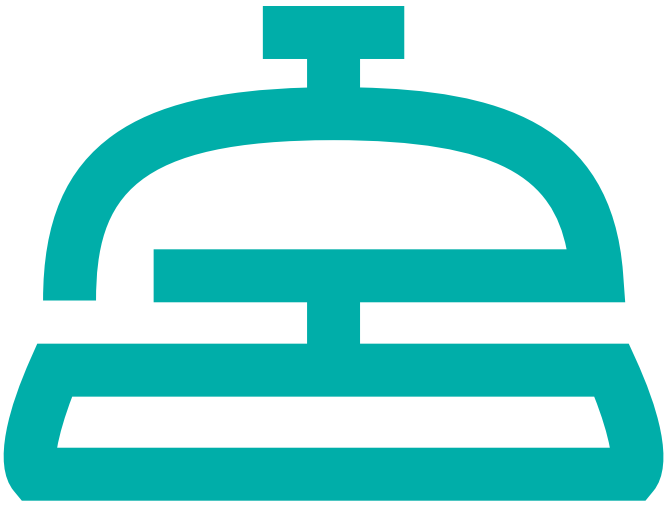
NOCTI

Job Ready Credential Blueprint



Commercial Foods

Code: 4120 / Version: 01

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General Assessment Information

Blueprint Contents

General Assessment Information
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Test Type: The Commercial Foods assessment 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 Hawaii, Michigan, Mississippi, New York, and Pennsylvania.

Content Review: A content review is an independent, comprehensive review by Subject Matter Experts to evaluate content accuracy, the currency of technical material, and relevance to current industry practices.

CIP Code

12.0508-
Institutional Food Workers

Learning that works for America CTE™

Career Cluster -
Hospitality and Tourism

O*NET™ in*it

35-2014.00- Cooks, Restaurant

Association for Career and Technical Education ACTE®

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

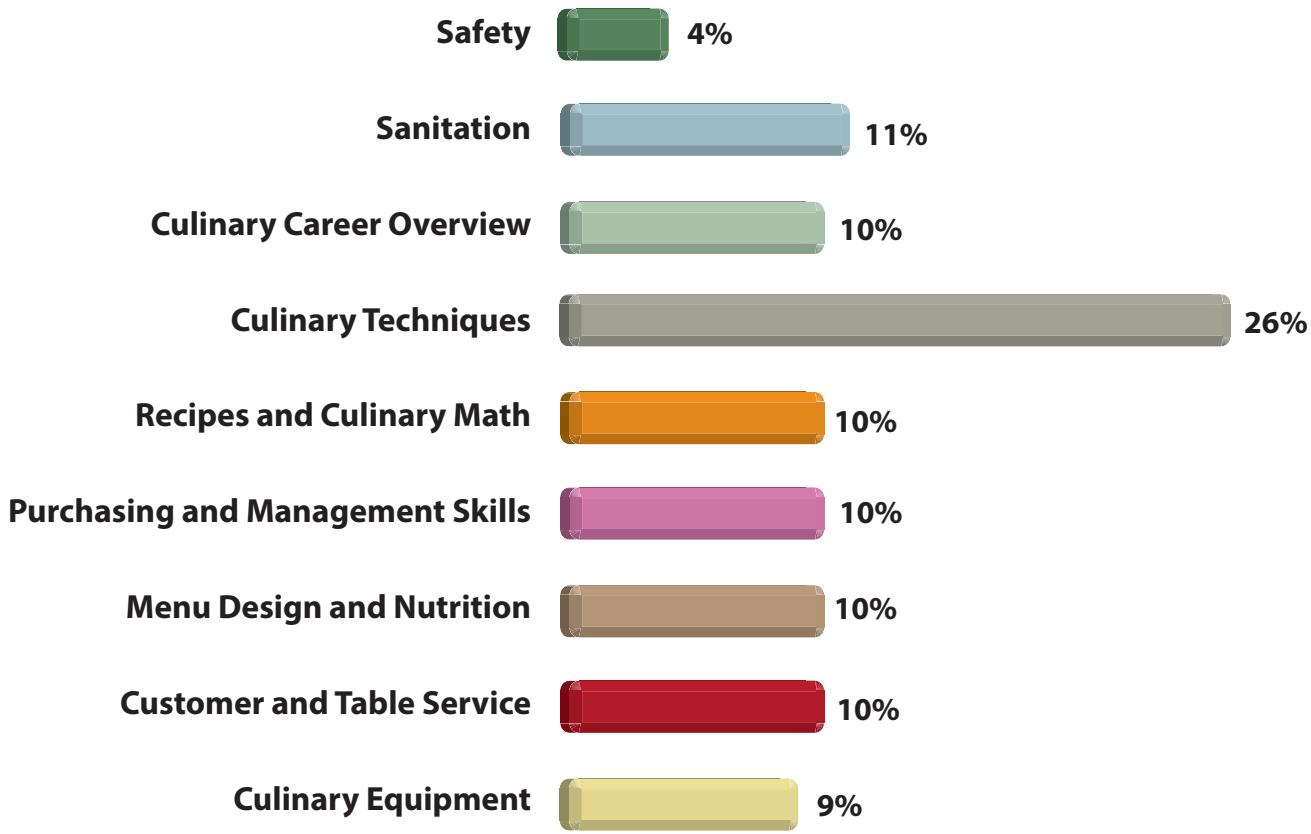
In the lower division baccalaureate/associate degree category, 3 semester hours in Commercial Food Service Preparation

Written Assessment

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

Administration Time: 3 hours
Number of Questions: 183
Number of Sessions: This assessment may be administered in one, two, or three sessions.

