



Job Ready Assessment Blueprint

Commercial Foods



Test Code: 4020 / 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 Commercial Foods 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 Connecticut, Idaho, Indiana, Kansas, Michigan, New York, 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, 3 semester hours in
Commercial Food Service
Preparation

Written Assessment

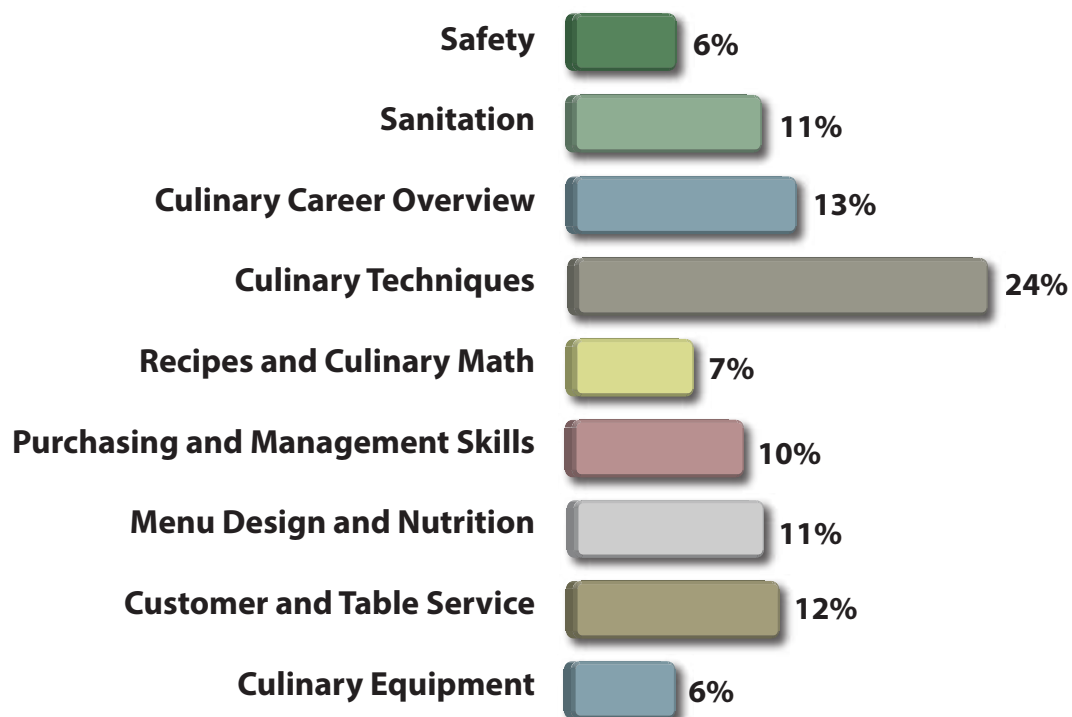
NOCTI written assessments consist of questions to measure an individual's factual theoretical knowledge.

Administration Time: 3 hours

Number of Questions: 187

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

Areas Covered



Specific Competencies and Skills Tested in this Assessment

Safety

- Demonstrate understanding of accident prevention and fire safety
- Recognize and describe proper first-aid procedures, including the Heimlich maneuver, CPR, and location and appropriate uses of AED (Automated External Defibrillator)

Sanitation

- Identify sources of food contamination and methods of prevention
- Apply appropriate personal hygiene in the workplace, including handwashing
- Identify microorganisms and other pathogens that cause contamination
- Apply appropriate time and temperature food preparation and storage standards, including HACCP principles and procedures
- Apply current food safety principles and practices supported by the National Restaurant Association Educational Foundation and other accredited food safety certification entities

Culinary Career Overview

- Describe the culinary career ladder, opportunities, and clusters
- Identify professional organizations and regulatory governmental agencies
- Identify current industry practices as they relate to culinary careers
- Demonstrate understanding of modern kitchen organization (brigade)
- Apply professionalism and adhere to industry standards
- Identify and define general culinary terms

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Specific Competencies and Skills (continued)

Culinary Techniques

- Define and demonstrate various cooking methods
- Identify methods of flavor development, including herbs and spices
- Identify and prepare produce (including starches, legumes, and grains)
- Identify and prepare stocks, soups, and sauces
- Identify and prepare cold foods (including desserts, appetizers, salads, and salad dressings)
- Identify and prepare meats, poultry, and seafood
- Identify and prepare breakfast foods and dairy products (including eggs and batter foods)
- Prepare desserts, pastry items, and baked goods
- Demonstrate knife skills
- Exhibit knowledge of appropriate portion control

Recipes and Culinary Math

- Read, convert, and prepare standardized recipes using correct equipment and tools
- Calculate food costs for recipes
- Demonstrate an understanding of weights, measures, and equivalencies

Purchasing and Management Skills

- Demonstrate understanding of purchasing, receiving, and storage of perishable and non-perishable items
- Perform food and menu cost analysis
- Display familiarity with basic computer and inventory management systems
- Identify and describe basic management documents (requisitions, schedules, invoices, etc.)

