WINE & SPIRIT EDUCATION TRUST (WSET) LEVEL 1 AWARD IN SAKE PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

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How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

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Questions

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1. How does the degree of rice polishing affect the flavor and quality of sake?

A. Higher polishing ratios usually lead to lighter flavors

B. Lower polishing ratios usually lead to richer, more complex flavors

C. Polishing has no effect on flavor or quality

D. All sake types must have the same polishing ratio

2. How long does most sake stay fresh after opening?

A. 1 week

B. Two weeks

C. One month

D. Three weeks

3. What are the steps involved in making koji?

A. Soaking, steaming, cooling, spreading

B. Cooling, spreading, initial growth, stopping growth

C. Washing, steaming, cooling, growing

D. Polishing, soaking, steaming, cooling

4. What type of sake is known for being light and fruity?

A. Junmai

B. Ginjō

C. Daiginjō

D. Namazake

5. What temperature is generally recommended for serving premium ginjo sakes?

A. Room temperature

B. Warm

C. Chilled

D. Hot

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6. What are the WHO guidelines for alcohol consumption for women and men per day?

A. W 1 drink / day, M 2 / day

B. W 2 drinks / day, M 3 / day

C. W 3 drinks / day, M 4 / day

D. W 4 drinks / day, M 5 / day

7. What is the ideal serving temperature for Ginjō sake?

A. Warm

B. Room temperature

C. Chilled

D. Hot

8. What does the term "yuzuki" refer to in relation to sake?

A. A type of sake yeast

B. A specific brewing date or season

C. A method of aging sake

D. A flavor profile in sake

9. Which of the following describes the taste of honjozo sake?

A. Light and smooth with a hint of acidity

B. Rich and complex with earthy notes

C. Fruity and aromatic with a sweet finish

D. Bold and intense with a strong aftertaste

10. What effect does bitterness in food have on the taste of a drink?

A. It makes the drink taste sweeter

B. It makes the drink taste more fruity

C. It enhances the drink's aroma

D. It makes the drink taste more bitter

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Answers

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1. B
2. B
3. B
4. B
5. C
6. B
7. C
8. B
9. A
10. D

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Explanations

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1. How does the degree of rice polishing affect the flavor and quality of sake?

A. Higher polishing ratios usually lead to lighter flavors

B. Lower polishing ratios usually lead to richer, more complex flavors

C. Polishing has no effect on flavor or quality

D. All sake types must have the same polishing ratio

The degree of rice polishing has a significant impact on the flavor and quality of sake. Polishing rice removes the outer layers of the grain, which contain fats, proteins, and other compounds that can introduce off-flavors or heavier characteristics into the sake. As a result, lower polishing ratios, which indicate that less of the outer layer has been removed, typically lead to richer and more complex flavors in the final product. This is because more of the rice's inner starches and essential components are retained, allowing for a depth of flavor profile that can showcase umami, sweetness, and varying aromatic nuances. On the other hand, higher polishing ratios mean that more of the outer rice layers have been removed. This often leads to lighter, more delicate flavors that emphasize purity and clarity in the sake, allowing the inherent characteristics of the rice to shine through without the influence of the heavier compounds found in the outer layers. Understanding the relationship between rice polishing and flavor development is essential for appreciating the diversity in sake styles and the craftsmanship involved in their production.

2. How long does most sake stay fresh after opening?

A. 1 week

B. Two weeks

C. One month

D. Three weeks

Sake is a delicate product, and its freshness is highly influenced by exposure to air and storage conditions after opening. Typically, once a bottle of sake has been opened, it is best consumed within two weeks to enjoy its optimal flavor and aromas. During this time, the interplay of oxygen with the sake's compounds can lead to slight changes, but it is still generally regarded as fresh and enjoyable. After two weeks, the quality may begin to diminish, causing some loss in flavor and aroma. This is why the two-week timeframe is essential for keeping sake at its freshest post-opening. Sake should ideally be stored in a cool place, and, if possible, in the refrigerator to help preserve its qualities for the duration it will be consumed. Other durations mentioned do not align with the commonly accepted peak freshness period for opened sake, which is why they are less appropriate.

