?

A. Caramelization

B. Fermentation

C. Gelatinization

D. Coagulation

7. Which term names the natural emulsifier found in egg yolk?

A. Albumin

B. Gluten

C. Pectin

D. Lecithin

8. The browning reaction between sugars and proteins under heat is correctly called:

A. Caramelization

B. The Maillard reaction

C. Gelatinization

D. Oxidation

9. In baker's percentage, the flour in a formula is always assigned a value of:

A. 50%

B. 0%

C. A variable percentage

D. 100%

10. Which pre-ferment is correctly defined as a loose, batter-like mixture of roughly equal parts flour and water with a small amount of yeast?

A. Poolish

B. Biga

C. Levain

D. Détrempe

11. Which stage of mixing is correctly described as the point where the dough becomes smooth, elastic, and pulls cleanly from the bowl?

A. Pickup

B. Pickup and incorporation

C. Development (clean-up)

D. Initial blending

12. The short resting period after pre-shaping that allows the gluten to relax is correctly called the:

A. Final proof

B. Bench rest (intermediate proof)

C. Bulk fermentation

D. Oven spring

13. Which term names the rapid rise a dough undergoes in the first minutes of baking before the crust sets?

A. Oven spring

B. Bulk fermentation

C. Retardation

D. Lamination

14. The technique of layering dough and fat through repeated rolling and folding is correctly termed:

A. Creaming

B. Docking

C. Scaling

D. Lamination

15. Which term correctly describes the amount of air incorporated into ice cream during churning?

A. Hydration

B. Yield

C. Overrun

D. Coagulation

16. A "lean dough" is correctly defined as one containing essentially:

A. Flour, water, salt, and yeast

B. Flour, butter, sugar, and eggs

C. Only flour and sugar

D. Eggs, cream, and chocolate

17. Which term names baking a pastry shell empty, often with weights, before adding a filling?

A. Docking

B. Blind baking

C. Tempering

D. Proofing

18. The high-quality chocolate with a high cocoa butter content used for coating and moulding is correctly called:

A. Compound coating

B. Cocoa powder

C. Ganache

D. Couverture

19. Which term names the dull, grey, streaky surface defect on chocolate caused by unstable cocoa butter crystals?

A. Sugar bloom

B. Freezer burn

C. Fat bloom

D. Caramelization

20. The coarse, crystalline Italian ice made by scraping a freezing liquid is correctly called:

A. Sorbet

B. Granita

C. Gelato

D. Sherbet

21. Which acronym refers to personal protective equipment?

A. SDS

B. HACCP

C. FIFO

D. PPE

22. The systematic, preventive food-safety framework built on seven principles is correctly abbreviated:

A. HACCP

B. WHMIS

C. FIFO

D. PPE

23. Which term correctly names the ratio of water to flour in a formula, expressed as a percentage of flour weight?

A. Overrun

B. Yield

C. Hydration

D. Conversion factor

24. The pre-ferment that is stiff and low in hydration, of Italian origin, is correctly called a:

A. Poolish

B. Biga

C. Sponge

D. Levain

25. Which term names a coating defect on frozen products caused by surface dehydration from air exposure?

A. Sugar bloom

B. Fat bloom

C. Caramelization

D. Freezer burn

26. Which mixing method is correctly defined as creaming fat and sugar to incorporate air, then adding eggs and alternating dry and liquid ingredients?

A. The creaming method

B. The muffin method

C. The biscuit method

D. The foaming method

27. The defect of long vertical holes in a muffin's crumb caused by overmixing is correctly called:

A. Oven spring

B. Bloom

C. Tunnelling

D. Lamination

28. Which term names the first rise of the whole mass of dough before it is divided?

A. Proofing

B. Bulk fermentation

C. Bench rest

D. Oven spring

29. An ingredient such as corn syrup added to prevent unwanted crystallization in candy is correctly called a/an:

A. Stabilizer

B. Emulsifier

C. Leavener

D. Interfering agent

30. Which leavening type is correctly defined as gas produced by yeast consuming sugars?

A. Mechanical leavening

B. Chemical leavening

C. Biological leavening

D. Steam leavening

31. The roll-in fat used in lamination must be described as:

A. Plastic and pliable

B. Completely liquid

C. Granular and dry

D. Crystallized and brittle

32. Which term correctly names the French two-cooked, steam-leavened paste used for éclairs?

A. Pâte brisée

B. Pâte à choux

C. Pâte sucrée

D. Pâte sablée

33. Baking soda is correctly classified chemically as a/an:

A. Acid

B. Salt of sugar

C. Emulsifier

D. Base

34. Which term names the icing made by whipping a hot sugar syrup into egg whites, then adding butter?

A. American buttercream

B. German buttercream

C. Italian meringue buttercream

D. Royal icing

35. The cake formula in which the weight of sugar exceeds the weight of flour is correctly called a:

A. High-ratio cake

B. Foam cake

C. Pound cake

D. Génoise

36. Which term correctly describes a frozen dessert aerated before freezing rather than churned during it?

A. Churned ice cream

B. Still-frozen dessert

C. Granita

D. Sorbet

37. The icing that dries hard and rigid, used for fine piping and gingerbread, is correctly called:

A. Buttercream

B. Fondant

C. Ganache

D. Royal icing

38. Which term names the process of melting and cooling chocolate to form stable cocoa butter crystals?

A. Tempering

B. Conching

C. Gelatinizing

D. Proofing

39. A custard thickened additionally with starch so it can be boiled is correctly called:

A. Crème anglaise

B. Crème Chantilly

C. Pastry cream (crème pâtissière)

D. Bavarian cream

40. Which term correctly names the test in which dough is stretched thin to check gluten development?

A. The poke test

B. The windowpane test

C. The float test

D. The ribbon test

41. The accidental transfer of an allergen from one food to another is correctly termed:

A. Cross-contact

B. Cross-contamination

C. Gelatinization

D. Coagulation

42. Which term names the emulsion of chocolate and cream used as filling, glaze, or whipped icing?

A. Fondant

B. Royal icing

C. Buttercream

D. Ganache

43. A frozen dessert made from fruit purée, sugar, and water with no dairy is correctly called a:

A. Gelato

B. Sherbet

C. Sorbet

D. Parfait

44. Which term names the thin preliminary icing layer that seals loose crumbs on a cake?

A. Final coat

B. Crumb coat

C. Glaze

D. Fondant

45. The heat generated by the mixer working the dough, accounted for in the water-temperature calculation, is correctly called the:

