



Job Ready Assessment Blueprint

Culinary Arts Level 1 Prep Cook



Test Code: 4236 / Version: 01

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General Assessment Information

Blueprint Contents

General Assessment Information	Sample Written Items
Written Assessment Information	Performance Assessment Information
Specific Competencies Covered in the Test	Sample Performance Job

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, Mississippi, Missouri, and Pennsylvania.



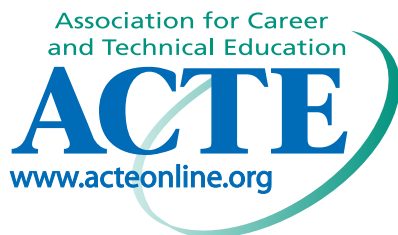
12.0508-
Institutional Food Workers



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

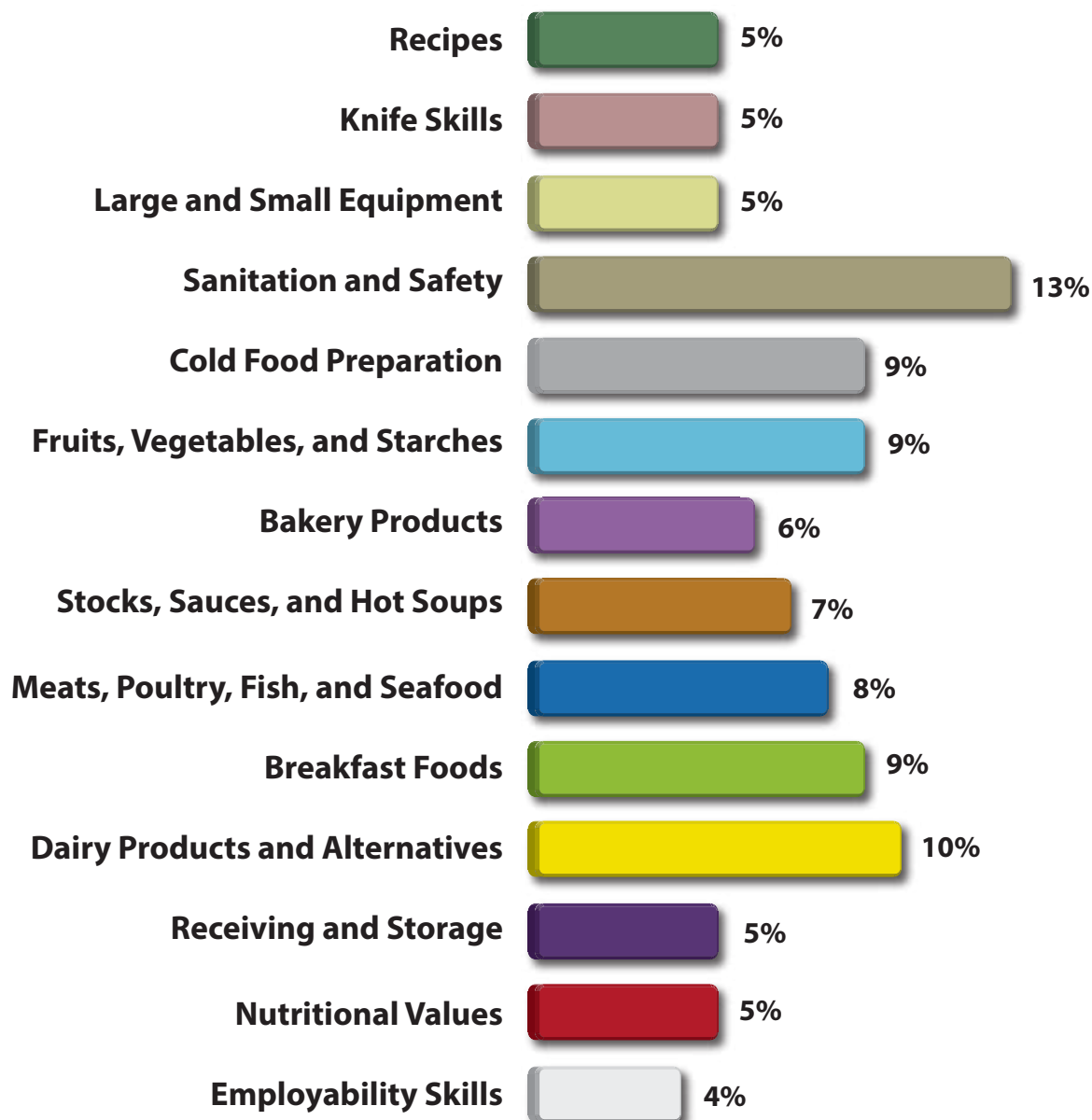
NOCTI written assessments consist of questions to measure an individual's factual theoretical knowledge.