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3. What are the steps involved in making koji?

A. Soaking, steaming, cooling, spreading

B. Cooling, spreading, initial growth, stopping growth

C. Washing, steaming, cooling, growing

D. Polishing, soaking, steaming, cooling

The process of making koji involves several key steps that are critical for the growth of the koji mold, Aspergillus oryzae, on steamed rice. The first step, cooling, is essential after the rice has been steamed to bring the temperature down to one that is suitable for mold growth. This step prevents the rice from being too hot, which could hinder the development of the mold. Next, spreading the cooled steamed rice is crucial as it allows for even distribution and appropriate airflow, which is vital for the koji mold to grow effectively. When the rice is spread out, it provides an ideal environment for the mold to start its growth process. The following step is the initial growth of the koji mold. During this phase, the mold starts colonizing the rice, breaking down the starches into sugars, which are essential for fermentation in sake production. The last step in this process is stopping the growth of the koji mold when it reaches the desired level of development. This is typically done by controlling the environment, often through cooling or drying, which ensures that the koji retains its desired characteristics for producing sake. These steps highlight the importance of temperature and environment in koji making, and understanding this process is essential for anyone interested in the production of

4. What type of sake is known for being light and fruity?

A. Junmai

B. Ginjō

C. Daiginjō

D. Namazake

The type of sake known for being light and fruity is Ginjō. This sake is characterized by its brewing process, which utilizes rice milled to at least 60% of its original size and involves special yeast and fermentation techniques that enhance its aromatic qualities. Ginjō sake typically exhibits a fragrant and expressive bouquet, often with flavors that can include hints of tropical fruits, flowers, and sometimes even a touch of spice. In contrast, Junmai sake, while it can also be flavorful, does not have the same level of fruity notes and is often more robust and full-bodied due to its lack of added alcohol. Daiginjō, which is an even more refined version of Ginjō, shares some light and fruity characteristics but is generally more complex and aromatic than directly light. Namazake is unpasteurized sake, which can express fresh flavors, but it does not necessarily carry the defining light and fruity profile that Ginjō is known for. Thus, Ginjō stands out as the best option for those looking for a light, fruity sake.

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5. What temperature is generally recommended for serving premium ginjo sakes?

A. Room temperature

B. Warm

C. Chilled

D. Hot

Serving premium ginjo sakes chilled is recommended to enhance the delicate aromatics and nuanced flavors that characterize this category of sake. Ginjo sake is made using highly polished rice and undergoes a careful fermentation process, resulting in a clean and fruity profile that can be overshadowed if served at higher temperatures. When chilled, the freshness and aromatics of ginjo are preserved, allowing the drinker to fully appreciate the complexity and refined characteristics of the sake. In contrast, serving other types of sake at warmer temperatures can enhance certain flavors and aromas, but for premium ginjo sakes, cold temperatures are particularly favorable. As a result, serving them at room temperature, warm, or hot would not elevate the unique qualities that make ginjo sakes special. Each of these alternatives might alter the sensory experience negatively by masking the sake's finer details.

6. What are the WHO guidelines for alcohol consumption for women and men per day?

A. W 1 drink / day, M 2 / day

B. W 2 drinks / day, M 3 / day

C. W 3 drinks / day, M 4 / day

D. W 4 drinks / day, M 5 / day

The World Health Organization (WHO) guidelines suggest that moderate alcohol consumption should be limited to certain amounts for both women and men. The recommendation of up to 2 standard drinks per day for women and up to 3 standard drinks per day for men aligns with these guidelines for moderate drinking. This distinction in recommendations is based on various factors including physiological differences between genders, such as body weight and metabolic rate, which can influence how alcohol is processed in the body. By adhering to these guidelines, individuals can help minimize health risks associated with alcohol consumption while also enjoying it within a safe limit. The other options suggest higher limits which do not correspond with the WHO recommendations, reflecting a misunderstanding of safe alcohol consumption practices. Understanding these guidelines is essential for promoting responsible drinking habits and awareness of potential health impacts.

