

Assessment Blueprint

ACF Culinary Arts Certification



Test Code: 3990 and 3991 / Version: 01

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 Certification assessment is a customized assessment for the American Culinary Federation. This assessment measures technical skills at the occupational level and includes items which gauge factual and theoretical knowledge. This assessment offers both a written and performance component and can be used at the secondary level. This assessment 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.



12.0500 - Cooking and Related
Culinary Arts



Career Cluster 1- Agriculture, Food
and Natural Resources



35-3021.00 Combined Food
Preparation and Serving Workers,
Including Fast Food



The American Culinary Federation's Education Foundations Accrediting Commission (ACFEF AC), the largest group of professional culinarians in America, believes that the confirmation of knowledge is one of the major building blocks in beginning a career in the world of culinary arts. Students who understand the importance of substantiating their knowledge of common culinary terms, techniques, equipment, and real-world scenarios will have a great advantage over their competitors. The ACFEF AC validates this assessment as a proper display of student's comprehension of standards and curriculum in the culinary industry.



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!



The lower division
baccalaureate/associate degree
category, 3 semester hours in
Culinary Arts or Food Service.

Written Assessment

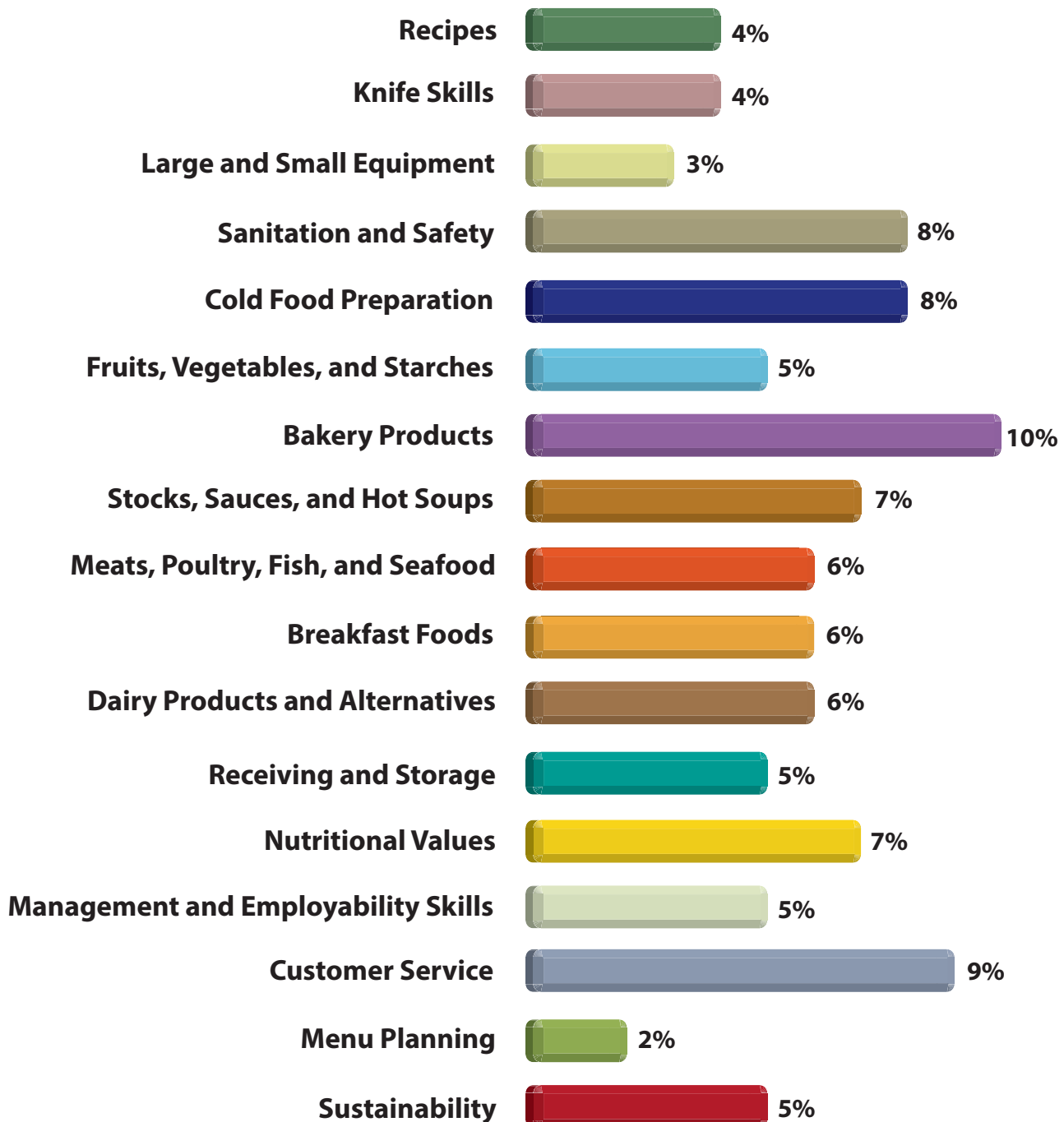
This written assessment consists of questions to measure an individual's factual theoretical knowledge.

