



## Job Ready Assessment Blueprint

### Culinary Arts Cook Level 2



Test Code: 4136 / Version: 01

**“Measuring What Matters”**

## 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
- Adhere to 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 a safe kitchen and surroundings

***Specific Competencies and Skills continued:*****Cold Food Preparation**

- Prepare salads and dressings
- Prepare soups, appetizers, entrees, and desserts
- Garnish and plate menu items
- Explain procedures for buffet preparation and maintenance
- Prepare sandwiches, spreads, and fillings

**Fruits, Vegetables, and Starches**

- Identify quality and grade of fruits and vegetables
- Fruit and vegetable preparation and cooking
- Identify and prepare potato dishes
- Identify and prepare pasta/grains/legumes

**Bakery Products**

- Prepare cookies
- Prepare quick breads and cakes
- Prepare yeast dough products
- Prepare icings, fillings, sauces, and toppings
- Prepare pies, tarts, and pastries
- Prepare creams, custards, and mousse

**Stocks, Sauces, and Hot Soups**

- Identify and prepare soups
- Prepare and store stocks and glace
- Prepare mother (foundation) sauces
- Prepare roux and thickening agents

***Specific Competencies and Skills continued:*****Meats, Poultry, and Seafood**

- Identify cuts of meat, poultry, fish, and seafood
- Prepare 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

**Nutritional Values**

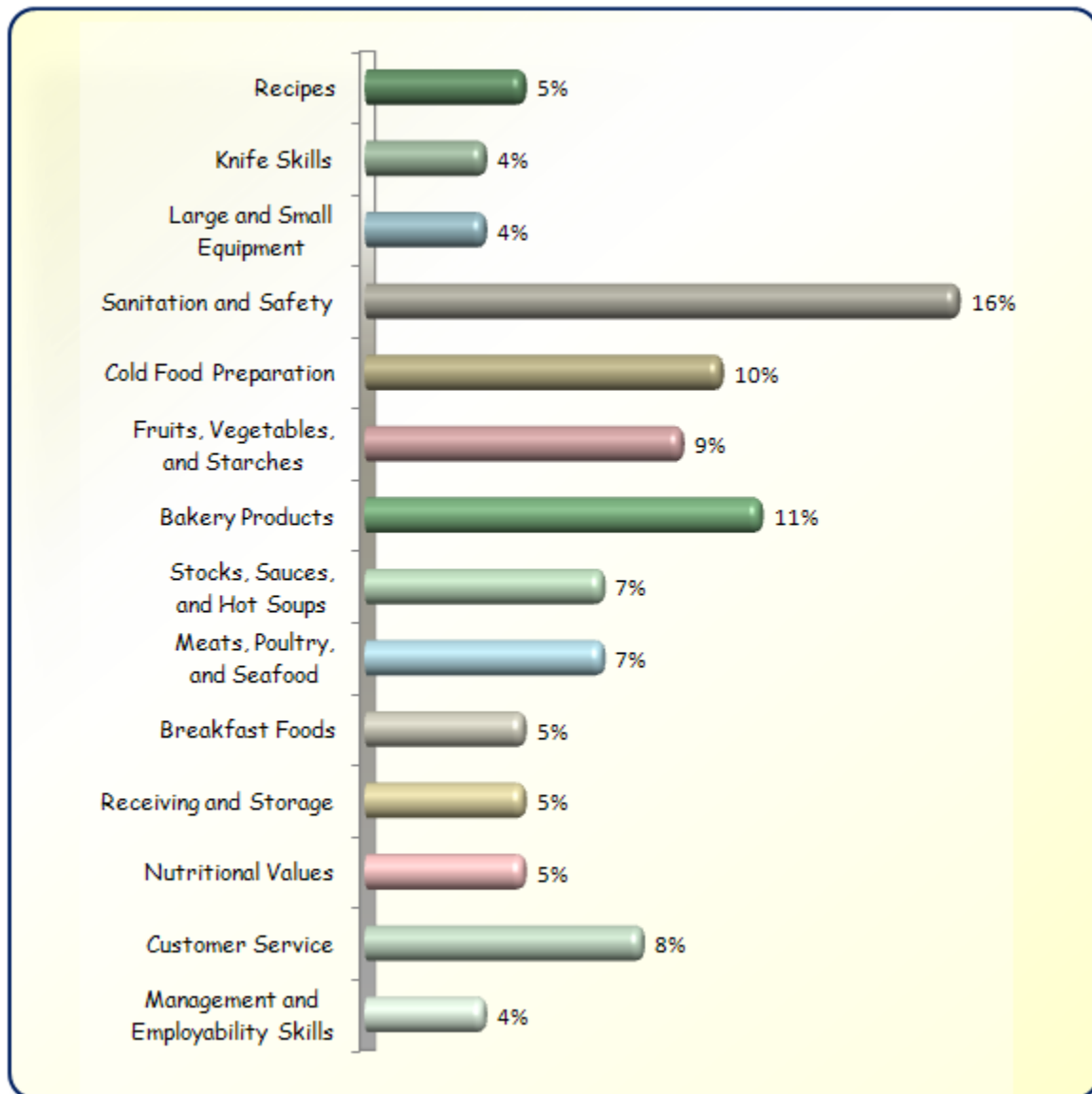
- Describe the basic food groups; make healthy food choices
- Describe healthy cooking techniques
- Describe sources of nutrients and their effects