Administration Time: 3 hours

Number of Questions: 164

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
- 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

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

Sanitation and Safety

- Display basic knowledge of cleaning and sanitizing methods
- Maintain 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 safe kitchen and surroundings



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Specific Standards and Competencies (continued)

Cold Food Preparation

- Prepare salads and dressings
- Prepare cold soups, appetizers, entrees, and desserts
- Garnish and plate menu items
- Prepare sandwiches, spreads, and fillings
- Identify storage methods for cold foods

Fruits, Vegetables, and Starches

- Identify fruits and vegetables
- Prepare fruits and vegetables for cooking
- Identify and prepare pasta, grains, and legumes
- Identify storage methods for fruits and vegetables

Bakery Products

- Prepare batters and doughs using appropriate mixing methods
- Prepare icings, fillings, sauces, and toppings
- Identify storage methods for bakery products

Stocks, Sauces, and Hot Soups

- Prepare and store stocks and glace
- Demonstrate knowledge of roux and thickening agents
- Identify and prepare hot soups
- Identify cooling and storage methods for stocks, sauces, and hot soups

Meats, Poultry, Fish, and Seafood

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



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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
- 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

Employability Skills

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

Sample Questions

Food that heats and defrosts most quickly in a microwave contains a lot of

- A. salt
- B. flour
- C. water
- D. iron

Cross-contamination is likely to occur when

- A. food is undercooked
- B. food is held at room temperature
- C. uncovered food is cooled on the top shelf of a refrigerator
- D. utensils and equipment are not cleaned and sanitized between uses

To maximize the shelf life of vegetables,

- A. peel them and store them in ice water
- B. wash and peel them as soon as they are delivered
- C. wash and wrap them in absorbent paper towels when they are delivered
- D. wash them as close to preparation time as possible

A type of fresh water fish is

- A. trout
- B. swordfish
- C. turbot
- D. haddock

The body's main source of energy or fuel comes from

- A. protein
- B. carbohydrates
- C. vitamins
- D. minerals

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Sample Questions (continued)

Chemicals should be stored

- A. with food products, if space is limited
- B. separately in their own room
- C. in bulk, at the location of use
- D. on the floor in their original containers

Bavarian cream is made from

- A. whipped gelatin, milk, and crème anglaise
- B. whipped crème, gelatin, and sabayon
- C. gelatin, pastry cream, and milk
- D. gelatin, whipped crème, and crème anglaise

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

When cooking in quantity, bacon should be _____ for best results.

- A. baked
- B. fried
- C. grilled
- D. sautéed

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: 2 hours and 50 minutes

Number of Jobs: 7

Areas Covered:

15% Comprehensive Skills

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

8% Identification of Kitchen Equipment

Participants will correctly identify kitchen equipment.

8% Identification of Herbs, Spices, Fruits, and Vegetables

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

12% Knife Sharpening: Stone and Steel

Participants will properly sharpen a knife using stone and steel.

23% Mise En Place

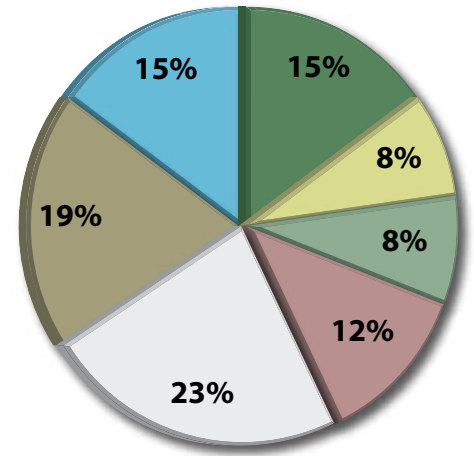
Participants will boil and cool eggs, secure the cutting board, peel eggs and cucumber, seed the cucumber and cut properly.

19% Prepare Chef Salad with Vinaigrette Dressing

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

15% Prepare Cheese Omelet

Participants 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.

