



Job Ready Assessment Blueprint

Culinary Arts Level 2 Cook



Test Code: 4336 / Version: 01

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General Assessment Information

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Test Type: The Culinary Arts Level 2 Cook 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 Michigan, Mississippi, Missouri, and Pennsylvania.



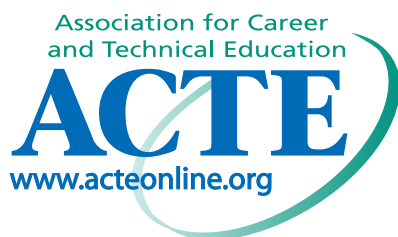
12.0508- Institutional
Food Workers



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

Written Assessment

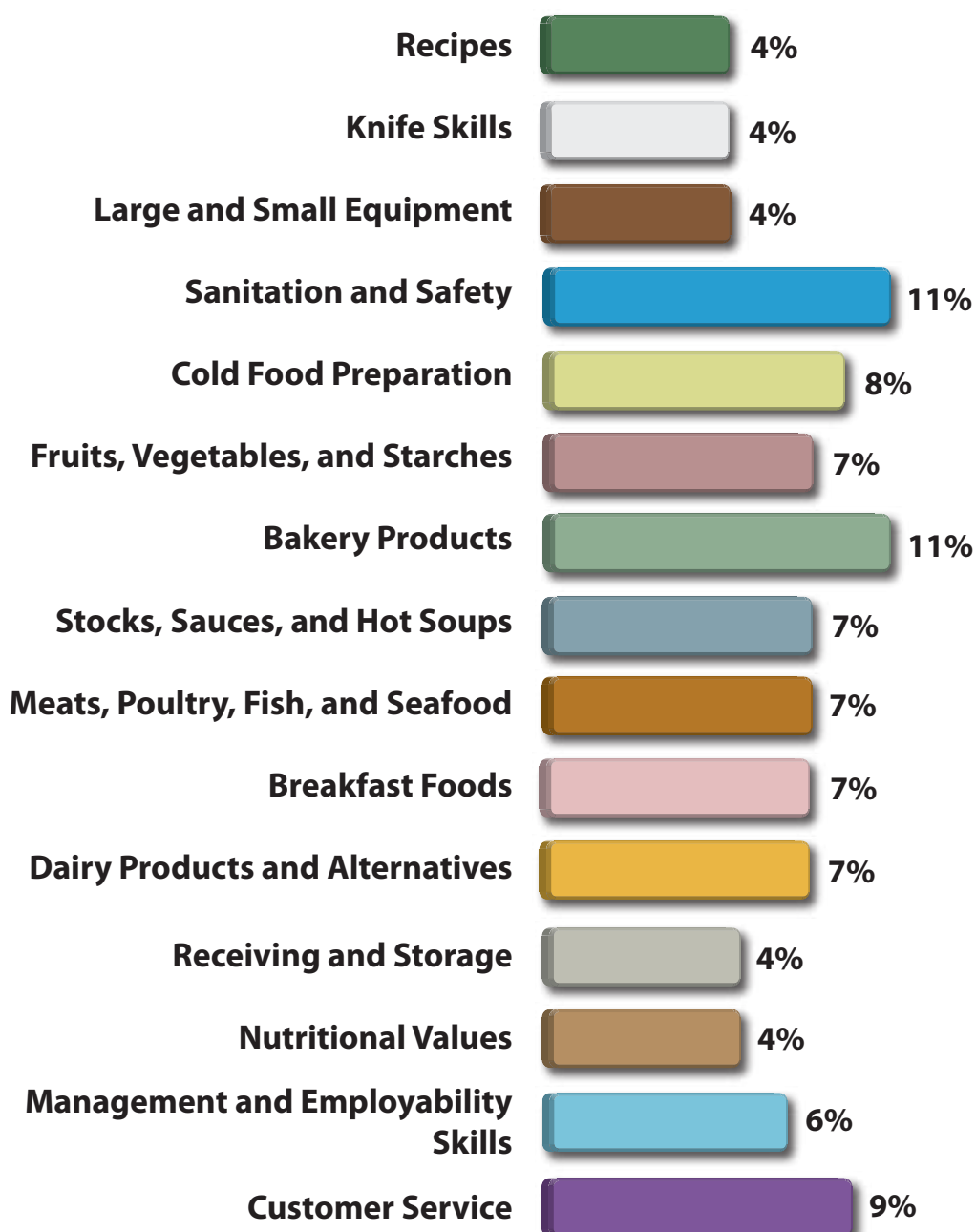
NOCTI written assessments consist of questions to measure an individual's factual theoretical knowledge.

