



Job Ready Assessment Blueprint

Commercial Foods



Test Code: 4020 / Version: 01

“Measuring What Matters”

Specific Competencies and Skills Tested in this Assessment:

Safety

- Demonstrate understanding of accident prevention and fire safety
- Recognize and describe proper first-aid procedures, including the Heimlich maneuver, CPR, and location and appropriate uses of AED (Automated External Defibrillator)

Sanitation

- Identify sources of food contamination and methods of prevention
- Apply appropriate personal hygiene in the workplace, including handwashing
- Identify microorganisms and other pathogens that cause contamination
- Apply appropriate time and temperature food preparation and storage standards, including HACCP principles and procedures
- Apply current food safety principles and practices supported by the National Restaurant Association Educational Foundation and other accredited food safety certification entities



Culinary Career Overview

- Describe the culinary career ladder, opportunities, and clusters
- Identify professional organizations and regulatory governmental agencies
- Identify current industry practices as they relate to culinary careers
- Demonstrate understanding of modern kitchen organization (brigade)
- Apply professionalism and adhere to industry standards
- Identify and define general culinary terms



Specific Competencies and Skills continued:**Culinary Techniques**

- Define and demonstrate various cooking methods
- Identify methods of flavor development, including herbs and spices
- Identify and prepare produce (including starches, legumes, and grains)
- Identify and prepare stocks, soups, and sauces
- Identify and prepare cold foods (including desserts, appetizers, salads, and salad dressings)
- Identify and prepare meats, poultry, and seafood
- Identify and prepare breakfast foods and dairy products (including eggs and batter foods)
- Prepare desserts, pastry items, and baked goods
- Demonstrate knife skills
- Exhibit knowledge of appropriate portion control

**Recipes and Culinary Math**

- Read, convert, and prepare standardized recipes using correct equipment and tools
- Calculate food costs for recipes
- Demonstrate an understanding of weights, measures, and equivalencies

Purchasing and Management Skills

- Demonstrate understanding of purchasing, receiving, and storage of perishable and non-perishable items
- Perform food and menu cost analysis
- Display familiarity with basic computer and inventory management systems
- Identify and describe basic management documents (requisitions, schedules, invoices, etc.)

Specific Competencies and Skills continued:

Menu Design and Nutrition

- Plan and design various types of menus, considering nutrition, cost, and diet requirements
- Demonstrate understanding of the food guide pyramid
- Display familiarity with the "truth in menu" guideline
- Develop specialized menus (local, regional, ethnic, organic, restrictive diet, etc.)

