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# **Culinary Arts Cook**

## **NOCTI-ACF**

## General Assessment Information

### Blueprint Contents

General Assessment Information	Sample Written Items
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**Test Type:** The Culinary Arts Cook NOCTI-ACF industry-based credential is included in NOCTI's Job Ready assessment battery. Job Ready assessments measure technical skills at the occupational level and include items which gauge factual and theoretical knowledge. Job Ready assessments typically offer both a written and performance component and can be used at the secondary and post-secondary levels. Job Ready assessments can be delivered in an online or paper/pencil format.

**Revision Team:** The assessment content is based on input from secondary, post-secondary, and business/industry representatives from the states of Michigan, Missouri, Pennsylvania, and Virginia.



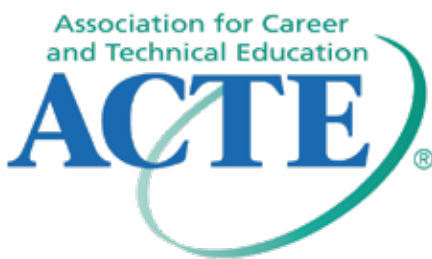
12.0508- Institutional  
Food Workers



Career Cluster 9-  
Hospitality and Tourism



35-2014.00-  
Cooks, Restaurant



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!



NATIONAL COLLEGE CREDIT RECOMMENDATION SERVICE  
University of the State of New York - Regents Research Fund

In the lower division  
baccalaureate/associate degree  
category, 4 semester hours in  
Fundamental or Intermediate  
Culinary Arts

## ACF Recognition Opportunities

NOCTI and ACF have co-branded the Culinary Arts Cook assessment in order to offer culinary learners expanded recognition opportunities.

- Earn NOCTI Workforce Competency Credential
- Earn College Credit Recommendation
- Qualify to apply for ACF Certification

### Secondary Culinary Graduate Requirements:

Graduates who pass the Culinary Arts Cook NOCTI-ACF written and performance assessments with the minimum cut score of 70% are eligible to receive the graduation certificate. The 70% may be achieved on the written test only or as an average of the written and performance test scores.

### Certified Fundamentals Cook Requirements:

- Successfully complete a secondary culinary program.
- Pass the ACF Culinary Arts Certification written assessment with a minimum score of 70%.
- Pass the ACF Culinary Arts Certification performance assessment with a minimum score of 75%.
- Submit application with NOCTI assessment scores and payment for each applicant.
- Upon approval, ACF will award the CFC® Certification.

Students studying outside of an ACFEF Secondary an ACFEF Secondary Certified Program must include a copy of the program's curriculum to document the ACF requirement of 30 hours of Nutrition and Sanitation instruction. Online courses are available for any candidate at <https://www.acfchefs.org/ACF/Certify/CEH/ACF/Certify/CEH/>.