A. Friction factor

B. Yield factor

C. Conversion factor

D. Overrun

46. Which term correctly describes ice cream made with an egg-yolk custard base?

A. Philadelphia style

B. Sherbet style

C. Granita style

D. French (custard) style

47. The defect on chocolate caused by moisture dissolving and recrystallizing surface sugar is correctly called:

A. Fat bloom

B. Sugar bloom

C. Freezer burn

D. Oven spring

48. Which term correctly names the final rise of individual shaped pieces before baking?

A. Bulk fermentation

B. Bench rest

C. Proofing

D. Oven spring

49. A dough enriched with fat, sugar, eggs, and dairy beyond the basic formula is correctly called a/an:

A. Enriched dough

B. Lean dough

C. Laminated dough

D. Sourdough

50. Which term names cutting a loaf's surface with a blade before baking to control expansion?

A. Docking

B. Glazing

C. Folding

D. Scoring

51. WHMIS hazard pictograms are correctly described as appearing within a:

A. Yellow triangle border

B. Red-bordered diamond

C. Blue circle border

D. Green square border

52. The general term for any fat used to "shorten" gluten strands and tenderize a baked good is:

A. Shortening

B. Leavening

C. Emulsifier

D. Stabilizer

53. Which term names the loose, perforating tool used to prevent dough from rising unevenly?

A. Bench scraper

B. Lame

C. Dough docker

D. Bowl scraper

54. The blade used specifically for scoring bread is correctly called a:

A. Bench knife

B. Paring knife

C. Bowl scraper

D. Lame

55. Which term correctly names the property of dough that allows it to be stretched without tearing?

A. Elasticity

B. Extensibility

C. Hydration

D. Coagulation

56. The property of dough that allows it to spring back when stretched is correctly called:

A. Elasticity

B. Extensibility

C. Gelatinization

D. Overrun

57. Which term names the practice of organizing and preparing all ingredients and tools before production begins?

A. Crumb coating

B. Tempering

C. Mise en place

D. Blind baking

58. A refrigerated cabinet used to slow fermentation and develop flavour is correctly called a:

A. Proofer

B. Convection oven

C. Sheeter

D. Retarder

59. Which term correctly describes the German buttercream's base?

A. A pastry cream (custard) base

B. A whipped egg-white meringue base

C. A boiled sugar syrup only

D. A whipped cream base

60. The Italian still-frozen, semi-soft dessert aerated with whipped cream and egg foam is correctly called:

A. Granita

B. Sorbet

C. Semifreddo

D. Gelato

61. Which term names the chocolate that uses vegetable fat instead of cocoa butter and needs no tempering?

A. Couverture

B. Compound (coating) chocolate

C. Ganache

D. Gianduja

62. The mixing method in which solid cold fat is cut into the dry ingredients is correctly called:

A. The creaming method

B. The foaming method

C. The muffin method

D. The biscuit method

63. Which term names the pastry made tender and water-resistant by cutting the fat finely into the flour?

A. Mealy pastry

B. Flaky pastry

C. Choux paste

D. Puff pastry

64. A garnish, by professional standard, should always be:

A. Inedible and decorative only

B. Larger than the main component

C. Edible and purposeful

D. Time-consuming to execute

65. Which term names the fold in lamination that folds the dough in thirds, tripling the layers?

A. Double (book) fold

B. Single (letter) fold

C. Spiral fold

D. Pinch fold

66. The cake leavened entirely by air whipped into egg whites, with no fat, is correctly called:

A. Pound cake

B. Génoise

C. High-ratio cake

D. Angel food cake

67. Which term correctly names the sweetened, cookie-like tart dough?

A. Pâte sucrée

B. Pâte brisée

C. Pâte à choux

D. Lean dough

68. The amount of product a formula produces, expressed as units or weight, is correctly called the:

A. Overrun

B. Hydration

C. Yield

D. Friction factor

69. Which term names a portion of dough or batter fermented in advance and added to the final dough?

A. Détrempe

B. Levain only

C. Crumb coat

D. Pre-ferment

70. The minimum stock level that triggers reordering is correctly called the:

A. Conversion level

B. Par level

C. Yield level

D. Overrun level

71. Which term correctly names the dramatic, crisp, very high-rising laminated pastry that contains no yeast?

A. Puff pastry

B. Croissant

C. Brioche

D. Danish

72. The chemical leavener that contains baking soda plus a built-in dry acid is correctly called:

A. Cream of tartar

B. Sodium bicarbonate alone

C. Baking powder

D. Yeast

73. Which term names the process of egg proteins firming and setting when heated?

A. Gelatinization

B. Coagulation

C. Caramelization

D. Fermentation

74. The natural preferment leavened by wild yeast and bacteria, with no commercial yeast, is correctly called a:

A. Poolish

B. Biga

C. Sponge

D. Sourdough (levain)

75. Which term names the desired final temperature a baker targets for a mixed dough?

A. Desired dough temperature (DDT)

B. Friction factor

C. Overrun

D. Yield point

76. The standardized international system aligned with WHMIS for hazard symbols is abbreviated:

A. HACCP

B. FIFO

C. GHS

D. PPE

77. Which term correctly names the laminated dough that is yeast-leavened and crescent-shaped?

A. Puff pastry

B. Croissant

C. Génoise

D. Choux

78. The pastry made flaky by cutting fat into larger, pea-sized pieces is correctly called:

A. Flaky pastry

B. Mealy pastry

C. Choux paste

D. Pâte sablée

79. Which term names the icing that is poured for a glossy coating or rolled to drape a cake?

A. Royal icing

B. Ganache

C. Buttercream

D. Fondant

80. The single most effective practice for preventing pathogen spread is correctly identified as:

A. Using stainless steel only

B. Baking at maximum heat

C. Thorough, frequent handwashing

D. Clear ingredient containers

81. Which term correctly names the richer, sweeter laminated dough carrying more eggs and sugar than a croissant?

A. Puff pastry

B. Danish

C. Brioche

D. Génoise

82. The very rich, butter-and-egg-enriched yeast bread with a tender, cake-like crumb is correctly called:

A. Brioche

B. Baguette

C. Ciabatta

D. Sourdough

83. Which term names the receiving step of checking incoming deliveries for quality, quantity, and damage?

A. Par leveling

B. Crumb coating

C. Tempering

D. Receiving inspection

84. The frozen dessert containing a small amount of dairy, more than sorbet but less than ice cream, is correctly called:

