



PREP COOK ASSESSMENT

STUDY GUIDE

The Prep Cook Assessment focuses in on knowing how to do conversions both within the metric system e.g. grams to kilograms and between the metric system and the imperial system e.g. grams to ounces.

The Prep Cook Assessment provides the information below so you do not need to memorize this. The Assessment asks students to do calculations using this information. The key to success is to be comfortable making conversions. Either basic or scientific calculators can be used during this assessment. See page 2 for sample questions.

CONVERSIONS:

Weight

1 imperial ounce	= 28 grams
1 gram	= .035 imperial ounce
16 oz.	= 1 lb.
1 imperial pound	= 454 grams
1 kilogram	= 2.2 Imperial pounds

Volume

1 ml	= .035 oz.
1 fluid oz.	= 28.4 ml
8 fluid oz.	= 1 cup
1 litre	= 35.2 fluid oz.
1 quart	= 32 fluid oz.
1 ml	= .001 L
tblsp.	= 15 ml
tsp.	= 5 ml

Metric Conversions

1 kg = 1000 gm
1000 gm = 1 kg
1 L = 1000 ml
1000 ml = 1 L

Here are some sample questions and explanations:

A. $3\text{kg} = \underline{\hspace{2cm}}$ grams

The Metric Conversions Chart tells you there are 1000 gm in a kg
So multiply 3×1000 to get 3000 grams (your answer)

B. $2.1\text{ L} = \underline{\hspace{2cm}}$ ml

The Metric Conversions Chart tell you that there are 1000 ml in a litre (L)
So multiply 2.1×1000 to get 2100 ml (your answer)

Some questions are a little harder, for example

C. $7.8\text{ ounces} = \underline{\hspace{2cm}}$ grams

Look at the Weight chart. It talks about ounces, pounds, grams and kilograms and it tells you that 1 ounce = 28 grams so
So multiply 28×7.8 to get 218.4 grams

D. $4\text{ cups} = \underline{\hspace{2cm}}$ litres

Look at the Volume chart. It talks about ounces, cups, quarts, ml and litres and it tells you that there are 8 fluid ounces in a cup and that there are 35.2 fluid ounces in a litre

So first step – find out how many ounces in 4 cups, multiply 8 ounces by 4 cups so that is 32 ounces

Second step divide 35.2 fluid ounces (equal to 1 litre) by 32 (number of ounces in 4 cups) to get 1.1 litres (your answer)

All of the questions on the Assessment can be done by using the charts on page 1 along with a calculator.