Administration Time: 3 hours

Number of Questions: 207

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

Areas Covered



Specific Competencies and Skills Tested in this Assessment

Recipes

- Display understanding of cooking terminology
- Read, follow, and convert standard 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 safe knife usage and care
- Demonstrate basic knife cuts

Large and Small Equipment

- Identify and demonstrate proper use of measuring devices
- Identify large and small kitchen equipment
- Utilize large and small equipment

Sanitation and Safety

- Display knowledge of cleaning and sanitizing methods
- Maintain basic principles of nationally recognized sanitation protocols (i.e. ServSafe®, CPFM, ACF)
- Exhibit understanding of prevention, causes, and response to workplace injuries
- Describe fire extinguishers and fire safety procedures
- Understand OSHA regulations
- Maintain all kitchen equipment
- Maintain a safe kitchen and surroundings



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Specific Competencies and Skills (continued)

Cold Food Preparation

- Prepare salads and dressings
- Prepare cold soups, appetizers, and desserts
- Garnish and plate menu items
- Prepare sandwiches, spreads, and fillings
- Explain procedures for buffet preparation and maintenance
- Identify storage methods for cold foods

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
- Identify storage methods for fruits and vegetables

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
- Identify storage methods for bakery products

Stocks, Sauces, and Hot Soups

- Prepare and flavor stocks and glaze
- Prepare mother (foundation) sauces
- Prepare roux and thickening agents
- Identify and prepare soups
- Identify cooling and storage methods for stocks, sauces, and hot soups



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Specific Competencies and Skills (continued)

MachiningMeats, Poultry, Fish, and Seafood

- Identify and properly select cuts of meat, poultry, fish, and seafood
- Prepare meat, poultry, fish, and seafood
- Identify various cooking methods
- Determine proper degrees of doneness
- Identify storage methods for meats, poultry, fish, and seafood

Breakfast Foods

- Identify and prepare breakfast starches
- Identify and prepare breakfast meats
- Identify and prepare different styles of eggs
- Identify and prepare cereals
- Identify storage methods for breakfast foods

Dairy Products and Alternatives

- Identify various milk products
- Identify dairy alternatives
- Identify cheese varieties
- Identify and distinguish butters and butter alternatives
- Identify storage methods for dairy products and alternatives

Receiving and Storage

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

Nutritional Values

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

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Specific Competencies and Skills (continued)

Management and Employability Skills

- Exhibit understanding of professional behavior, appearance, and job interview skills
- Display knowledge of various job profiles and chain of command
- Calculate payroll
- Calculate food costs and percentages
- Demonstrate food cost controls

Customer Service

- Display understanding of basic customer service principles
- Demonstrate appropriate table settings, service, and clearing
- Calculate guest check, including taxes and gratuity
- Demonstrate knowledge of dining room duties, including a POS system
- Understand menu items and special preparation/ingredient requests
- Take and place guest orders



Sample Questions

To maintain a range top grill,

- A. scrape and clean daily
- B. clean only when the grill starts to smoke
- C. grease daily to brown food evenly
- D. empty the grease pan once a week

When mashing potatoes, they should be

- A. hot and dry
- B. wet and cold
- C. hot and gluey
- D. soggy and hot

A bouquet garni traditionally is made up of

- A. bay leaf, thyme, and parsley stems
- B. celery, carrots, and onions
- C. garlic, shallots, and parsley
- D. rosemary, basil, and garlic

A basic granola recipe consists of

- A. oats, nuts, and dried fruit
- B. bananas, apples, pineapple, and dates
- C. yogurt, strawberries, and blueberries
- D. puffed cereal, chocolate chips, and marshmallows

Food safety control in a restaurant begins during

- A. receiving
- B. storage
- C. preparation
- D. cooking

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Sample Questions (continued)

A round bread cut to form a pocket makes a whole meal sandwich called a

- A. pita
- B. focaccia
- C. torpedo
- D. tortilla

Use a ganache

- A. for glazing cakes
- B. for making complete cookies
- C. instead of butter or shortening
- D. as a leavening agent

Which type of steak needs the most tenderizing?

- A. New York strip
- B. London broil
- C. porterhouse
- D. delmonico

What type of cheese is Brie?

- A. hard
- B. soft
- C. semi-soft
- D. solid

The best way to train a new worker is to

- A. provide a brief job description
- B. follow a planned orientation program
- C. tell the worker to get information from the coworkers
- D. tell the worker to watch others and gradually work into the job

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

Number of Jobs: 5

Areas Covered:

18% Comprehensive Skills

Participants will follow safety and sanitation procedures, organize equipment efficiently, and use the tools properly.

23% Prepare Chicken Florentine with Tomato Concassé

Participants will prepare chicken and tomato concassé properly and so that they appear and taste correct.

18% Prepare Rice Pilaf

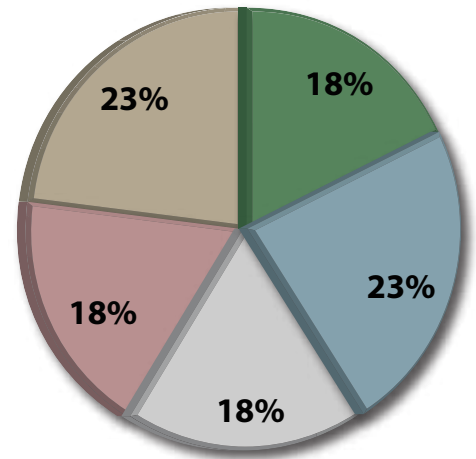
Participants will prepare rice pilaf properly to correct taste and appearance.

18% Prepare Steamed Green Vegetables

Participants will prepare steamed vegetables to correct appearance and taste.

23% Prepare Apple Crostata and Crème Anglaise

Participants will properly prepare Apple Crostata and Crème Anglaise to correct appearance and taste.



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 the provided vegetables for steaming, steam two portions to al dente, and season as desired.