A. Granita

B. Gelato

C. Sherbet

D. Parfait

85. Which term correctly names the boiled-sugar stage (about 146–155°C) used for hard candy and showpieces?

A. Soft ball

B. Hard crack

C. Thread

D. Firm ball

86. The braided, egg-enriched bread less buttery than brioche is correctly called:

A. Challah

B. Ciabatta

C. Baguette

D. Focaccia

87. Which term names the dough method that mixes all ingredients together in a single stage?

A. Sponge-and-dough method

B. Lamination method

C. Foaming method

D. Straight dough method

88. The aerated dessert lightened with whipped cream and/or egg whites, sometimes set with gelatin, is correctly called a:

A. Custard

B. Glaze

C. Mousse

D. Coulis

89. Which term names pastry cream lightened with whipped cream?

A. Crème mousseline

B. Crème diplomat

C. Crème anglaise

D. Crème caramel

90. Pastry cream enriched with butter is correctly called:

A. Crème mousseline

B. Crème diplomat

C. Bavarian cream

D. Crème Chantilly

91. Which term names the custard set with gelatin and lightened with whipped cream?

A. Crème anglaise

B. Pastry cream

C. Mousseline

D. Bavarian cream (bavarois)

92. The stirred custard cooked to a pourable consistency without starch is correctly called:

A. Pastry cream

B. Bavarian cream

C. Crème anglaise

D. Royal icing

93. Which term correctly names the conversion factor formula for scaling a recipe?

A. Original yield ÷ desired yield

B. Desired yield ÷ original yield

C. Yield × labour

D. Cost ÷ price

94. The food cost percentage is correctly calculated as:

A. (Ingredient cost ÷ selling price) × 100

B. (Selling price ÷ yield) × 100

C. Yield × overhead

D. Cost + labour only

95. Which term names the difference between the as-purchased quantity and the usable edible portion?

A. Overrun

B. Hydration

C. Conversion factor

D. Yield loss (AP vs. EP)

96. The oven that bakes product directly on heated stone or steel and is often steam-injected is correctly called a:

A. Convection oven

B. Deck oven

C. Microwave oven

D. Rack oven

97. Which term names the oven in which a full rack of product rotates through circulating heat?

A. Deck oven

B. Reel oven

C. Rack (rotating) oven

D. Toaster oven

98. The mixer attachment used to develop gluten in bread dough is correctly called the:

A. Dough hook

B. Whisk (whip)

C. Paddle (flat beater)

D. Bowl scraper

99. Which mixer attachment is correctly used to incorporate air into eggs and cream?

A. Dough hook

B. Paddle (flat beater)

C. Spiral hook

D. Whisk (whip)

100. The mixer attachment used to cream fats and sugars and mix batters is correctly called the:

A. Dough hook

B. Paddle (flat beater)

C. Whisk (whip)

D. Spiral hook

101. Which term names the equipment that provides warm, humid conditions to accelerate the final rise?

A. Proofer

B. Retarder

C. Sheeter

D. Divider

102. The equipment that rolls dough to a uniform thickness for lamination is correctly called a:

A. Divider

B. Rounder

C. Sheeter

D. Proofer

103. Which term names the equipment that portions bulk dough into equal pieces?

A. Sheeter

B. Proofer

C. Rounder

D. Divider

104. The equipment combining overnight cold holding with automatic proofing is correctly called a:

A. Deck oven

B. Retarder-proofer

C. Sheeter

D. Reel oven

105. Which term names the foam cake made by warming and whipping whole eggs with sugar, then folding in flour?

A. Génoise

B. Angel food cake

C. Pound cake

D. High-ratio cake

106. The foam cake using whipped whites plus oil and yolks is correctly called:

A. Génoise

B. Angel food cake

C. Chiffon cake

D. Pound cake

107. Which term correctly names the technique of gently combining a delicate foam with other ingredients to preserve air?

