

Massachusetts Technical Teacher Testing Program Culinary Arts Content Outline

Written and Performance Exam General Overview

- The intent of this exam is to assess your ability to teach the skills found in the Massachusetts Technical Education Framework.
- This exam is aligned to the frameworks which can be accessed [here](#).
- Many questions and tasks require a synthesis of knowledge based on experience in the field and may not be found in any book.
- Candidates are encouraged to prepare for their exam by reviewing textbooks and reference material which has been listed as part of this exam outline. These resources can be found using online search tools, online vendors, and websites.
- Contact the Technical Teacher Testing Office if you need further assistance in locating resources listed in the exam outline.
- Use this exam outline and the Massachusetts Technical Education Framework to focus your preparation for the exam.

Written Exam

- Number of Questions: 100
- Administration Time: 3 hours
- Administration Method: Remote Proctoring Online Session

Written Exam Content Coverage

15%	<i>Health & Safety</i>	<ul style="list-style-type: none"> • Sanitation • Food handling 	<ul style="list-style-type: none"> • HACCP • Cross contamination
20%	<i>Food Service</i>		
10%	<i>Dining Room Operations</i>	<ul style="list-style-type: none"> • Dining Room Operations • Banquet Procedures • Utility Services 	
5%	<i>Basic Nutrition</i>		
50%	<i>Cooking Methods</i>	<ul style="list-style-type: none"> • Preparation of fruits and vegetables, grain, starches and salads • Cuts of meats, poultry and seafood • Preparation of sandwiches and breakfast products 	<ul style="list-style-type: none"> • 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

Performance Exam

- Administration Time: 4 hours
- Administration Method: Onsite at an approved Teacher Testing Location

Performance Exam Content Coverage

10% Professional Qualities

- Personal Hygiene
- Culinary Mise en Place

6% Menu Development

- To include appetizer, soup, salad, entrees, starch product, vegetable, quick bread and dessert. Chicken and fish **must** be used in menu (meat may be substituted for fish based on availability of product).
 - Use of Appropriate Menu Terms
 - Completeness and Nutritional Balance
 - Variety of Candidate's Menu
 - Classical Cuisine Terminology

17 % Knife Skills

- Chicken Fabrication
- Fish Filleting or Meat Fabrication
- Vegetable Cuts – Chop, Dice, Slice, Julienne, Paysanne, Tourné, Oblique, Mince, Chiffonade, Concasse, Brunoise, Batonnet

13% Cooking

- Food Preparation
- Fundamentals of Cooking Methods

46% Final Product

- Taste/Seasoning
- Appearance and Garnish
- Number of Items Presented
- Serving Temperature

8% Food Safety, Sanitation, and Kitchen Safety

- Knowledge of safety procedures
 - Demonstrate and follow safety guidelines according to CLIA, CDC, and OSHA standards

Note: You must prepare two identical portions of each menu item according to acceptable industry standards.

Materials Required for the Performance Exam (Candidate Must Supply)

Attire: Candidates must wear appropriate attire which includes a professional uniform (chef's coat, chef pants [white, check, or black], hat and appropriate work shoes (no sneakers). Hair must be worn pulled back and up off the shoulder. Candidate must also bring an apron and a towel.

In addition, the following materials should be brought to the test site.

- Face mask (cotton face covering or respirator which fully cover the nose and mouth)
- Eye protection
- Disposable gloves
- French knife
- Paring knife
- Boning knife
- Vegetable peeler
- Fish fillet knife
- Thermometer
- Sharpie
- Pen or pencil

Note: Chef's toolboxes containing additional hand tools are allowed. All food items will be provided at the testing. Candidates with food allergies which would prevent the candidate from participating in any subtest area must submit appropriate documentation as noted in the Candidate Handbook. Candidates are allowed to bring a recipe for Quick Bread only using the listed ingredients below; no other recipes will be allowed. No books or notes will be allowed. Cell phones are prohibited during the exam administration.

Baking Ingredients Available

- Confectionary Sugar
- Baking powder
- Bread flour
- Pastry Flour
- Cake Flour
- Strawberries
- Bananas
- Cornstarch
- Apples
- Raisins
- Walnuts/Pecans
- Vanilla extract
- Baking soda
- Semi-sweet chocolate chips
- Vegetable shortening
- Sugar
- Brown sugar
- Corn Meal
- Vegetable Oil
- Cocoa Powder
- Corn Syrup
- Milk Powder
- Honey
- Molasses

Dairy Products Available

- Milk
- Light cream
- Heavy cream
- Sour cream
- Cream cheese
- Cheddar cheese
- Parmesan cheese
- Margarine
- Fresh eggs
- Butter

Onsite Performance Exam Requirements

- Candidate must practice social distancing and wear the appropriate face covering that covers the nose and mouth while at the exam site.
- Testing sites may have individual requirements based on location and the current guidance from the Center for Disease Control and Prevention (CDC).

Performance Exam Reference Materials (Reference Current Edition)

- **On Cooking – A Textbook of Culinary Fundamentals** by Sarah LeBensky and Alan Hause (Pearson Education Publishing)
- **The Professional Chef** by CBI Publishing (Library of Congress Catalog Card #73-19070)
- **ServSafe Essentials** by NRAEF
- **Culinary Essentials** (Glencoe)
- **Foundations of Restaurant Management and Culinary Arts, Level I and II** by NRAEF