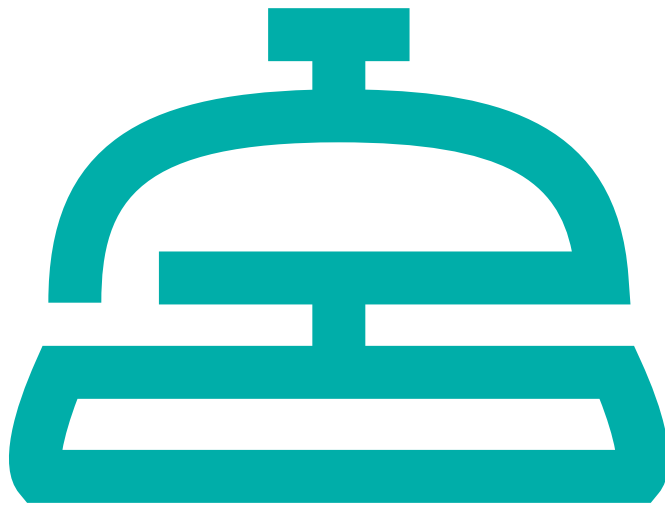




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# **Culinary Arts Cook**

Code: 5736

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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 Cook assessment is included in NOCTI's Teacher assessment battery. Teacher assessments measure an individual's technical knowledge and skills in a proctored proficiency examination format. These assessments are used in a large number of states as part of the teacher licensing and/or certification process, assessing competency in all aspects of a particular industry. NOCTI Teacher tests typically offer both a written and performance component that must be administered at a NOCTI-approved Area Test Center. Teacher assessments can be delivered in an online or paper/pencil format.

**Revision Team:** The assessment content is based on input from subject matter experts representing the following states: Arizona, Florida, New York, North Carolina, Pennsylvania, Rhode Island, Texas, Virginia, and Wisconsin.



12.0058 - Institutional Food Workers



Career Cluster -  
Hospitality & Tourism



35-2014.00 - Cooks, Restaurant

## Written Assessment

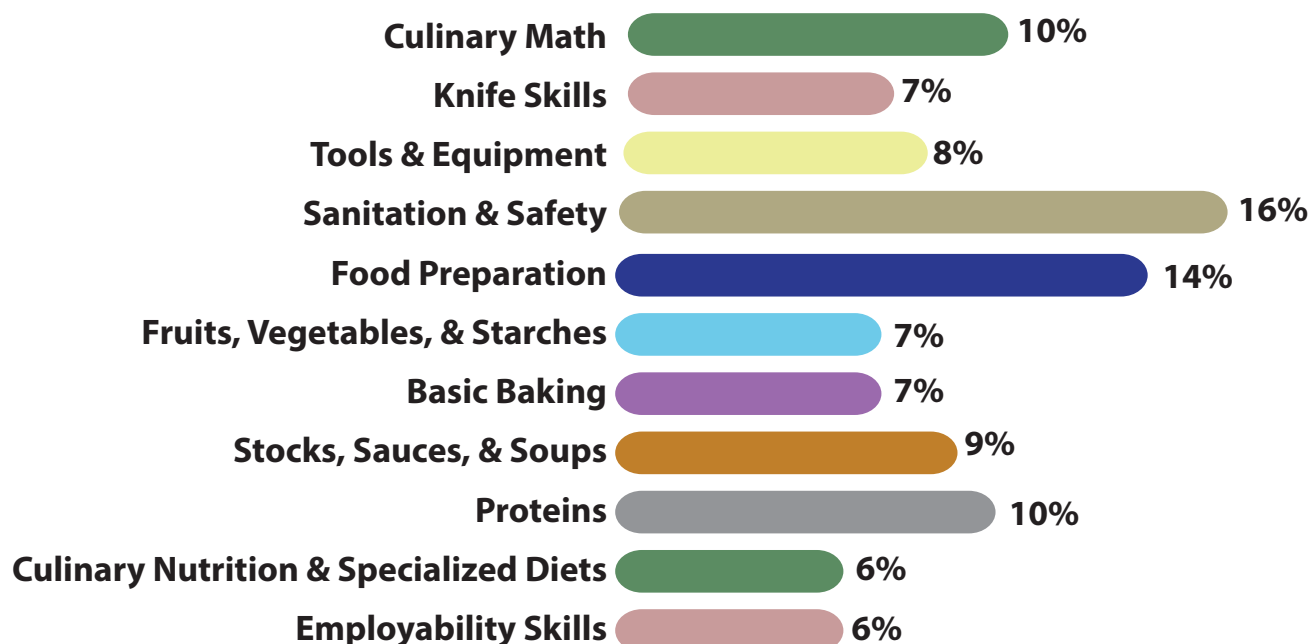
NOCTI written assessments consist of questions to measure an individual's factual theoretical knowledge.