A. Creaming

B. Kneading

C. Docking

D. Folding

108. The defect of a sunken cake centre is most precisely attributed to:

A. Overbaking at high heat

B. Underbaking or disturbing before the structure sets

C. Too little liquid

D. Cold ingredients

109. Which term names the wash made of beaten whole egg that gives a golden-brown sheen?

A. Water wash

B. Milk wash

C. Egg wash

D. Sugar glaze

110. The boiled, strained jam brushed warm onto Danish for shine is correctly called:

A. Apricot glaze

B. Royal icing

C. Fondant

D. Ganache

111. Which term names the property of sugar that lets it attract and hold water?

A. Coagulant

B. Emulsifying

C. Leavening

D. Hygroscopic

112. The three types of leavening are correctly identified as:

A. Acid, base, and salt

B. Biological, chemical, and mechanical

C. Wet, dry, and frozen

D. Hot, cold, and ambient

113. Which term names the Red Seal document defining every task and required knowledge for the baking trade?

A. The HACCP plan

B. The WHMIS binder

C. The Red Seal Occupational Standard (RSOS)

D. The food cost sheet

114. The defect of cookies flattening and widening too much during baking is correctly called excessive:

A. Spread

B. Oven spring

C. Bloom

D. Overrun

115. Which term names the coarse, crumbly defect in chemically leavened products from too much leavening?

A. Tunnelling

B. Bloom

C. Caramelization

D. Open, coarse crumb

116. The fault of a tough quick bread is most precisely attributed to:

A. Too little leavening

B. Overmixing and developing gluten

C. A cool oven

D. Excess fat

117. Which term names the standardized warning symbol that communicates a chemical hazard at a glance?

A. Hazard pictogram

B. Production schedule

C. Invoice stamp

D. Expiry label

118. The high-protein flour best suited to yeast breads is correctly called:

A. Cake flour

B. Pastry flour

C. All-purpose flour

D. Bread (strong) flour

119. Which term names the lowest-protein flour best for delicate, fine-crumbed cakes?

A. Bread flour

B. All-purpose flour

C. Cake flour

D. Whole wheat flour

120. The component of whole wheat flour that interferes with gluten development is the:

A. Endosperm

B. Bran (and germ)

C. Starch

D. Gluten

121. Which term names the rich, crumbly, sandy-textured sweet pastry?

A. Pâte sablée

B. Pâte brisée

C. Choux paste

D. Puff pastry

122. The defect on a cake of a peaked, cracked top is most precisely attributed to:

A. Too little flour

B. Undermixing

C. A cool oven

D. An oven too hot, setting the outside first

123. Which term correctly names the stage of mixing where ingredients first combine into a rough, shaggy mass?

A. Final development

B. Development (clean-up)

C. Pickup (incorporation)

D. Windowpane

124. The icing made from egg whites (or meringue powder) and icing sugar that dries hard is correctly called:

A. Fondant

B. Royal icing

C. Ganache

D. Buttercream

125. Which term names the practice of using a water bath to moderate heat for baked custards?

A. Blind baking

B. Tempering

C. Docking

D. Bain-marie

126. The hazard category that includes bacteria, viruses, and moulds is correctly called:

A. Chemical

B. Physical

C. Biological

D. Thermal

127. Which hazard category includes foreign objects such as glass or metal in food?

A. Biological

B. Chemical

C. Thermal

D. Physical

128. The hazard category that includes cleaning agents contaminating food is correctly called:

A. Biological

B. Chemical

C. Physical

D. Thermal

129. Which HACCP principle involves identifying the steps where control is essential to prevent a hazard?

A. Determining Critical Control Points (CCPs)

B. Record-keeping

C. Verification

D. Hazard analysis only

130. The HACCP principle of setting measurable boundaries such as a minimum internal temperature is correctly called establishing:

A. Monitoring procedures

B. Corrective actions

C. Critical limits

D. Verification

131. Which term names the carbohydrate component of flour that gelatinizes during baking?

A. Protein

B. Gluten

C. Fat

D. Starch

132. The Red Seal Baker exam is correctly described as consisting of:

A. 100 questions

B. 150 questions

C. 200 questions

D. 50 questions

133. Which term names the cooking process where sugar alone browns under heat, without proteins?

A. Caramelization

B. The Maillard reaction

C. Gelatinization

D. Coagulation

134. The Major Work Activity with the highest number of questions on the Red Seal Baker exam is:

A. Common Occupational Skills

B. Assembly and Finishing

C. Prepares Fermented Goods

D. Chocolate and Confections

135. Which term correctly names the process by which yeast produces carbon dioxide and alcohol from sugars?

A. Gelatinization

B. Coagulation

C. Caramelization

D. Fermentation

136. The standard passing score for the Red Seal Baker exam is:

A. 50%

B. 70%

C. 80%

D. 90%

137. Which term names the firm-textured chewy caramel cooked to the firm-ball sugar stage?

A. Soft caramel

B. Hard candy

C. Spun sugar

D. Brittle

138. The dietary requirement that requires strictly gluten-free products is most associated with:

A. Lactose intolerance

B. A peanut allergy

C. Celiac disease

D. Diabetes

139. Which term names the technique of inflating prepared sugar with a pump into hollow forms?

A. Pulled sugar

B. Cast sugar

C. Spun sugar

D. Blown sugar

140. The technique of pouring liquid sugar into moulds to set solid structural pieces is correctly called:

A. Pulled sugar

B. Cast sugar

C. Spun sugar

D. Blown sugar

141. Which term names the fine, hair-like sugar threads used as a delicate garnish?

A. Spun sugar

B. Cast sugar

C. Blown sugar

D. Pulled sugar

142. The sugar technique that develops a satiny sheen by folding and stretching is correctly called:

A. Cast sugar

B. Spun sugar

C. Pulled sugar

D. Blown sugar

143. Which term names the sugar cooking stage (about 112–116°C) used for fudge and fondant?

A. Hard crack

B. Caramel

C. Thread

D. Soft ball

144. The two leavening gases produced or expanded in baked goods are most precisely:

A. Oxygen and nitrogen

B. Carbon dioxide and steam (water vapour)

C. Hydrogen and oxygen

D. Methane and carbon dioxide

145. Which term names the property of a fat that allows it to be shaped and rolled without cracking?

A. Plasticity

B. Hygroscopy

C. Coagulation

D. Elasticity

146. The percentage of Procedural and Application questions on the Red Seal Baker exam is approximately:

A. 5–10%

B. 20–30%

C. 55–65%

D. 90–95%

147. Which term names the chemical leavener composed solely of sodium bicarbonate?

A. Baking powder

B. Cream of tartar

C. Yeast

D. Baking soda

148. The acronym pH refers to a measure of:

A. Protein content

B. Acidity (potential of hydrogen)

C. Pressure

D. Humidity

149. Which term names the diagram or model used to plan parallel bakery tasks so the oven is never idle?

A. Production schedule (flow)

B. Food cost sheet

C. Conversion table

D. Hazard analysis

150. The term describing fat coating flour proteins to limit gluten and tenderize a product is correctly called the:

A. Leavening effect

B. Emulsifying effect

C. Shortening effect

D. Hydrating effect

Practice Exam 5: Answer Key and Explanations

1. B — SDS stands for Safety Data Sheet, the WHMIS document detailing a product's hazards, handling, and first aid. The other expansions are invented. The SDS must be accessible to workers.

