

Culinary Arts Prep Cook

General Assessment Information

Blueprint Contents

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Test Type: The Culinary Arts Level 1 Prep Cook 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.



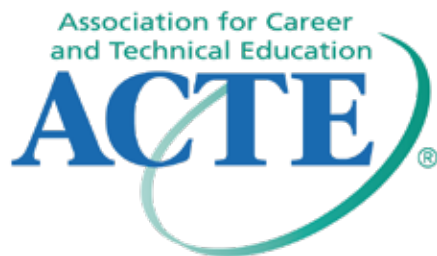
12.0508-
Institutional Food Workers



Career Cluster 9-
Hospitality and Tourism



35-2015.00-
Cooks, Short Order



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, 3 semester hours in
Fundamental Culinary Arts

Written Assessment

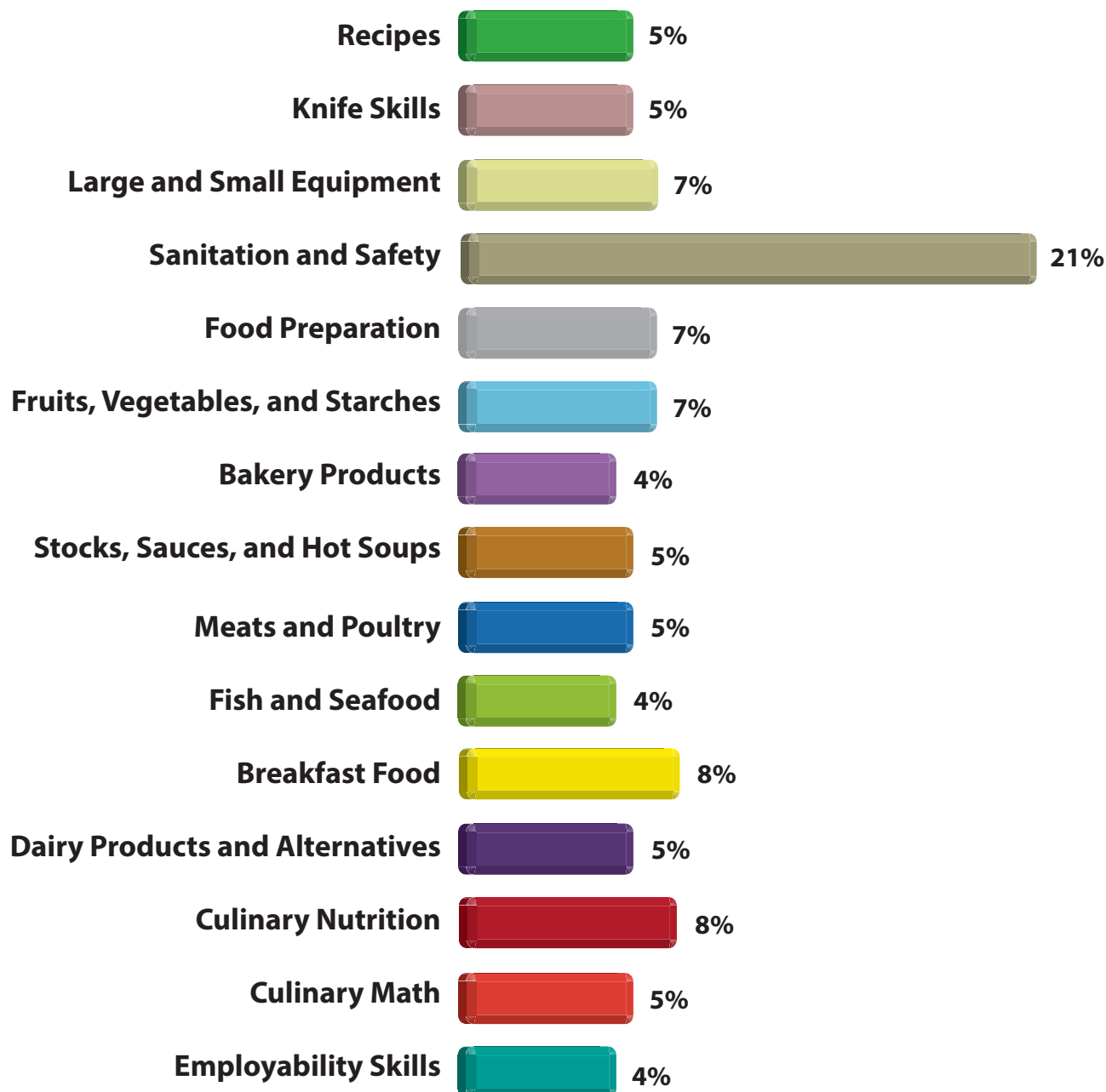
NOCTI written assessments consist of questions to measure an individual's factual theoretical knowledge.

Administration Time: 3 hours

Number of Questions: 170

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

- Display understanding of cooking terminology
- Demonstrate how to read and follow standard recipes
- Establish mise en place

Knife Skills

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

Large and Small Equipment

- Identify and demonstrate proper use of measuring 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®, CPFM, 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, fresh, frozen)
- Take physical and perpetual inventory
- Exhibit knowledge of HACCP policies and procedures

Food Preparation

- Prepare salads and dressings
- Prepare soups, appetizers, and entrees
- Prepare cold garnishes
- Prepare sandwiches, spreads, and fillings

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Specific Standards and Competencies (continued)

Fruits, Vegetables, and Starches

- Identify 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 (e.g., bones or base)
- Prepare roux and thickening agents
- Identify and prepare soups

Meats and Poultry

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

Fish and Seafood

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



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Specific Standards and Competencies (continued)

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., cheese, sour cream, butter, yogurt, creams, milk)
- Prepare foods with a variety of cheese

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 guest check with tax and gratuity
- Convert weights and measurements

Employability Skills

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



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 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

(Continued on the following page)

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 5 minutes

Number of Jobs: 7

Areas Covered:

23% Comprehensive Skills

Participants will sanitize, safely handle a knife, efficiently organize equipment and use the tools and equipment appropriately.

7% Identification of Kitchen Equipment

Participants will correctly identify kitchen equipment.

7% Identification of Herbs, Spices, Fruits, and Vegetables

Participants will correctly identify herbs, spices, fruits and vegetables.

7% Knife Sharpening: Stone and Steel

Participants will properly sharpen a knife using stone and steel.

13% Mise En Place

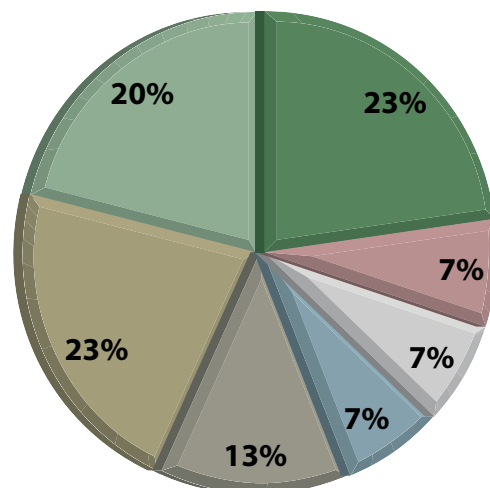
Participants will boil and cool eggs, secure the cutting board, peel eggs and cucumber, seed the cucumber and cut properly.

23% Prepare Chef Salad with Vinaigrette Dressing

Participants will properly prepare salad and vinaigrette that are presented well and taste correct.

20% Prepare Cheese Omelet

Participant will prepare an omelet that appears and tastes correct.



Sample Job

Knife Sharpening: Stone and Steel

Maximum Time: 15 minutes

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

