



JOB READY ASSESSMENT BLUEPRINT

CULINARY ARTS LEVEL 1 PREP COOK

Test Code: 4436

Version: 01

Specific Competencies and Skills Tested in this Assessment:

Recipes

Display understanding of cooking terminology
Demonstrate how to read and follow standard recipes
Establish mise en place

Knife Skills

Identify and distinguish knife types and basic cuts
Demonstrate knife sharpening skills and proper knife care

Large and Small Equipment

Identify and demonstrate proper use of measuring devices
Identify large and small kitchen equipment
Demonstrate proper use and care of large and small equipment

Sanitation and Safety

Display knowledge of cleaning and sanitizing methods
Maintain basic principles of nationally recognized sanitation protocols (i.e., ServSafe®, CPFM, ACF)
Exhibit understanding of prevention, causes, and response to workplace injuries
Describe fire extinguishers and fire safety procedures
Demonstrate personal hygiene
Identify food allergen characteristics
Demonstrate proper food storage techniques (can goods, dry, refrigerated, fresh, frozen)
Take physical and perpetual inventory
Exhibit knowledge of HACCP policies and procedures

Food Preparation

Prepare salads and dressings
Prepare soups, appetizers, and entrees
Prepare cold garnishes
Prepare sandwiches, spreads, and fillings

Culinary Arts Level 1 Prep Cook (continued)

Fruits, Vegetables, and Starches

Identify fruits and vegetables
Prepare fruits and vegetables for cooking
Identify and prepare potato dishes
Identify and prepare pasta, grains, and legumes

Bakery Products

Prepare batters and doughs using appropriate mixing methods
Prepare standard dessert items

Stocks, Sauces, and Hot Soups

Prepare and flavor stocks (bones or base)
Prepare mother (foundation) sauces
Prepare roux and thickening agents
Identify and prepare soups

Meats and Poultry

Identify meat and poultry (grade, inspection)
Identify various cooking methods
Determine proper degrees of doneness

Fish and Seafood

Identify market forms of fish and seafood
Identify various cooking preparations and methods

Breakfast Foods

Identify and prepare breakfast starches
Identify and prepare breakfast meats
Identify and prepare different styles of eggs
Identify and prepare cereals

Dairy Products and Alternatives

Identify and use various dairy products (cheese, sour cream, butter, yogurt, creams, milk)
Prepare foods with a variety of cheese

Culinary Nutrition

Describe the basic food groups; make healthy food choices
Describe healthy cooking techniques
Describe primary functions and food sources of major nutrients
Describe food and dietary trends (farm to table, organics, religious and dietary concerns)

Culinary Math

Convert standard recipes
Calculate guest check with tax and gratuity
Convert weights and measurements

Employability Skills

Exhibit understanding of professional behavior, appearance, and interviewing skills
Display knowledge of various job positions and chain of command

Culinary Arts Level 1 Prep Cook (continued)

Written Assessment:

Administration Time: 3 hours

Number of Questions: 170

Areas Covered:

5%	Recipes
5%	Knife Skills
7%	Large and Small Equipment
21%	Sanitation and Safety
7%	Food Preparation
7%	Fruits, Vegetables, and Starches
4%	Bakery Products
5%	Stocks, Sauces, and Hot Soups
5%	Meats and Poultry
4%	Fish and Seafood
8%	Breakfast Foods
5%	Dairy Products and Alternatives
8%	Culinary Nutrition
5%	Culinary Math
4%	Employability Skills

Sample Questions:

Coating an item with dry ingredients is called

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

It is best to use a _____ knife when trimming vegetables and fruits.

- A. boning
- B. utility
- C. paring
- D. chef's

The number of the portion scoop size equals the number of servings per

- A. quart
- B. pint
- C. half-gallon
- D. gallon

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

Culinary Arts Level 1 Prep Cook (continued)

An example of oil-based dressing is

- A. Thousand Island
- B. Bleu Cheese
- C. Italian
- D. Ranch

Cooked and properly cooled pasta should be

- A. stored in cold water
- B. stored uncovered
- C. covered with a damp cloth
- D. tossed lightly in oil and covered

Soups are only as good as the _____ used.

- A. garnish
- B. coloring agent
- C. stock
- D. thickening agent

The fat that is located within the muscle tissue of beef is known as

- A. connective tissue
- B. marbling
- C. gristle
- D. cartilage

What cooking method typically results in golden-brown shrimp?

- A. blanching
- B. pressure-cooking
- C. boiling
- D. deep-frying

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

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

Culinary Arts Level 1 Prep Cook (continued)

Performance Assessment:

Administration Time: 2 hours and 50 minutes

Number of Jobs: 7

Areas Covered:

- 23% **Comprehensive Skills**
Participants will sanitize, safely handle a knife, efficiently organize equipment and use the tools and equipment appropriately.
- 7% **Identification of Kitchen Equipment**
Participants will correctly identify kitchen equipment.
- 7% **Identification of Herbs, Spices, Fruits, and Vegetables**
Participants will correctly identify herbs, spices, fruits and vegetables.
- 7% **Knife Sharpening: Stone and Steel**
Participants will properly sharpen a knife using stone and steel.
- 13% **Mise En Place**
Participants will boil and cool eggs, secure the cutting board, peel eggs and cucumber, seed the cucumber and cut properly.
- 22% **Prepare Chef Salad with Vinaigrette Dressing**
Participants will properly prepare salad and vinaigrette that are presented well and taste correct.
- 21% **Prepare Cheese Omelet**
Participant will prepare an omelet that appears and tastes correct.

Sample Job: Knife Sharpening: Stone and Steel

Estimated Job Time: 15 minutes

Participant Activity: The participant will sharpen the chef's knife on a stone, hone the chef's knife on steel, and handle the knife safely and properly throughout the job.