2. D — The temperature danger zone is 4°C to 60°C, where bacteria multiply most rapidly. Below and above this range, growth slows or stops. Limiting time in this zone is central to food safety.

3. A — In FAT TOM, the two "T" factors are Temperature and Time. The acronym lists Food, Acidity, Temperature, Time, Oxygen, Moisture. These two control how fast bacteria multiply.

4. C — FIFO stands for First In, First Out, the stock-rotation principle of using older stock first. The other expansions are incorrect. FIFO minimizes spoilage and waste.

5. A — Glutenin and gliadin are the wheat proteins that form gluten when hydrated. Albumin/globulin, casein/whey, and the starch fractions are not gluten proteins. Together they give dough elasticity and extensibility.

6. C — Gelatinization is starch granules absorbing water and swelling when heated, setting structure. Caramelization, fermentation, and coagulation are different processes. Gelatinized starch firms the crumb.

7. D — Lecithin, found in egg yolk, is the natural emulsifier that binds fat and water. Albumin, gluten, and pectin are not the yolk's emulsifier. Lecithin enables smooth batters and creams.

8. B — The Maillard reaction is the browning between sugars and proteins under heat. Caramelization is sugar alone, and gelatinization and oxidation are different. It drives crust colour and flavour.

9. D — In baker's percentage, flour is always 100%, the base against which all else is measured. It is not 50%, 0%, or variable. This anchor underlies all scaling.

10. A — A poolish is a loose, batter-like preferment of roughly equal flour and water with a little yeast. A biga is stiff, a levain is natural, and détrempe is the dough in lamination. Hydration defines a poolish.

11. C — The development (clean-up) stage is when the dough becomes smooth, elastic, and pulls cleanly from the bowl. Pickup is the rough early stage. This stage shows developing gluten.

12. B — The bench rest (intermediate proof) is the short rest after pre-shaping that relaxes the gluten. It is not the final proof, bulk fermentation, or oven spring. It eases final shaping.

13. A — Oven spring is the rapid rise in the first minutes of baking before the crust sets. It is not fermentation, retardation, or lamination. Steam prolongs it for better volume.

14. D — Lamination is layering dough and fat through repeated rolling and folding. Creaming, docking, and scaling are different. The layers create flakiness via steam.

15. C — Overrun is the amount of air incorporated into ice cream during churning. Hydration, yield, and coagulation are unrelated. More overrun means a lighter product.

16. A — A lean dough contains essentially flour, water, salt, and yeast. The enriched and other combinations are not lean. Lean doughs make artisan breads.

17. B — Blind baking is baking a pastry shell empty, often with weights, before filling. Docking, tempering, and proofing are different. It prevents a soggy or puffed base.

18. D — Couverture is high-cocoa-butter chocolate used for coating and moulding. Compound coating, cocoa powder, and ganache are different. Its cocoa butter makes tempering both needed and rewarding.

19. C — Fat bloom is the dull, grey, streaky defect from unstable cocoa butter crystals. Sugar bloom comes from moisture, and freezer burn and caramelization are unrelated. Poor tempering or heat causes it.

20. B — Granita is the coarse, crystalline Italian ice made by scraping a freezing liquid. Sorbet is smooth, and gelato and sherbet contain dairy. Scraping makes the large crystals.

21. D — PPE refers to personal protective equipment. SDS, HACCP, and FIFO are other acronyms. PPE is the last line of defence against hazards.

22. A — HACCP is the seven-principle preventive food-safety framework. WHMIS, FIFO, and PPE are different systems. It builds controls into the process.

23. C — Hydration is the ratio of water to flour, expressed as a percentage of flour weight. Overrun, yield, and conversion factor are different. It shapes crumb and dough handling.

24. B — A biga is a stiff, low-hydration Italian preferment. A poolish is loose, a sponge varies, and a levain is natural. Hydration and origin define it.

25. D — Freezer burn is the coating defect from surface dehydration caused by air exposure. Sugar and fat bloom affect chocolate, and caramelization is unrelated. Sealing prevents it.

26. A — The creaming method creams fat and sugar for air, then adds eggs and alternates dry and liquid. The muffin, biscuit, and foaming methods differ. Creaming aerates the batter.

27. C — Tunnelling is the defect of long vertical holes from overmixing. Oven spring, bloom, and lamination are unrelated. It signals gluten development in a quick bread.

28. B — Bulk fermentation is the first rise of the whole dough mass before dividing. Proofing, bench rest, and oven spring are different stages. Much flavour and strength develop here.

29. D — An interfering agent such as corn syrup prevents unwanted crystallization. Stabilizer, emulsifier, and leavener describe other roles. It keeps candy smooth and clear.

30. C — Biological leavening is gas produced by yeast consuming sugars. Mechanical, chemical, and steam leavening differ. Yeast fermentation leavens bread.

31. A — Roll-in fat for lamination must be plastic and pliable. Liquid, granular, or brittle fat destroys the layers. Plasticity keeps the fat in sheets.

32. B — Pâte à choux is the twice-cooked, steam-leavened paste for éclairs. Brisée, sucrée, and sablée are pastry doughs. Choux puffs from steam.

33. D — Baking soda is chemically a base, requiring an acid to react. It is not an acid, a salt of sugar, or an emulsifier. Without acid it leaves a soapy taste.

34. C — Italian meringue buttercream whips a hot sugar syrup into egg whites, then adds butter. American, German, and royal icing differ. The cooked syrup stabilizes the whites.

35. A — A high-ratio cake has sugar weight exceeding flour weight. Foam, pound, and génoise cakes differ. Emulsified shortening enables the extra sugar and liquid.

36. B — A still-frozen dessert is aerated before freezing rather than churned. Churned ice cream, granita, and sorbet differ. Pre-whipped air gives the texture.

37. D — Royal icing dries hard and rigid for fine piping and gingerbread. Buttercream, fondant, and ganache stay soft or pliable. Its hardness is its purpose.

38. A — Tempering melts and cools chocolate to form stable cocoa butter crystals. Conching, gelatinizing, and proofing are different. It gives gloss, snap, and clean release.