**American Culinary Federation  
Education Foundation**

## Written Assessment

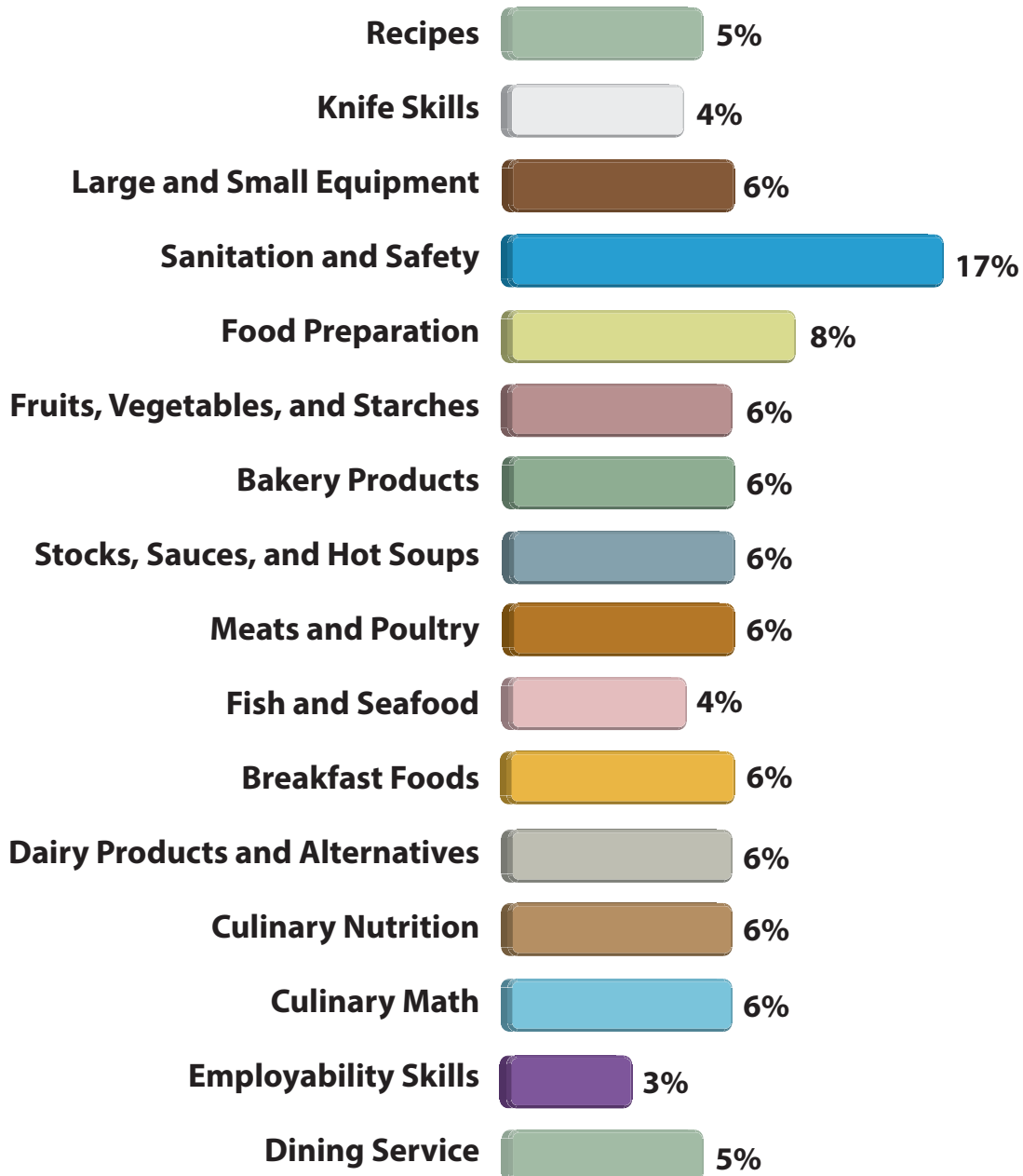
NOCTI written assessments consist of questions to measure an individual's factual theoretical knowledge.

**Administration Time:** 3 hours

**Number of Questions:** 212

**Number of Sessions:** This assessment may be administered in one, two, or three sessions.

### Areas Covered



## Specific Standards and Competencies Included in this Assessment

### Recipes

- Demonstrate an understanding of culinary terminology and techniques (e.g., braising, pan grilling, batters, breading)
- Demonstrate how to read and follow standard recipes
- Establish recipe mise en place

### Knife Skills

- Identify and distinguish knife types and basic cuts
- Demonstrate knife sharpening skills and safe knife usage and care

### Large and Small Equipment

- Identify and demonstrate proper use of measurement devices
- Identify large and small kitchen equipment
- Demonstrate proper use and care of large and small equipment

### Sanitation and Safety

- Display knowledge of cleaning and sanitizing methods
- Maintain basic principles of nationally recognized sanitation protocols (e.g., ServSafe, CPEM, ACF)
- Exhibit understanding of prevention, causes, and response to workplace injuries
- Describe fire extinguishers and fire safety procedures
- Demonstrate personal hygiene
- Identify food allergen characteristics
- Demonstrate proper food storage techniques (e.g., canned goods, dry, refrigerated, frozen, fresh)
- Take physical and perpetual inventory
- Exhibit knowledge of HACCP policies and procedures

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## Specific Standards and Competencies (continued)

### Food Preparation

- Prepare salads and dressings
- Prepare soups, appetizers, and desserts
- Prepare cold garnishes
- Prepare sandwiches, spreads, and fillings
- Explain procedure for buffet preparation and maintenance

### Fruits, Vegetables, and Starches

- Identify quality and grade of fruits and vegetables
- Prepare fruits and vegetables for cooking
- Identify and prepare potato dishes
- Identify and prepare pasta, grains, and legumes

### Bakery Products

- Prepare batters and doughs using appropriate mixing methods
- Prepare standard dessert items

### Stocks, Sauces, and Hot Soups

- Prepare and flavor stocks (bones and base) and reductions
- Prepare mother (foundation) sauces
- Prepare roux and thickening agents
- Identify and prepare soups



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## Specific Standards and Competencies (continued)

### Meats and Poultry

- Identify meat and poultry (e.g., grade, inspection)
- Prepare meat and poultry
- Identify various cooking methods
- Determine proper degrees of doneness