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

**Number of Questions:** 138

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

### Areas Covered



## Specific Standards and Competencies Included in this Assessment

### **Culinary Math**

- Demonstrate how to read, follow, and convert standard formulas
- Convert weights and measurements
- Demonstrate understanding of volume/weight measurement
- Demonstrate basic understanding of food costs

### **Knife Skills**

- Demonstrate understanding of knife sharpening skills and care
- Demonstrate understanding of safe knife usage
- Demonstrate knowledge of appropriate knife types and utilization

### **Tools and Equipment**

- Demonstrate proper care and use of kitchen equipment, small wares, and hand tools
- Identify small wares and hand tools
- Identify large kitchen equipment

### **Sanitation and Safety**

- Demonstrate understanding of cleaning and sanitizing methods
- Understand time and temperature control
- Exhibit understanding of prevention, causes, and response to workplace injuries/illnesses
- Describe fire extinguishers and fire safety procedures
- Demonstrate personal hygiene and appropriate attire
- Demonstrate proper food storage techniques
- Understand recycling and sustainability concepts

(Continued on the following page)

## Specific Standards and Competencies (continued)

### **Food Preparation**

- Demonstrate knowledge of garde manger (e.g., salad dressings, desserts)
- Prepare sandwiches, spreads, and fillings
- Identify moist, dry, and combination cooking methods

### **Fruits, Vegetables, and Starches**

- Identify and prepare fruits and vegetables
- Identify and prepare various vegetable starches
- Identify and prepare legumes, pastas, and whole grains

### **Basic Baking**

- Identify basic baking equipment and hand tools
- Demonstrate knowledge of the methods and procedures for different quick breads and yeast breads
- Demonstrate knowledge of the methods and procedures for different cookies, cakes, pies, and pastries

### **Stocks, Sauces, and Soups**

- Demonstrate knowledge of soups
- Demonstrate knowledge of stocks and reductions
- Demonstrate knowledge of sauces
- Demonstrate knowledge of roux and thickening agents

### **Proteins**

- Identify meat and poultry
- Demonstrate understanding of egg cookery
- Demonstrate understanding of varying levels of doneness and appropriate cook temperatures
- Identify market forms of fish and shellfish

(Continued on the following page)

## *Specific Standards and Competencies (continued)*

### **Culinary Nutrition and Specialized Diets**

- Identify food allergen characteristics
- Demonstrate understanding of preparation of nutritious menus
- Demonstrate understanding of specialized diets

### **Employability Skills**

- Exhibit understanding of professional behavior and ethics
- Demonstrate understanding of teamwork, problem solving, and critical thinking skills
- Demonstrate knowledge of guest service in hospitality

## Sample Questions

**Ingredients should be leveled when using \_\_\_\_\_ measurements.**

- A. weight
- B. volume
- C. temperature
- D. pressure

**What should a worker do after reporting the accident to a supervisor?**

- A. ignore any minor injuries
- B. return to the workstation
- C. go immediately to a doctor
- D. follow safety protocols

**Which salad dressings are dairy based?**

- A. ranch and blue cheese
- B. Italian and vinaigrette
- C. thousand island and French
- D. Caesar and balsamic

**Gazpacho is an example of \_\_\_\_\_ soup.**

- A. chilled
- B. thickened
- C. cream-based
- D. hot broth

**A French omelet is an omelet that is \_\_\_\_\_ with a spooned in filling.**

- A. rolled
- B. baked
- C. folded
- D. flat

## 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:** 3

### Areas Covered:

#### **50% Chicken Fabrication, Stock Development, and Knife Skills**

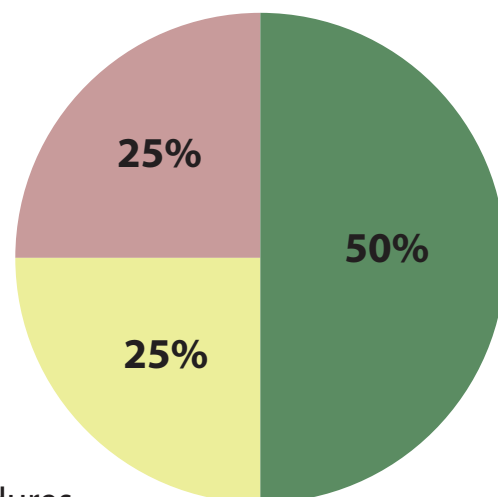
Participant will demonstrate knife skills and fabricate a whole chicken for chicken stock, salad, and soup preparation, adhering to all safety and sanitation procedures.

#### **25% Caesar Salad with Chicken**

Participant will prepare two servings of a salad with chicken by properly preparing lettuce, croutons, dressing, and chicken, plating the dish, and following safety and sanitation procedures.

#### **25% Chicken Rice Soup and Rolled Biscuits**

Participant will prepare two servings of biscuits and chicken rice soup (with rice pilaf) by properly preparing biscuits, soup, and rice pilaf while following safety and sanitation procedures.



## Sample Job

**Chicken Rice Soup and Rolled Biscuits**

**Maximum Time:** 45 minutes

**Participant Activity:** Participant will prepare and present two plated servings of buttermilk biscuits and chicken rice soup, including rice pilaf for the soup. Participant will mix and bake biscuits, sear diced chicken, cook soup with aromatics and stock, and prepare rice pilaf, all while following safety and sanitation procedures before notifying the evaluator upon completion.