39. C — Pastry cream (crème pâtissière) is a starch-thickened custard that can be boiled. Crème anglaise, Chantilly, and Bavarian cream differ. Starch protects it from curdling.

40. B — The windowpane test stretches dough thin to check gluten development. The poke, float, and ribbon tests assess other things. A translucent membrane confirms development.

41. A — Cross-contact is the accidental transfer of an allergen between foods. Cross-contamination involves pathogens, and gelatinization and coagulation are unrelated. Heat does not neutralize an allergen.

42. D — Ganache is the emulsion of chocolate and cream used as filling, glaze, or whipped icing. Fondant, royal icing, and buttercream differ. Its ratio determines its use.

43. C — Sorbet is made from fruit purée, sugar, and water with no dairy. Gelato, sherbet, and parfait contain dairy. Sugar balance governs its texture.

44. B — The crumb coat is the thin preliminary icing that seals loose crumbs. The final coat, glaze, and fondant differ. It enables a clean final coat.

45. A — The friction factor is the heat generated by the mixer working the dough. Yield, conversion factor, and overrun are unrelated. It is counted in the water-temperature calculation.

46. D — French (custard) style ice cream uses an egg-yolk custard base. Philadelphia is eggless, and sherbet and granita differ. The yolks add richness and smoothness.

47. B — Sugar bloom is caused by moisture dissolving and recrystallizing surface sugar. Fat bloom comes from cocoa butter, and freezer burn and oven spring are unrelated. Humidity is the culprit.

48. C — Proofing is the final rise of individual shaped pieces before baking. Bulk fermentation, bench rest, and oven spring are different. It readies shaped dough for the oven.

49. A — An enriched dough adds fat, sugar, eggs, and dairy beyond the basic formula. Lean, laminated, and sourdough are different. Enrichment tenderizes and enriches.

50. D — Scoring is cutting a loaf's surface with a blade to control expansion. Docking, glazing, and folding differ. It directs oven spring and shapes the loaf.

51. B — WHMIS hazard pictograms appear within a red-bordered diamond. The other shapes and colours are incorrect. The standardized symbol enables instant recognition.

52. A — Shortening is the general term for any fat that shortens gluten and tenderizes. Leavening, emulsifier, and stabilizer describe other roles. The name reflects its tenderizing function.

53. C — A dough docker perforates dough to prevent uneven rising. A bench scraper, lame, and bowl scraper serve other purposes. The holes keep dough flat.

54. D — A lame is the blade used specifically for scoring bread. A bench knife, paring knife, and bowl scraper differ. It makes the controlled surface cuts.

55. B — Extensibility is the dough's ability to be stretched without tearing. Elasticity is the spring-back, and hydration and coagulation differ. Gliadin contributes extensibility.

56. A — Elasticity is the dough's tendency to spring back when stretched. Extensibility is the stretch, and gelatinization and overrun differ. Glutenin contributes elasticity.

57. C — Mise en place is organizing and preparing all ingredients and tools before production. Crumb coating, tempering, and blind baking are unrelated. It enables efficient work.

58. D — A retarder is a refrigerated cabinet that slows fermentation to develop flavour. A proofer warms, and a convection oven and sheeter differ. Cold slows yeast.

59. A — German buttercream is built on a pastry cream (custard) base beaten with butter. A meringue base is Italian or Swiss, and syrup-only or cream bases differ. The custard base defines it.

60. C — Semifreddo is the Italian still-frozen, semi-soft dessert aerated with cream and egg foam. Granita, sorbet, and gelato differ. Pre-whipped air gives its texture.

61. B — Compound (coating) chocolate uses vegetable fat instead of cocoa butter and needs no tempering. Couverture, ganache, and gianduja differ. The fat substitution removes tempering.

62. D — The biscuit method cuts solid cold fat into the dry ingredients. Creaming, foaming, and the muffin method differ. Cold fat pockets create flakiness.

63. A — Mealy pastry is made water-resistant by cutting the fat finely into the flour. Flaky uses larger pieces, and choux and puff pastry differ. Fine fat coating repels moisture.

64. C — A garnish should be edible and purposeful by professional standard. Inedible, oversized, or time-consuming garnishes are poor choices. Everything on the plate should serve.

65. B — The single (letter) fold folds the dough in thirds, tripling the layers. The double (book) fold quadruples, and spiral and pinch folds differ. Folds multiply layers.

66. D — Angel food cake is leavened entirely by air whipped into egg whites, with no fat. Pound cake, génoise, and high-ratio cakes differ. The egg-white foam is the sole leavening.

67. A — Pâte sucrée is the sweetened, cookie-like tart dough. Brisée, choux, and lean dough differ. Added sugar defines it.

68. C — Yield is the amount of product a formula produces, in units or weight. Overrun, hydration, and friction factor are unrelated. It feeds the conversion factor.

69. D — A pre-ferment is a portion of dough or batter fermented in advance and added to the final dough. Détrempe, levain-only, and crumb coat are not the general term. It improves flavour and strength.

70. B — A par level is the minimum stock level that triggers reordering. Conversion, yield, and overrun levels are invented. Par levels prevent running out.

71. A — Puff pastry is the dramatic, crisp, very high-rising laminated pastry with no yeast. Croissant, brioche, and Danish contain yeast. Steam alone leavens it.

72. C — Baking powder contains baking soda plus a built-in dry acid. Cream of tartar, sodium bicarbonate alone, and yeast differ. It needs only moisture and heat to react.

73. B — Coagulation is egg proteins firming and setting when heated. Gelatinization, caramelization, and fermentation differ. It sets custards and strengthens cakes.

74. D — A sourdough (levain) is the natural preferment leavened by wild yeast and bacteria. Poolish, biga, and sponge use commercial yeast. It gives a tangy flavour.

75. A — Desired dough temperature (DDT) is the target final temperature for a mixed dough. Friction factor, overrun, and yield point differ. It guides the water-temperature calculation.

76. C — GHS is the Globally Harmonized System aligned with WHMIS for hazard symbols. HACCP, FIFO, and PPE are different systems. GHS standardizes pictograms.

