

Specific Competencies and Skills Tested in this Assessment:

Recipes

- Display understanding of cooking terminology
- Read, follow, and convert recipes
- Establish mise en place (identify ingredients, weights and measures, pan sizes, assembling herbs, spices, and seasonings)

Knife Skills

- Identify and distinguish knife types and related terminology
- Demonstrate knife sharpening skills and proper knife care
- Demonstrate basic knife cuts

Large and Small Equipment

- Use measuring devices
- Identify kitchen equipment
- Use and sanitize equipment (mixing, storage, cleaning)

Sanitation and Safety

- Display knowledge of cleaning and sanitizing methods
- Maintain principles of nationally recognized sanitation protocols (i.e., ServSafe®, CPFM, ACF)
- Exhibit understanding of accidents and injuries (major causes, prevention)
- Describe fire extinguishers and fire safety procedures
- Understand OSHA regulations
- Use and safely maintain hand tools
- Maintain safe kitchen and surroundings

Cold Food Preparation

- Prepare salads and dressings
- Prepare soups, appetizers, entrees, and desserts
- Garnish and plate menu items
- Prepare sandwiches, spreads, and fillings



Specific Competencies and Skills continued:

Fruits, Vegetables, and Starches

- Identify fruits and vegetables
- Prepare fruits and vegetables for cooking
- Identify and prepare pasta, grains, and legumes



Bakery Products

- Prepare batters and doughs
- Prepare icings, fillings, sauces, and toppings



Stocks, Sauces, and Hot Soups

- Identify and prepare soups
- Prepare and store stocks and glace
- Demonstrate knowledge of roux and thickening agents



Meats, Poultry, and Seafood

- Identify cuts of meat, poultry, fish, and seafood
- Determine proper degrees of doneness

Breakfast Foods

- Identify and prepare breakfast food and dairy products
- Identify and prepare eggs

Receiving and Storage

- Take physical inventory
- Exhibit knowledge of HACCP policies and procedures
- Compare costs, weights, and prices

Specific Competencies and Skills continued:

Nutritional Values

- Describe the basic food groups; make healthy food choices
- Describe healthy cooking techniques
- Describe sources of nutrients and their effects

Management and Employment Skills

- Exhibit understanding of professional behavior, appearance, and interviewing skills
- Display knowledge of various job profiles and chain of command