**Customer Service**

- Display understanding of basic customer service principles
- Demonstrate appropriate table settings, service, and clearing
- Calculation of guest check, including taxes and gratuity
- Demonstrate knowledge of dining room duties, including a POS system
- Understand menu items and ingredients, take and place guest orders

**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:** 203**Areas Covered:**

**Sample Questions:**

Coating an item with dry ingredients is called

- A. sprinkling
- B. brining
- C. brushing
- D. dredging

How frequently should the blade of a can opener be wiped with a sanitizing agent?

- A. once each day
- B. after each use
- C. twice a week
- D. monthly

Which of the following is leavened with egg white?

- A. angel food cake
- B. chocolate sauce
- C. dark gravy
- D. pita bread

The primary reason for weighing meats when received is to

- A. see if weight changes during storage
- B. verify the shipping source
- C. ensure that the order is correct
- D. make sure that the scale is accurate

When a server breaks a rule, the manager should

- A. yell at the server in front of staff
- B. fire the server on the spot
- C. warn the server and issue a written warning
- D. ignore the incident unless it happens often



## Performance Assessment:

**Administration Time:** 3 hours

**Number of Jobs:** 4

### Areas Covered:

#### 32% Prepare Chicken Hunter Style with Sauce

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

#### 22% Prepare Sautéed Potatoes

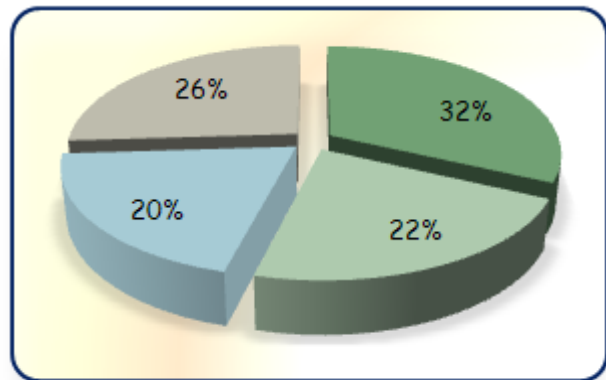
Organization, knife skills, use of tools and equipment, preparation of potatoes, safety and sanitation, appearance and taste of finished product.

#### 20% Prepare Steamed Green Vegetables

Organization, knife skills, use of tools and equipment, preparation of vegetables, safety and sanitation procedures, appearance and taste of finished products.

#### 26% Prepare Cream Puffs with Whipped Cream and Ganache

Organization, use of tools and equipment, preparation of - cream puffs, whipped cream, and ganache, safety and sanitation procedures, appearance and taste of finished product, and timeliness of job.



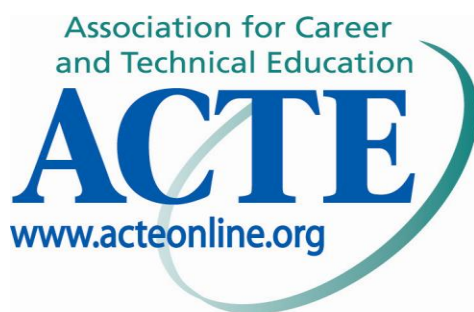
**Sample Job:** Prepare Steamed Green Vegetables

**Maximum Time:** 30 minutes

**Participant Activity:** The participant will follow safety and sanitation procedures in all activities. Participant will prepare an item by reading and following instructions on the recipes provided.



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!