77. B — A croissant is the yeast-leavened, crescent-shaped laminated dough. Puff pastry has no yeast, and génoise and choux are not laminated. Yeast plus lamination defines it.

78. A — Flaky pastry is made by cutting fat into larger, pea-sized pieces. Mealy uses fine pieces, and choux and sablée differ. Larger fat pieces give flaky layers.

79. D — Fondant is the sugar paste poured for gloss or rolled to drape a cake. Royal icing, ganache, and buttercream differ. Poured and rolled forms suit different finishes.

80. C — Thorough, frequent handwashing is the single most effective practice against pathogens. Stainless steel, maximum heat, and clear containers are secondary. Hand hygiene is first.

81. B — Danish is the richer, sweeter laminated dough carrying more eggs and sugar than a croissant. Puff pastry, brioche, and génoise differ. Enrichment distinguishes it.

82. A — Brioche is the very rich, butter-and-egg-enriched yeast bread with a tender crumb. Baguette, ciabatta, and sourdough are lean. Heavy enrichment defines it.

83. D — Receiving inspection is checking incoming deliveries for quality, quantity, and damage. Par leveling, crumb coating, and tempering differ. It is a key food-safety control.

84. C — Sherbet contains a small amount of dairy, more than sorbet but less than ice cream. Granita, gelato, and parfait differ. The slight dairy makes it creamier than sorbet.

85. B — The hard-crack stage (about 146–155°C) is used for hard candy and showpieces. Soft ball, thread, and firm ball are lower. Less water means a harder set.

86. A — Challah is the braided, egg-enriched bread less buttery than brioche. Ciabatta, baguette, and focaccia are lean. Egg enrichment defines it.

87. D — The straight dough method mixes all ingredients in a single stage. Sponge-and-dough uses two stages, and lamination and foaming differ. One stage is its defining feature.

88. C — A mousse is the aerated dessert lightened with whipped cream and/or egg whites, sometimes set with gelatin. Custard, glaze, and coulis differ. Aeration defines it.

89. B — Crème diplomat is pastry cream lightened with whipped cream. Mousseline adds butter, and anglaise and crème caramel differ. Whipped cream lightens it.

90. A — Crème mousseline is pastry cream enriched with butter. Diplomat adds whipped cream, and Bavarian cream and Chantilly differ. Butter enriches it.

91. D — Bavarian cream (bavarois) is a custard set with gelatin and lightened with whipped cream. Crème anglaise, pastry cream, and mousseline differ. Gelatin sets it.

92. C — Crème anglaise is the stirred custard cooked to a pourable consistency without starch. Pastry cream has starch, and Bavarian cream and royal icing differ. It must not be boiled.

93. B — The conversion factor is desired yield ÷ original yield. The reverse, yield × labour, and cost ÷ price are wrong. Multiplying every ingredient by it scales the recipe.

94. A — Food cost percentage is (ingredient cost ÷ selling price) × 100. The other formulas confuse yield, overhead, or labour. It judges profitability.

95. D — Yield loss (AP vs. EP) is the difference between as-purchased and usable edible portion. Overrun, hydration, and conversion factor differ. Ignoring it leads to under-ordering.

96. B — A deck oven bakes directly on heated stone or steel and is often steam-injected. Convection, microwave, and rack ovens differ. It suits artisan hearth breads.

97. C — A rack (rotating) oven rotates a full rack through circulating heat. Deck, reel, and toaster ovens differ. It gives uniform high-volume baking.

98. A — The dough hook develops gluten in bread dough through kneading. The whisk whips air, the paddle creams, and a bowl scraper is not an attachment. Each matches its task.

99. D — The whisk (whip) incorporates air into eggs and cream. The dough hook kneads, the paddle creams, and a spiral hook kneads. The whip aerates.

100. B — The paddle (flat beater) creams fats and sugars and mixes batters. The dough hook kneads, the whisk aerates, and a spiral hook kneads. The paddle blends without much aeration.

101. A — A proofer provides warm, humid conditions to accelerate the final rise. A retarder slows it, and a sheeter and divider differ. Warmth and humidity speed proofing.

102. C — A sheeter rolls dough to a uniform thickness for lamination. A divider portions, a rounder shapes, and a proofer ferments. Even thickness matters for laminated doughs.

103. D — A divider portions bulk dough into equal pieces. A sheeter rolls, a proofer ferments, and a rounder shapes. It ensures consistency and saves labour.

104. B — A retarder-proofer combines overnight cold holding with automatic proofing. A deck oven, sheeter, and reel oven differ. It manages overnight production timing.

105. A — Génoise is the foam cake made by warming and whipping whole eggs with sugar, then folding in flour. Angel food, pound, and high-ratio cakes differ. Whole-egg foam leavens it.

106. C — Chiffon cake uses whipped whites plus oil and yolks, combining foam lightness with richness. Génoise, angel food, and pound cake differ. It is a hybrid.

107. D — Folding gently combines a delicate foam with other ingredients to preserve air. Creaming, kneading, and docking differ. Folding protects the whipped air.

108. B — A sunken cake centre is most precisely from underbaking or disturbing the cake before it sets. High-heat overbaking, too little liquid, and cold ingredients cause other faults. The structure must set first.

109. C — An egg wash of beaten whole egg gives a golden-brown sheen. Water, milk washes, and a sugar glaze differ. Its protein and sugar drive browning.

110. A — Apricot glaze is the boiled, strained jam brushed warm onto Danish for shine. Royal icing, fondant, and ganache differ. It adds gloss and seals.

111. D — Hygroscopic describes sugar's property of attracting and holding water. Coagulant, emulsifying, and leavening describe other roles. This retains moisture in baked goods.

112. B — The three leavening types are biological, chemical, and mechanical. The other groupings are invented. Each introduces or expands gas differently.

113. C — The Red Seal Occupational Standard (RSOS) defines every task and required knowledge for the trade. The HACCP plan, WHMIS binder, and cost sheet differ. Every exam question derives from it.