7. What is the ideal serving temperature for Ginjō sake?

A. Warm

B. Room temperature

C. Chilled

D. Hot

The ideal serving temperature for Ginjō sake is indeed chilled. Ginjō sake, which is characterized by its fruity and floral aromas as a result of a careful fermentation process with highly polished rice, benefits significantly from being served at lower temperatures. Chilling enhances the delicate and nuanced flavors, preserving the fresh qualities that are often showcased in Ginjō. Serving Ginjō sake at too warm a temperature can mute these aromatic qualities and alter the overall tasting experience, making it less enjoyable. This precision in serving temperature highlights the craftsmanship behind quality Ginjō sake, ensuring that its complex flavor profile is appreciated to the fullest.

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8. What does the term "yuzuki" refer to in relation to sake?

A. A type of sake yeast

B. A specific brewing date or season

C. A method of aging sake

D. A flavor profile in sake

The term "yuzuki" refers to a specific brewing date or season in sake production. This concept is significant in the sake brewing calendar as it typically indicates the period when sake is brewed in Japan. The timing of yuzuki can influence the characteristics of the sake produced, as different seasons can impact the quality of the rice and the brewing process itself. Understanding yuzuki is essential for sake enthusiasts and producers alike, as it frames the context within which the sake is created. It helps in recognizing when certain sakes might be expected to be available, linking the seasonal cycles to the quality and style of the sake. In contrast, the other options do not correspond to the term "yuzuki." The term is not related to specific types of yeast used in sake, methods of aging, or flavor profiles. Each of those aspects relates to different technical aspects of sake production and tasting, but they do not encapsulate the seasonal significance denoted by yuzuki.

9. Which of the following describes the taste of honjozo sake?

A. Light and smooth with a hint of acidity

B. Rich and complex with earthy notes

C. Fruity and aromatic with a sweet finish

D. Bold and intense with a strong aftertaste

Honjozo sake is characterized by its light and smooth profile, which often includes a subtle hint of acidity. The addition of a small amount of distilled alcohol during the brewing process enhances the sake's aroma and produces a smoother finish, making it approachable for a wide range of palates. The delicate balance and clarity in flavor profile allow the subtle complexities to shine through without overwhelming the drinker, which contributes to its reputation as an easy-drinking sake option. The other taste descriptions do not align with honjozo sake's typical profile. While richness and complexity might be found in other sake types, honjozo generally emphasizes a lighter character. Similarly, fruity and aromatic profiles are more representative of ginjo or daiginjo sake, which undergo different brewing processes emphasizing aroma and fruitiness. A bold, intense flavor with a strong aftertaste typically aligns more with certain types of junmai or aged sake.

10. What effect does bitterness in food have on the taste of a drink?

A. It makes the drink taste sweeter

B. It makes the drink taste more fruity

C. It enhances the drink's aroma

D. It makes the drink taste more bitter

Bitterness in food typically amplifies the perception of bitterness in a drink. When food with a bitter profile is consumed alongside a drink, the compounds present in both can interact in a way that heightens the sense of bitterness. This is especially relevant in the context of pairing sake with certain foods, as the nuances of both the food and the beverage can be altered by their flavors. Bitterness is a distinct taste that can overshadow or influence other flavor profiles, making it critical to consider this effect when pairing sake with various dishes. In contrast, the other options suggest effects that are generally not associated with bitterness; for instance, sweetness or fruitiness might not be enhanced by bitterness but can stand out in other contexts, such as when sweet elements are paired with acidity.

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Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

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We wish you the very best on your exam journey. You've got this!

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