Areas Covered



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 choking first-aid, cardiac resuscitation, and location and appropriate uses of AED (Automated External Defibrillator)

Sanitation

- Apply appropriate personal hygiene in the workplace, including handwashing
- Identify chemical, physical, and biological sources of contamination
- Apply appropriate time and temperature food preparation and storage standards, including HACCP principles and procedures
- Apply current food safety principles, standards, and methods of contamination prevention supported by nationally-accredited food safety certification entities

Culinary Career Overview

- Describe the culinary career ladder and opportunities
- Identify professional organizations and regulatory governmental agencies
- Demonstrate understanding of modern kitchen organization (e.g., brigade)
- Apply professionalism and work ethics to appropriate work practices
- Identify and define general culinary terms

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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 (e.g., starches, legumes, grains)
- Identify and prepare stocks, soups, and sauces
- Identify and prepare cold foods (e.g., appetizers, salads, salad dressings)
- Identify and prepare meats, poultry, and seafood
- Identify and prepare breakfast foods and dairy products (e.g., eggs, batter items)
- Prepare desserts, pastry items, and baked goods
- Demonstrate appropriate knife handling skills and proper standard cuts

Recipes and Culinary Math

- Read, convert, and prepare standardized recipes using correct equipment and tools
- Exhibit knowledge of appropriate portion control and plating
- Calculate food costs for recipes
- Demonstrate an understanding of weights, measures, equivalencies, and conversions

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Specific Competencies and Skills (continued)

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 (e.g., requisitions, schedules, invoices)

Menu Design and Nutrition

- Plan and design various types of menus, considering nutrition, cost, and specialized customer requests (e.g., local, regional, ethnic, organic)
- Display understanding of major food allergens and prevention of cross contamination
- Demonstrate understanding of federal nutritional guidelines
- Display familiarity with the "truth in menu" guidelines

Customer and Table Service

- Describe the principles of providing good customer service, including greeting and basic sales techniques
- Define "front of the house" terminology
- Demonstrate proper table setup and service
- Identify, prepare, and serve various beverages
- Perform guest check and cash handling, including computerized POS (point of sale)

Culinary Equipment

- Identify and select hand tools, utensils, and kitchen equipment
- Sharpen and maintain knives and utensils
- Exhibit safe operation, care, and sanitary maintenance of small and large equipment

Sample Questions

When grease is spilled on the floor,
A. sprinkle it with baking soda
B. sprinkle it with salt
C. lay a paper towel over the spill
D. clean it up immediately

The universal sign for choking is hands to the
A. chest
B. heart
C. throat
D. mouth

An entry level position in the food service industry is a/an
A. chef
B. sous chef
C. dishwasher
D. assistant buyer

Browning onions to develop flavor and sweetness is called
A. acidification
B. coagulation
C. dextrinization
D. caramelization

The number on a portion scoop indicates the number of scoops it takes to fill a _____ container.
A. cup
B. quart
C. gallon
D. pound

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Sample Questions (continued)

Products that are delivered damaged should be

A. refused
B. accepted
C. donated
D. discarded

Which computer software would generate purchasing requirements and control assets?

A. inventory management
B. menu management
C. nutritional accounting
D. personnel management

A technique used to suggest a larger portion or better quality than the customer's original order is called

A. upselling
B. manipulation
C. highlighting
D. coaxing

Placing metal or aluminum foil in a microwave can cause

A. a fire or explosion
B. faster cooking
C. slower cooking
D. radiation poisoning

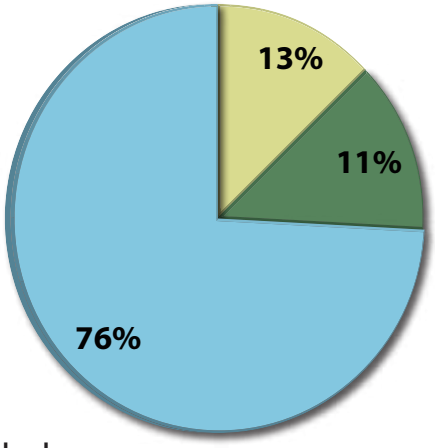
In mixed dough, _____ occurs when yeast forms carbon dioxide gas.

A. proofing
B. emulsification
C. fermentation
D. kneading

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: 3 hours and 15 minutes
Number of Jobs: 3



Areas Covered:

13% Identification of Hand Tools, Herbs, Spices, and Flavorings
Participant will identify hand tools, herbs, spices, and flavorings and record the names on the worksheet provided.

11% Knife Skills
Participant will demonstrate knife safety and skills in vegetable preparation.

76% Cooking Skills
Participant will prepare a mixed green salad with vinaigrette and croutons, roasted chicken with supreme sauce, steamed rice with stir-fry vegetables, and a biscuit, by following provided recipes, using correct equipment and procedures, and maintaining standard sanitation practices. Prepared food will be judged on texture and appearance, flavor and taste, and plate presentation. Participant will maintain professional attire throughout test.

Sample Job

Identification of Hand Tools, Herbs, Spices, and Flavorings

Maximum Time: 25 minutes

Participant Activity: The participant is to identify items by writing the correct name of the item on the corresponding numbered line.