Administration Time: 3 hours

Number of Questions: 134

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

Areas Covered



Specific Competencies and Skills Tested in this Assessment

Recipes

- Display understanding of cooking terminology
- Read, follow, and convert standard recipes
- Establish mise en place (i.e., identify ingredients, weight/measures, pan sizes, assembling herbs)

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 knowledge of cleaning and sanitizing methods
- Maintain basic principles of nationally recognized sanitation protocols (e.g., ServSafe®, CPFM)
- 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



(Continued on the following page)

Specific Competencies and Skills (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
- Explain procedures for buffet preparation and maintenance
- Identify storage methods for cold foods

Fruits, Vegetables, and Starches

- Identify fruits and vegetables
- Prepare fruits and vegetables for cooking
- Identify and prepare potato dishes
- Identify and prepare pasta/grains/legumes
- Identify storage methods for fruits and vegetables

Bakery Products

- Prepare cookies
- Prepare quick breads and cakes
- Prepare yeast dough products
- Prepare icings, fillings, sauces, and toppings
- Prepare pies, tarts, and pastries
- Prepare creams, custards, and mousse
- Identify storage methods for bakery products



(Continued on the following page)

Specific Competencies and Skills (continued)

Stocks, Sauces, and Hot Soups

- Prepare and flavor stocks and glaze
- Prepare mother (foundation) sauces
- Prepare roux and thickening agents
- Identify and prepare 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
- Prepare meat, poultry, fish, and seafood
- Identify various cooking methods
- Determine proper degrees of doneness
- Identify storage methods for meats, poultry, fish, and seafood

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

(Continued on the following page)

Specific Competencies and Skills (continued)

Nutritional Values

- Describe the basic food groups; make healthy food choices
- Describe healthy cooking techniques
- Describe different sources of nutrients and their effects

Management and Employability Skills

- Exhibit understanding of professional behavior, appearance, and job interview skills
- Display knowledge of various job profiles and chain of command
- Calculate payroll
- Calculate food costs and percentages

Customer Service

- Display understanding of basic customer service principles
- Demonstrate appropriate table settings, service, and clearing
- Calculate guest check, including taxes and gratuity
- Demonstrate knowledge of dining room duties, including a POS system
- Understand menu items and special preparation/ingredient requests
- Take and place guest orders

Menu Planning

- Demonstrate understanding of menu planning

Sustainability

- Demonstrate an understanding of recycling in the food service industry
- Demonstrate an understanding of composting and biodegradability in the food service industry
- Demonstrate an understanding of energy efficiency and sustainability in the food service industry
- Describe the pros and cons of using local or seasonal products in the food service industry

Sample Questions

Coating an item with dry ingredients is called

- A. sprinkling
- B. brining
- C. brushing
- D. dredging

A knife blade is sharpened by passing its edge over the stone at a _____ angle.

- A. 10-degree
- B. 20-degree
- C. 50-degree
- D. 90-degree

A proofer (proof box) is used to

- A. retard a dough product
- B. determine whether the dough contains enough liquid
- C. test the temperature of the dough
- D. provide the proper condition for more rapid dough rising

Single-use gloves should be

- A. substituted for handwashing
- B. washed and used more than once
- C. used for many tasks at the same time
- D. used only over clean hands

The three parts of a canapé consist of

- A. liner, filling, spread
- B. base, spread, garnish
- C. bread, vegetable, mayonnaise
- D. base, bread, filling

(Continued on the following page)

Sample Questions (continued)

To achieve a translucent effect, use _____ as the preferred ingredient for thickening sauces, puddings, and fillings.

- A. flour
- B. eggs
- C. cornstarch
- D. baking soda

If the cost of one case of fresh pineapples is \$14.95 for a case of 6, and the calculated waste factor is 15 percent, what is the actual cost of each pineapple?

- A. \$2.25
- B. \$2.49
- C. \$2.65
- D. \$2.86

In eating a variety of nutritious foods and beverages, choose foods that limit

- A. vitamins
- B. fats
- C. minerals
- D. fiber

How does an honest worker handle a mistake?

- A. admit to the mistake
- B. fix it before anyone notices
- C. pretend like nothing happened
- D. just keep working and see what happens

Changing to the use of fluorescent bulbs rather than incandescent bulbs is an example of

- A. carbon footprinting
- B. energy sustainability
- C. global warming
- D. energy efficiency

Performance Assessment

This performance assessment allows 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: 4

Areas Covered:

32% Prepare Chicken Hunter Style with Sauce

Organization, knife skills, use of tools and equipment, preparation of chicken and sauce, safety and sanitation procedures, appearance and taste of finished product.

22% Prepare Sautéed Potatoes

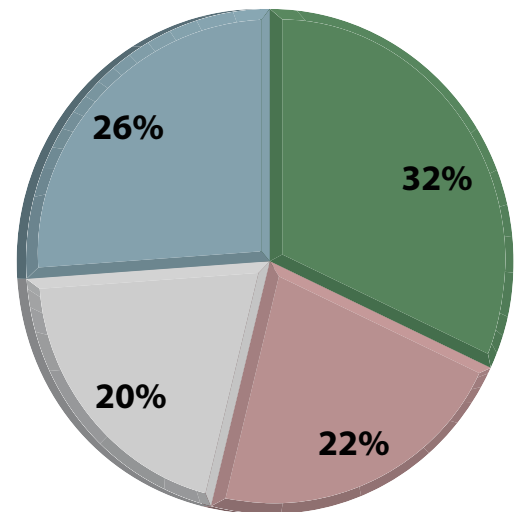
Organization, knife skills, use of tools and equipment, preparation of potatoes, safety and sanitation procedures, appearance and taste of finished product.

20% Prepare Steamed Green Vegetables

Organization, knife skills, use of tools and equipment, preparation of vegetables, safety and sanitation procedures, appearance and taste of finished product.

26% Prepare Cream Puffs with Whipped Cream and Ganache

Organization, use of tools and equipment, preparation of cream puffs, whipped cream, and ganache, safety and sanitation procedures, appearance and taste of finished product, and timeliness of job.



(Continued on the following page)

Sample Job

Prepare Sautéed Potatoes

Maximum Time: 30 minutes

Participant Activity: The participant will use safety and sanitation procedures to prepare items by reading and following recipe instructions provided.