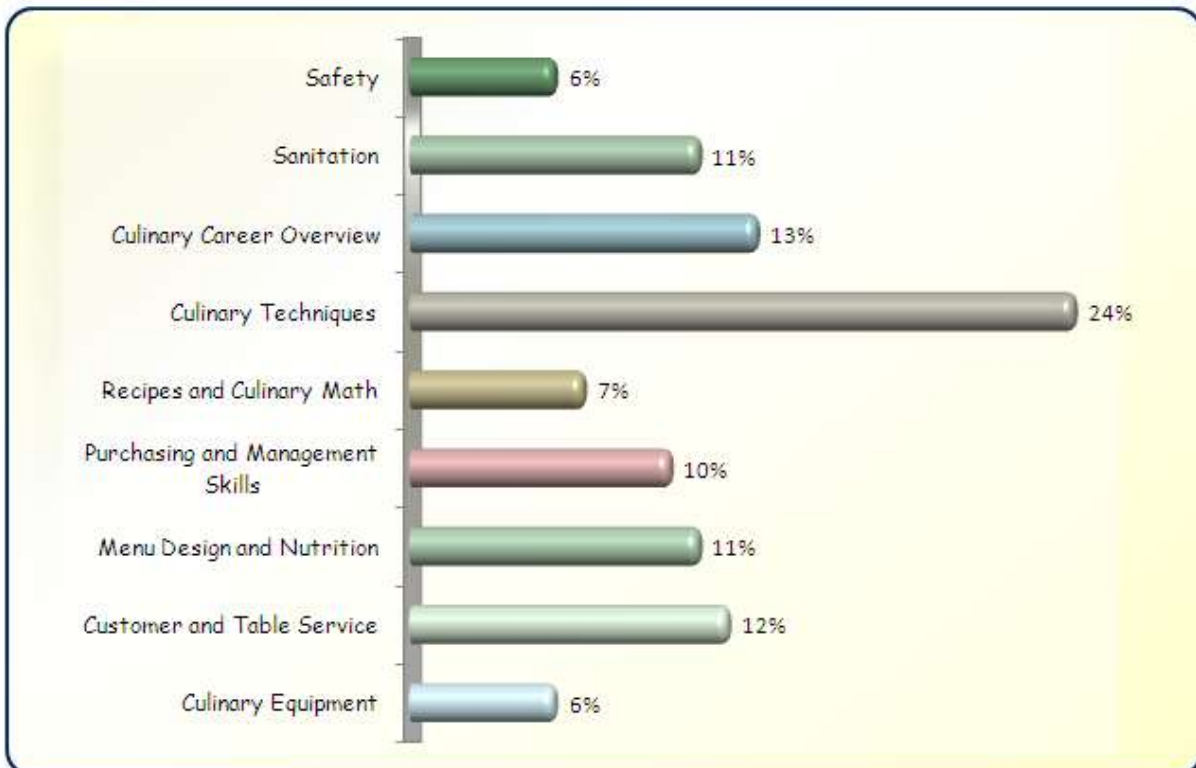
Customer and Table Service

- Describe the principles of providing good customer relations, including greeting and appropriate service, and basic sales techniques
- Define "front of the house" terminology
- Demonstrate proper table setup based on various menu and service types
- Identify and prepare various beverages
- Perform guest check, cash register operations, and POS (point of service)

Culinary Equipment

- Identify small hand tools, utensils, and small and large equipment
- Exhibit appropriate selection, use, and care of small hand tools and utensils
- Exhibit appropriate operation, care, and maintenance of small and large equipment



Written Assessment:**Administration Time:** 3 hours**Number of Questions:** 187**Areas Covered:**

Sample Questions:

A food-borne illness that usually is transmitted by under-cooked ground beef is

- A. cold virus
- B. streptococcus
- C. E. coli
- D. Hepatitis C

The preferred method for removing the skins of fresh peaches or tomatoes is to

- A. pare with a knife
- B. blanch in hot water
- C. use a vegetable peeler
- D. freeze for 15 minutes

What type of oven is used to bake large quantities of cookies, pies, breads or rolls?

- A. microwave
- B. hearth
- C. rotary
- D. steam-injection

Reducing the fat in a salad dressing recipe into a more healthful version can be as simple as replacing some or part of the oil with

- A. cream
- B. honey
- C. salt
- D. stock

A beverage that has regular brewed coffee with foamy steamed milk is

- A. café mocha
- B. espresso
- C. cafe latté
- D. cappuccino



Performance Assessment:

Administration Time: 3 hours and 30 minutes

Number of Jobs: 3

Areas Covered:

13% Identification of Hand Tools, Herbs, Spices, and Flavorings

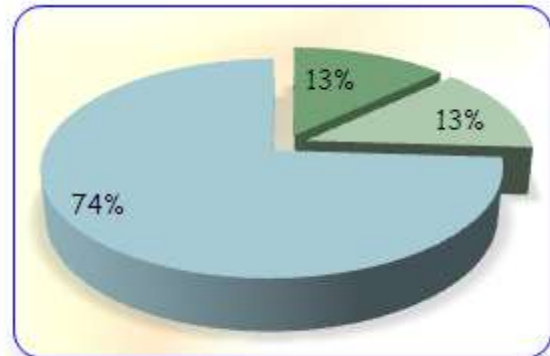
Hand tool identification, herb, spice, and flavoring identification, and time to complete Job 1.

13% Knife Skills

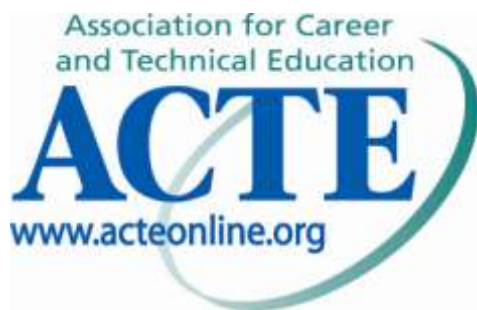
Knife safety, equipment sanitation, vegetable preparation, and time to complete Job 2.

74% Cooking Skills

Rice washed appropriately, rice cooked to correct doneness, oil heated appropriately, pan selection, stir-fried ingredients in proper sequence, equipment sanitation, prepared herb butter, chicken appropriately fabricated for roasting, sanitation, chicken preparation, voluté prepared correctly, equipment selection, emulsified vinaigrette, baked croutons, mixed green salad, equipment sanitation, measuring and mixing, texture and appearance, equipment sanitation, plate presentation, flavor and taste, professional attire throughout test, and time to complete Job 3.



- Sample Job:** Identification of Hand Tools, Herbs, Spices, and Flavorings
- Maximum Time:** 30 minutes
- Participant Activity:** The participant is to identify items by writing the correct name of the item on the corresponding numbered line.



The Association for Career and Technical Education (ACTE), the leading professional organization for career and technical educators, commends all students who participate in career and technical education programs and choose to validate their educational attainment through rigorous technical assessments. In taking this assessment you demonstrate to your school, your parents and guardians, your future employers and yourself that you understand the concepts and knowledge needed to succeed in the workplace. Good Luck!