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Specific Competencies and Skills (continued)

Menu Design and Nutrition

- Plan and design various types of menus, considering nutrition, cost, and diet requirements
- Demonstrate understanding of the food guide pyramid
- Display familiarity with the “truth in menu” guideline
- Develop specialized menus (local, regional, ethnic, organic, restrictive diet, etc.)

Customer and Table Service

- Describe the principles of providing good customer relations, including greeting and appropriate service, and basic sales techniques
- Define “front of the house” terminology
- Demonstrate proper table setup based on various menu and service types
- Identify and prepare various beverages
- Perform guest check, cash register operations, and POS (point of service)

Culinary Equipment

- Identify small hand tools, utensils, and small and large equipment
- Exhibit appropriate selection, use, and care of small hand tools and utensils
- Exhibit appropriate operation, care, and maintenance of small and large equipment



Sample Questions

A food-borne illness that usually is transmitted by under-cooked ground beef is

- A. cold virus
- B. streptococcus
- C. E. coli
- D. Hepatitis C

The preferred method for removing the skins of fresh peaches or tomatoes is to

- A. pare with a knife
- B. blanch in hot water
- C. use a vegetable peeler
- D. freeze for 15 minutes

What type of oven is used to bake large quantities of cookies, pies, breads, or rolls?

- A. microwave
- B. hearth
- C. rotary
- D. steam-injection

Reducing the fat in a salad dressing recipe into a more healthful version can be as simple as replacing some or part of the oil with

- A. cream
- B. honey
- C. salt
- D. stock

A beverage that has regular brewed coffee with foamy steamed milk is

- A. café mocha
- B. espresso
- C. cafe latté
- D. cappuccino

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Sample Questions (continued)

The purpose of OSHA is to

- A. train employees to operate, clean, and repair equipment
- B. develop and enforce occupational safety and health standards
- C. take over the responsibility of health department inspections
- D. form fraternal organizations for people employed in the food industry

When measuring bacon for recipes, the numbers 20 to 22 on the box mean

- A. how many minutes it takes to cook crispy
- B. the servings of bacon per pound
- C. how many people the box will feed
- D. how many slices of bacon per pound

A bulging can

- A. has been overfilled
- B. has a good vacuum seal
- C. was damaged in transit
- D. should not be used

The proper way to carry a heavy tray of food to the table is to

- A. use both hands and hold the tray in front of the waist
- B. balance the tray on the shoulder and support with hands
- C. wheel the tray to the table and serve counterclockwise
- D. have two servers carry a tray between them

A bowl-shaped strainer with perforations to allow liquids to run through is called a

- A. china cap
- B. chinois
- C. drum sieve
- D. colander

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 and 30 minutes

Number of Jobs: 3

Areas Covered:

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

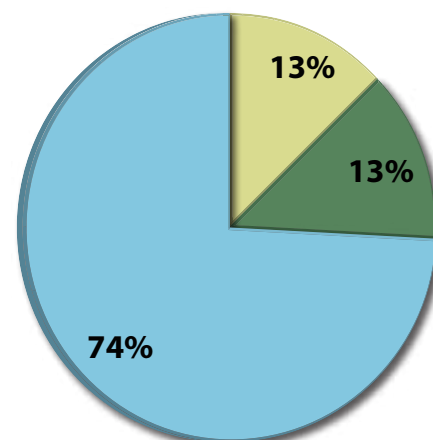
Hand tool identification, herb, spice, and flavoring identification, and time to complete job.

13% Knife Skills

Knife safety, equipment sanitation, vegetable preparation, and time to complete job.

74% Cooking Skills

Rice washed appropriately, rice cooked to correct doneness, oil heated appropriately, pan selection, stir-fried ingredients in proper sequence, equipment sanitation, prepared herb butter, chicken appropriately fabricated for roasting, sanitation, chicken preparation, velouté prepared correctly, equipment selection, emulsified vinaigrette, baked croutons, mixed green salad, equipment sanitation, measuring and mixing, texture and appearance, equipment sanitation, plate presentation, flavor and taste, professional attire throughout test, and time to complete job.



Sample Job

Identification of Hand Tools, Herbs, Spices, and Flavorings

Maximum Time: 30 minutes

Participant Activity: The participant is to identify items by writing the correct name of the item on the corresponding numbered line.

