

ZCoB Knife Certification Test

(Revised January 2010)

Name _____

Date _____

Age over 16? ____ (Employees must be 16 or older to use knives)

Business _____

Performance Test (100% required for certification)

Carries knife correctly (point down and back; "knife!")

Places knife away from edge of table

Uses correct knife grip.

Positions non-cutting hand correctly.

Demonstrates proper slicing and chopping strokes with chef's knife and vegetable.

Demonstrates proper slicing stroke with serrated knife and bread.

Demonstrates proper slicing stroke with serrated knife and bagel.

Washes/sterilizes knife correctly.

Written Test (80% required for certification = no more than 2 questions wrong)

- What knife would you use to dice an onion?
- What knife would you use to slice a bagel?
- If you can't find a can-opener, it's OK to use a knife to open a can if you are very careful. **True or False**
- If you accidentally drop a knife or knock it off the counter you should:
 - step back
 - try to catch it
 - let it fall
 - both a and c
- When passing a knife to someone standing next to you, you should:
 - give it to them blade first
 - say "knife behind"
 - lay it down on a table with the handle facing the other person
 - all of the above
- When carrying a knife you should:
 - carry it point down
 - walk slowly and carefully
 - say "knife behind"
 - all of the above
- When using a knife, what are two ways to protect your non-cutting hand?
- When you are finished with a knife you should immediately wash it and put it away. **True or False**
- You should always put on latex gloves when coming in contact with someone else's blood, helping bandage another person's cut, cleaning up after a bloody accident. **True or False**
- Please number the following steps in order, first to last, for what you should do if someone gets cut:
____ Complete Accident Report
____ Apply Pressure to stop the bleeding
____ Get supervisor for first aid help
____ Put on latex gloves if assisting someone else
____ Discard Contaminated food and disinfect area

Grade: _____ Date: _____ Test Given By: _____