### Fish and Seafood

- Identify market forms of fish and seafood
- Prepare fish and seafood
- Identify various cooking preparations and methods

### Breakfast Foods

- Identify and prepare breakfast starches
- Identify and prepare breakfast meats
- Identify and prepare different styles of eggs
- Identify and prepare cereals

### Dairy Products and Alternatives

- Identify and use various dairy products (e.g., sour cream, butter, yogurt, creams, milk)
- Identify and use dairy alternatives (e.g., soy milk, almond milk, low-fat alternatives)
- Identify and use cheese varieties



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## Specific Standards and Competencies (continued)

### Culinary Nutrition

- Describe the basic food groups; make healthy food choices
- Describe healthy cooking techniques
- Describe primary functions and food sources of major nutrients
- Describe food and dietary trends (e.g., farm to table, organics, religious, dietary concerns)

### Culinary Math

- Convert standard recipes
- Calculate food costs, percentages, and mark-up
- Calculate guest check with tax and gratuity
- Convert weights and measurements

### Employability Skills

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

### Dining Service

- Perform basic duties of a wait person (e.g., take orders, selling techniques, serve properly, bus, side-work duties)
- Describe various types of service (e.g., lunch, à la carte, banquet, family-style)
- Identify roles of service staff (e.g., hostess, cashier, server, busser)





## Sample Questions

**Coating an item with dry ingredients is called**

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

**It is best to use a \_\_\_\_\_ knife when trimming vegetables and fruits.**

- A. boning
- B. utility
- C. paring
- D. chef's

**The number of the portion scoop size equals the number of liquid servings per**

- A. quart
- B. pint
- C. half-gallon
- D. gallon

**Single-use gloves should be**

- A. substituted for handwashing
- B. washed and used more than once
- C. used for many tasks at the same time
- D. used only over clean hands

**An example of oil-based dressing is**

- A. Thousand Island
- B. Bleu Cheese
- C. Italian
- D. Ranch

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### Sample Questions (continued)

**Cooked and properly cooled pasta should be**

- A. stored in cold water
- B. stored uncovered
- C. covered with a damp cloth
- D. tossed lightly in oil and covered

**Soups are only as good as the \_\_\_\_\_ used.**

- A. garnish
- B. coloring agent
- C. stock
- D. thickening agent

**The fat that is located within the muscle tissue of beef is known as**

- A. connective tissue
- B. marbling
- C. gristle
- D. cartilage

**What cooking method typically results in golden brown shrimp?**

- A. blanching
- B. pressure-cooking
- C. boiling
- D. deep-frying

**When eating a variety of nutritious foods and beverages, choose foods that limit**

- A. vitamins
- B. fats
- C. minerals
- D. fiber

## Performance Assessment

NOCTI performance assessments allow individuals to demonstrate their acquired skills by completing actual jobs using the tools, materials, machines, and equipment related to the technical area.

**Administration Time:** 2 hours and 30 minutes

**Number of Jobs:** 4

### Areas Covered:

**27% Prepare Sautéed Chicken with Fine Herb Sauce**

Participant will prepare chicken and herb sauce properly to correct taste and appearance.

**23% Prepare Rice Pilaf**

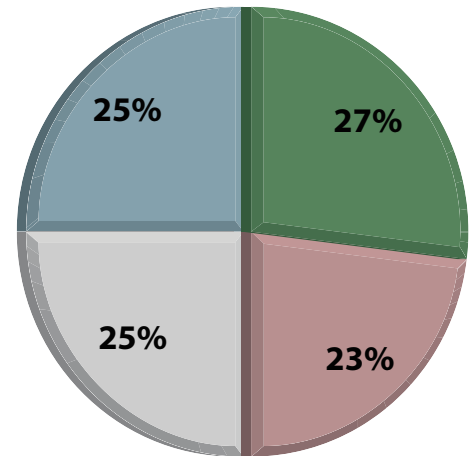
Participant will prepare rice pilaf properly to correct taste and appearance.

**25% Prepare Steamed Green Vegetables and Carrots**

Participant will prepare steamed vegetables to correct appearance and taste.

**25% Prepare Salad Course**

Participant will prepare a salad, cutting all vegetables correctly, and prepare a vinaigrette dressing to top.



## Sample Job

### Prepare Steamed Green Vegetables and Carrots

**Maximum Time:** 30 minutes

**Participant Activity:** The participant will follow safety and sanitation procedures in all activities. Participant will prepare the provided vegetables for steaming, steam two portions to al dente, and season as desired.

