



Kitchen Skills Gap Identifier

Assess your cooking skills in less than 20 minutes, discover your strengths and where you can improve in the kitchen to boost your career.



Unilever
Food
Solutions

Self-Assessment Quiz

Find out **where you excel** and where you can improve in the kitchen

The goal is to empower you to take control of your - and your team's - professional growth, while fostering a culture of continuous learning in the kitchen.

01. Culinary Techniques & Cooking Skills

02. Kitchen Efficiency & Organisation

03. Food Safety & Hygiene

04. Soft Skills (Teamwork & Leadership)

05. Results & Interpretation

Self-Assessment Quiz

1/16



Jump to [page 19](#) for our tips and solutions.

Section 1:

Culinary Techniques & Cooking Skills

1. How would you rate your knife skills (speed, precision, and safety)?

a

Expert. I can chop, dice, and fillet quickly and precisely

b

Competent. I manage well but need more speed and consistency

c

Basic. I know a few techniques but need practice

d

Needs Improvement. I struggle with knife work

Self-Assessment Quiz

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Section 1:

Culinary Techniques & Cooking Skills

2. How confident are you in cooking proteins to the correct doneness?

a

Expert. I can consistently achieve the correct doneness for any protein

b

Competent. I usually get it right but sometimes over/undercook

c

Basic. I rely on timers or need guidance

d

Needs Improvement. I struggle with getting it right

Self-Assessment Quiz

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Section 1:

Culinary Techniques & Cooking Skills

3. How do you approach plating and presentation?

a

I create beautifully plated dishes consistently

b

My plating is decent but could use refinement

c

I plate quickly but don't focus much on aesthetics

d

I struggle with plating

Self-Assessment Quiz

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Section 1:

Culinary Techniques & Cooking Skills

4. How open are you to learning new culinary techniques?

a

Very open! I actively seek out learning opportunities

b

Open, but I learn best through hands-on experience

c

I prefer sticking to what I know but will learn if needed

d

I struggle with adapting to new techniques

Self-Assessment Quiz

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Section 2:

Kitchen Efficiency & Organisation

5. How organised is your workstation during service?

a

I'm always clean and organised

b

I'm mostly clean but gets messy during rushes

c

I'm sometimes disorganised, which slows me down

d

I often struggle to keep it tidy

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Section 2:

Kitchen Efficiency & Organisation

6. Can you manage multiple orders efficiently under pressure?

a

Yes, I prioritise well and stay in control

b

I manage but sometimes get overwhelmed

c

I struggle with timing during rushes

d

I often get flustered under pressure

Self-Assessment Quiz

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Section 2:

Kitchen Efficiency & Organisation

7. How well do you adapt to last-minute menu changes or special requests?

a

I handle them smoothly and stay calm under pressure

b

I manage but feel a little stressed

c

I find them challenging but do my best

d

I struggle and get flustered when things change

Self-Assessment Quiz

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Section 2:

Kitchen Efficiency & Organisation

8. Do you stay calm and composed under pressure?

a

Yes, I thrive in high-pressure environments

b

I can stay focused but sometimes feel stressed

c

I get anxious but try to manage

d

I struggle to stay calm under pressure

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Section 3:

Food Safety & Hygiene

9. How confident are you in preventing cross-contamination?

a

I always follow food safety protocols

b

I label and store food correctly most of the time, but sometimes I forget

c

I occasionally make mistakes in handling raw ingredients

d

I need more training in this area

Self-Assessment Quiz

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Section 3:

Food Safety & Hygiene

10. Do you follow proper food storage and labelling procedures?

a

Yes, I always label and store food correctly

b

Mostly, but I forget sometimes

c

I sometimes struggle with proper storage

d

I need to learn more about food storage

Self-Assessment Quiz

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Section 3:

Food Safety & Hygiene

11. How well do you follow kitchen cleanliness protocols?

a

I consistently clean as I go

b

I do my part, but sometimes rush

c

I clean up after service but not always during

d

I often need reminders to clean up

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Section 4:

Soft Skills (Teamwork & Leadership)

12. How do you handle feedback from chefs or managers?

a

I take it constructively and apply it immediately

b

I listen but sometimes take it personally

c

I struggle to accept criticism

d

I find it frustrating and avoid it

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Section 4:

Soft Skills (Teamwork & Leadership)

13. How well do you communicate with your team during service?

a

I communicate clearly and keep the team informed

b

I talk when needed but could be more vocal

c

I often forget to call out orders or updates

d

I struggle with communication in the kitchen

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Section 4:

Soft Skills (Teamwork & Leadership)

14. How do you support your teammates during busy shifts?

a

I actively help where needed and keep morale high

b

I help when asked but focus mostly on my own tasks

c

I try to help, but sometimes get too caught up in my own work

d

I rarely notice when my team needs help

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Section 4:

Soft Skills (Teamwork & Leadership)

15. How would your colleagues describe your attitude in the kitchen?

a

I'm positive, calm and encouraging

b

I'm focused but I can get stressed

c

I'm quiet and sometimes withdrawn

d

I'm short-tempered or I get easily frustrated

Self-Assessment Quiz

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Section 4:

Soft Skills (Teamwork & Leadership)

16. Do you contribute to a positive kitchen culture?

a

Yes! I uplift others and create a great work environment

b

I try to, but sometimes stress gets to me

c

I don't actively contribute, but I avoid negativity

d

I sometimes struggle with my attitude in high-pressure situations



Kitchen Skills Gap Results

Mostly Cs & Ds

Mostly As & Bs

You're on track!

Your skills are strong, and you have a great foundation. Keep refining your techniques, efficiency, and leadership to become an even stronger chef. Explore advanced training and mentorship opportunities to level up your craft!

Enhance your leadership skills with our **Free Leadership Training Course** or take your craft to the next level with **UFS Academy** and its advanced courses, like Mastering Plating Techniques or Mastering Vegan Cuisine.

Mostly Cs & Ds

You're growing your skills!

You're on your way! Every great chef started with practice and dedication. Focus on improving key areas to strengthen your kitchen confidence. Small improvements lead to big results!

Get the best tips for new starters in the industry in our **Guide for Young Chefs**. Get clued up on kitchen slang and communication in our **Guide to Mastering Effective Kitchen Communications**. Or refine your cooking skills with one of our free **UFS Academy** courses.

For more information and
downloadable support assets
go to www.UFS.com



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