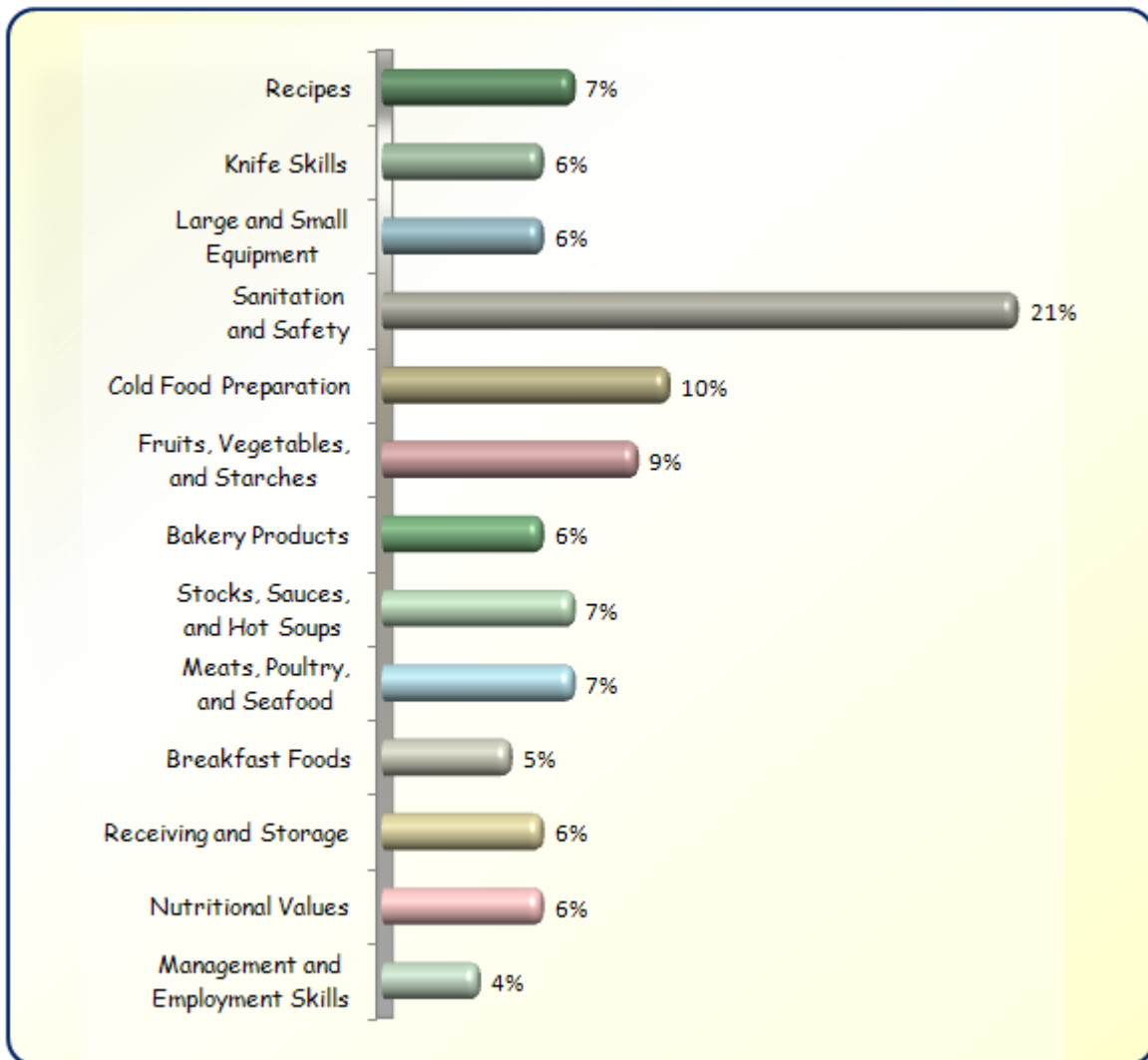


Written Assessment:

Administration Time: 3 hours

Number of Questions: 155

Areas Covered:



Sample Questions:

To triple a recipe calling for $\frac{2}{3}$ cup of liquid, add _____ of liquid.

- A. $1 \frac{1}{3}$ cups
- B. $1 \frac{1}{2}$ cups
- C. $1 \frac{2}{3}$ cups
- D. 2 cups

Which of the following greens produces a slightly bitter taste?

- A. romaine
- B. iceberg
- C. endive
- D. spinach

The ingredient of yeast dough that enhances the growth of the yeast is

- A. dry milk
- B. sugar
- C. salt
- D. shortening

To find the true internal temperature of a pork roast, place the thermometer

- A. next to and touching the largest bone
- B. just inside the layer of fat covering
- C. into the thinnest part of the roast
- D. into the center of the thickest muscle of the roast

Three duties of an executive chef are

- A. prepping, dishwashing, and serving
- B. menu planning, garde manager, and serving
- C. decision making, training, and leading
- D. disciplining, prepping, and leading



Performance Assessment:

Administration Time: 3 hours

Number of Jobs: 6

Areas Covered:

6% Identification of Kitchen Equipment

Equipment identification.

6% Identification of Herbs, Spices, Fruits, and Vegetables

Item identification.

13% Knife Sharpening: Stone and Steel

Organization, knife sharpening - stone and steel, and safety procedures.

14% Knife Skills

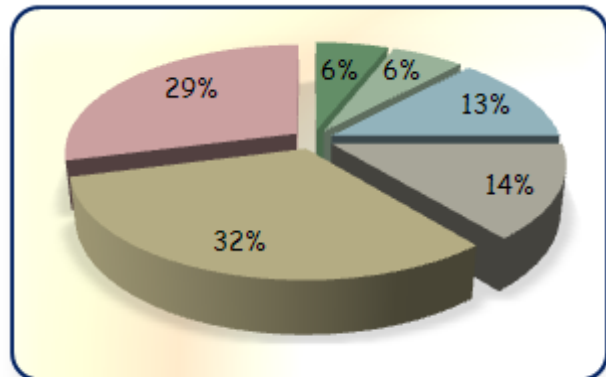
Organization, knife cuts, and safety procedures.

32% Prepare Tomato, Cucumber, and Colored Bell Pepper Salad

Organization, knife skills, use of tools and equipment, preparation of salad and lime vinaigrette, safety and sanitation procedures, and appearance and taste of finished product.

29% Prepare French Strawberry Dessert Omelet

Organization, knife skills, use of tools and equipment, preparation of dessert omelet, safety and sanitation procedures, and appearance and taste of finished product.



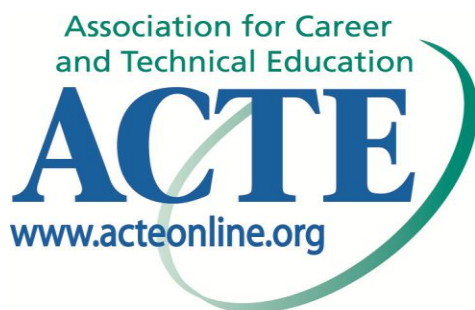
Sample Job: Knife Sharpening: Stone and Steel

Maximum Time: 5 minutes

Participant Activity: The participant will sharpen a chef knife on a stone, hone the chef knife on steel, and handle the knife safely and properly throughout the job.



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!