

Massachusetts CTE Teacher Testing Program Culinary Arts Content Outline

Written and Performance Exam General Overview

- The intent of this exam is to assess the candidate’s ability to teach the skills found in the Massachusetts Technical Education Framework.
- The written exam is a state-developed exam aligned to the frameworks which can be accessed [here](#). The performance exam is a NOCTI-developed teacher test and has been determined by DESE to align to the state frameworks.
- Many questions and tasks require a synthesis of knowledge based on experience in the field and may not be found in any book.
- Use this exam outline and the Massachusetts Technical Education Framework to focus your preparation for the exams.
- Candidates are encouraged to prepare for their written exam by reviewing textbooks and reference material which have been listed as part of this exam outline. These resources can be found using online search tools, online vendors, and websites.

Written Exam

- Number of Questions: 100
- Administration Time: 3 hours
- Passing Score: 70.0%
- Administration Method: Remote Proctored Online Testing Session

Written Exam Content Coverage

15% **Health & Safety**

- Sanitation
- Food handling
- HACCP
- Cross contamination

20% **Food Service**

10% **Dining Room Operations**

- Dining Room Operations
- Banquet Procedures
- Utility Services

5% **Basic Nutrition**

50% **Cooking Methods**

- Preparation of fruits and vegetables, grain, starches and salads
- Cuts of meats, poultry and seafood
- Preparation of sandwiches and breakfast products
- Fundamentals of Garde Manger, hors d’oeuvres and appetizers
- Stocks, Soups and Sauces

Written Exam Reference Materials (Reference Current Edition)

- **The Professional Chef** by CBI Publishing (Library of Congress Catalog Card #73-19070)
- **Professional Cooking** by Wayne Gisslen (Wiley)
- **Professional Cooking Students Study Guide** by Wayne Gisslen (Wiley)
- **Lodging Management Program, Year 2** by Bittner & Smith Educational Institute of American Hotel & Motel Association (Lansing, Michigan)
- **ServSafe Essentials** by NRAEF
- **Culinary Essentials** (Glencoe)
- **Foundations of Restaurant Management and Culinary Arts, Level I and II** by NRAEF
- **The Professional Chef's Techniques of Health Cooking**

Materials Needed for the Written Exam

- A four-function calculator is included in the online testing system. No other calculators are permitted.
- Scrap paper and pencil/pen are permitted.

Written Exam Sample Items

Each question on the exam consists of one incomplete sentence or question followed by four choices. Some items reference an image or diagram. A few sample items are included below; the correct answer is designated with an asterisk (*).

A 22 lb bottom round shrinks 23% during cooking process. How many pounds of meat do we now need to serve 33, 6 oz. portions?

- a. 8 pounds
- b. 16 pounds (*)
- c. 18 pounds
- d. 22 pounds

What is the safe zone for re-heating foods?

- a. 141°F (*)
- b. 165°F
- c. 212°F
- d. 325°F

NOCTI Performance Exam

- Administration Time: 3 hours and 30 minutes
- NOCTI Criterion-Referenced Cut Score/Passing Score: 85.1%
- Administration Method: Onsite at a DESE approved Massachusetts Area Testing Center (MATC) location. Candidates must register and schedule their exam session through NOCTI.

Performance Exam Content Coverage

13% Identification of Hand Tools, Herbs, Spices, and Flavorings

Participant will identify common hand tools, herbs, spices, and flavorings used in cooking.

13% Knife Skills

Participant will demonstrate knife safety, sanitation, and use of knife in vegetable preparation.

74% Cooking Skills

Participant will correctly wash and cook rice, appropriately heat oil, select the proper pan, stir-fry ingredients in proper sequence, sanitize equipment, prepare herb butter, fabricate chicken appropriately for roasting, observe proper sanitation techniques, correctly prepare volouté, select the proper equipment, emulsify vinaigrette, bake croutons, mix a proper green salad, demonstrate proper use of measuring and mixing techniques, achieve the proper texture and appearance, provide a pleasing plate presentation, and wear professional attire throughout the exam.

Performance Exam Requirements

Candidate Supplied

Candidates must bring all appropriate Personal Protective Equipment (PPE), attire/uniform, and any other safety items as is routinely expected to be used by an employee in the related industry. If the candidate does not bring what is needed to safely complete all jobs on the exam as required in the workplace, the testing session will need to be rescheduled at the candidate's expense.

Site Supplied

Additional equipment and supplies needed to complete the jobs on the performance test will be provided by the testing site.

Performance Exam Site Requirements

Testing sites may have individual requirements based on location and any relevant and current guidance from the Center for Disease Control and Prevention (CDC).

Performance Exam Reference Materials (Reference Current Edition)

Candidates are encouraged to prepare for their exam by reviewing industry applicable textbooks and reference materials and resources found using online search tools, online vendors, and websites. The materials below were resources used in the development process.

- American Culinary Federation. (2006). *Culinary fundamentals* (1st ed.). Lebanon, IN: Pearson Prentice Hall.
- Colonial Institute of America. (2007). *Introduction to culinary arts* (1st ed.). Lebanon, IN: Pearson Prentice Hall.
- Culinary Institute of America. (2012). *Garde manger: The art and craft of the cold kitchen*. (4th ed.). Hoboken, NJ. John Wiley & Sons.
- Dittmer, P. & Keefe, D. (2008). *Principles of food, beverage, and labor cost controls*. (9th ed.). Hoboken, NJ: Wiley.
- Draz, J. & Knetke, C. (2010). *The culinary professional*. Tinley Park, IL: Good Heart-Wilcox Company.
- Hause, A., Martel, P. & Labensky, S. (2012). *On cooking: A textbook of culinary fundamentals*. (5th ed.). Lebanon, IN: Pearson Prentice Hall.
- Johnson and Wales University. (2010). *Culinary essentials* (1st ed.). Columbus, OH: Glencoe/McGraw Hill.
- National Restaurant Association. (2007). *Controlling foodservice costs*. (1st ed.). Lebanon, IN: Pearson Prentice Hall.