114. A — Spread is the defect of cookies flattening and widening too much. Oven spring, bloom, and overrun are unrelated. It is controlled by formula and temperature.

115. D — An open, coarse crumb is the defect from too much leavening in chemically leavened products. Tunnelling, bloom, and caramelization differ. Excess gas over-expands the crumb.

116. B — A tough quick bread is most precisely from overmixing and developing gluten. Too little leavening, a cool oven, and excess fat cause other faults. Minimal mixing keeps it tender.

117. A — A hazard pictogram is the standardized warning symbol that communicates a chemical hazard at a glance. A schedule, invoice, and expiry label are not. The symbol enables instant recognition.

118. D — Bread (strong) flour, high in protein, is best suited to yeast breads. Cake, pastry, and all-purpose flours are weaker. Protein builds the gluten breads need.

119. C — Cake flour, the lowest-protein flour, is best for delicate, fine-crumbed cakes. Bread, all-purpose, and whole wheat flours are stronger. Low protein means tenderness.

120. B — The bran (and germ) in whole wheat flour interferes with gluten development. The endosperm, starch, and gluten itself do not. Bran disrupts the network, giving denser loaves.

121. A — Pâte sablée is the rich, crumbly, sandy-textured sweet pastry. Brisée, choux, and puff pastry differ. Its high richness gives the sandy texture.

122. D — A peaked, cracked cake top is most precisely from an oven too hot, setting the outside first. Too little flour, undermixing, and a cool oven cause other faults. Excess heat causes the peak.

123. C — Pickup (incorporation) is the stage where ingredients first combine into a rough, shaggy mass. Final development, clean-up, and windowpane are later. Flour hydrates here.

124. B — Royal icing is made from egg whites (or meringue powder) and icing sugar and dries hard. Fondant, ganache, and buttercream stay soft. Its hardness suits fine décor.

125. D — A bain-marie (water bath) moderates heat for baked custards. Blind baking, tempering, and docking are unrelated. Gentle heat prevents curdling.

126. C — The biological hazard category includes bacteria, viruses, and moulds. Chemical, physical, and thermal are other categories. Biological hazards are the most common food-safety risk.

127. D — The physical hazard category includes foreign objects such as glass or metal. Biological, chemical, and thermal differ. Physical hazards are foreign matter in food.

128. B — The chemical hazard category includes cleaning agents contaminating food. Biological, physical, and thermal differ. Improper chemical storage near food is a common cause.

129. A — Determining Critical Control Points (CCPs) is the HACCP principle of identifying steps where control is essential. Record-keeping, verification, and hazard analysis are other principles. CCPs are where hazards are controlled.

130. C — Establishing critical limits is the HACCP principle of setting measurable boundaries like a minimum internal temperature. Monitoring, corrective actions, and verification are other principles. Critical limits define the safe boundary.

131. D — Starch is the carbohydrate component of flour that gelatinizes during baking. Protein, gluten, and fat do not gelatinize. Gelatinized starch sets the crumb.

132. B — The Red Seal Baker exam consists of 150 questions. 100, 200, and 50 are incorrect. The 150-question total is set by the trade's national standard.

133. A — Caramelization is sugar alone browning under heat, without proteins. The Maillard reaction involves proteins, and gelatinization and coagulation differ. It develops crust colour and flavour.

134. C — Prepares Fermented Goods (MWA B) has the highest number of questions on the exam. Common Occupational Skills, Assembly and Finishing, and Chocolate are lower. Fermented goods are the heaviest-weighted area.

135. D — Fermentation is yeast producing carbon dioxide and alcohol from sugars. Gelatinization, coagulation, and caramelization differ. It leavens and flavours bread.

136. B — The standard passing score for the Red Seal Baker exam is 70%. 50%, 80%, and 90% are incorrect. Seventy percent is the interprovincial benchmark.

137. A — Soft caramels are chewy and cooked to the firm-ball sugar stage. Hard candy, spun sugar, and brittle reach higher stages. Firm ball gives a chewy set.

138. C — Celiac disease requires strictly gluten-free products, since gluten triggers harm. Lactose intolerance, peanut allergy, and diabetes involve other restrictions. Gluten is the trigger.

139. D — Blown sugar inflates prepared sugar with a pump into hollow forms. Pulled, cast, and spun sugar use other techniques. Blowing creates hollow shapes.

140. B — Cast sugar pours liquid sugar into moulds to set solid structural pieces. Pulled, spun, and blown sugar differ. Casting makes bases and supports.

141. A — Spun sugar is the fine, hair-like sugar threads used as a delicate garnish. Cast, blown, and pulled sugar differ. Flicked threads form the garnish.

142. C — Pulled sugar develops a satiny sheen by folding and stretching. Cast, spun, and blown sugar differ. Pulling incorporates air and aligns the sugar.

143. D — The soft-ball stage (about 112–116°C) is used for fudge and fondant. Hard crack, caramel, and thread are other stages. Soft ball gives a soft, smooth set.

144. B — The two leavening gases are carbon dioxide and steam (water vapour). The other pairs are incorrect. CO_2 comes from yeast or chemical leaveners; steam from moisture.

145. A — Plasticity is a fat's ability to be shaped and rolled without cracking. Hygroscopy, coagulation, and elasticity describe other properties. Plasticity is essential for roll-in fats.

146. C — Procedural and Application questions make up approximately 55–65% of the exam. 5–10%, 20–30%, and 90–95% are incorrect. This is the largest question-type category.

147. D — Baking soda is the chemical leavener composed solely of sodium bicarbonate. Baking powder, cream of tartar, and yeast differ. Soda needs an acid to react.

148. B — pH refers to acidity (potential of hydrogen). Protein content, pressure, and humidity are unrelated. It measures how acidic or alkaline a substance is.

149. A — A production schedule (flow) is the model used to plan parallel bakery tasks so the oven is never idle. A cost sheet, conversion table, and hazard analysis serve other purposes. It sequences the workday.

150. C — The shortening effect is fat coating flour proteins to limit gluten and tenderize. Leavening, emulsifying, and hydrating describe other effects. This is why solid baking fat is called shortening.