



Entry Level Assessment Blueprint

Commercial Foods



Test Code: 4120 / Version: 01

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 choking first-aid, cardiac resuscitation, and location and appropriate uses of AED (Automated External Defibrillator)

Sanitation

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



Culinary Career Overview

- Describe the culinary career ladder and opportunities
- Identify professional organizations and regulatory governmental agencies
- Demonstrate understanding of modern kitchen organization (e.g., brigade)
- Apply professionalism and work ethics to appropriate work practices
- Identify and define general culinary terms

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 (e.g., starches, legumes, grains)
- Identify and prepare stocks, soups, and sauces
- Identify and prepare cold foods (e.g., appetizers, salads, salad dressings)
- Identify and prepare meats, poultry, and seafood
- Identify and prepare breakfast foods and dairy products (e.g., eggs, batter foods)
- Prepare desserts, pastry items, and baked goods
- Demonstrate appropriate knife handling skills and proper standard cuts



Recipes and Culinary Math

- Read, convert, and prepare standard recipes using correct equipment and tools
- Exhibit knowledge of appropriate portion control and plating
- Calculate food costs for recipes
- Demonstrate an understanding of weights, measures, equivalencies, and conversions

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 (e.g., requisitions, schedules, invoices)



Specific Competencies and Skills continued:

Menu Design and Nutrition

- Plan and design various types of menus, considering nutrition, cost, and specialized customer requests (e.g., local, regional, ethnic, organic)
- Display understanding of major food allergens and prevention of cross contamination
- Demonstrate understanding of federal nutritional guidelines
- Display familiarity with the “truth in menu” guidelines

Customer and Table Service

- Describe the principles of providing good customer service, including greeting and basic sales techniques
- Define “front of the house” terminology
- Demonstrate proper table setup and service
- Identify, prepare, and serve various beverages
- Perform guest check and cash handling, including computerized POS (point of sale)

Culinary Equipment

- Identify and select hand tools, utensils, and kitchen equipment
- Sharpen and maintain knives and utensils
- Exhibit safe operation, care, and sanitary maintenance of small and large equipment



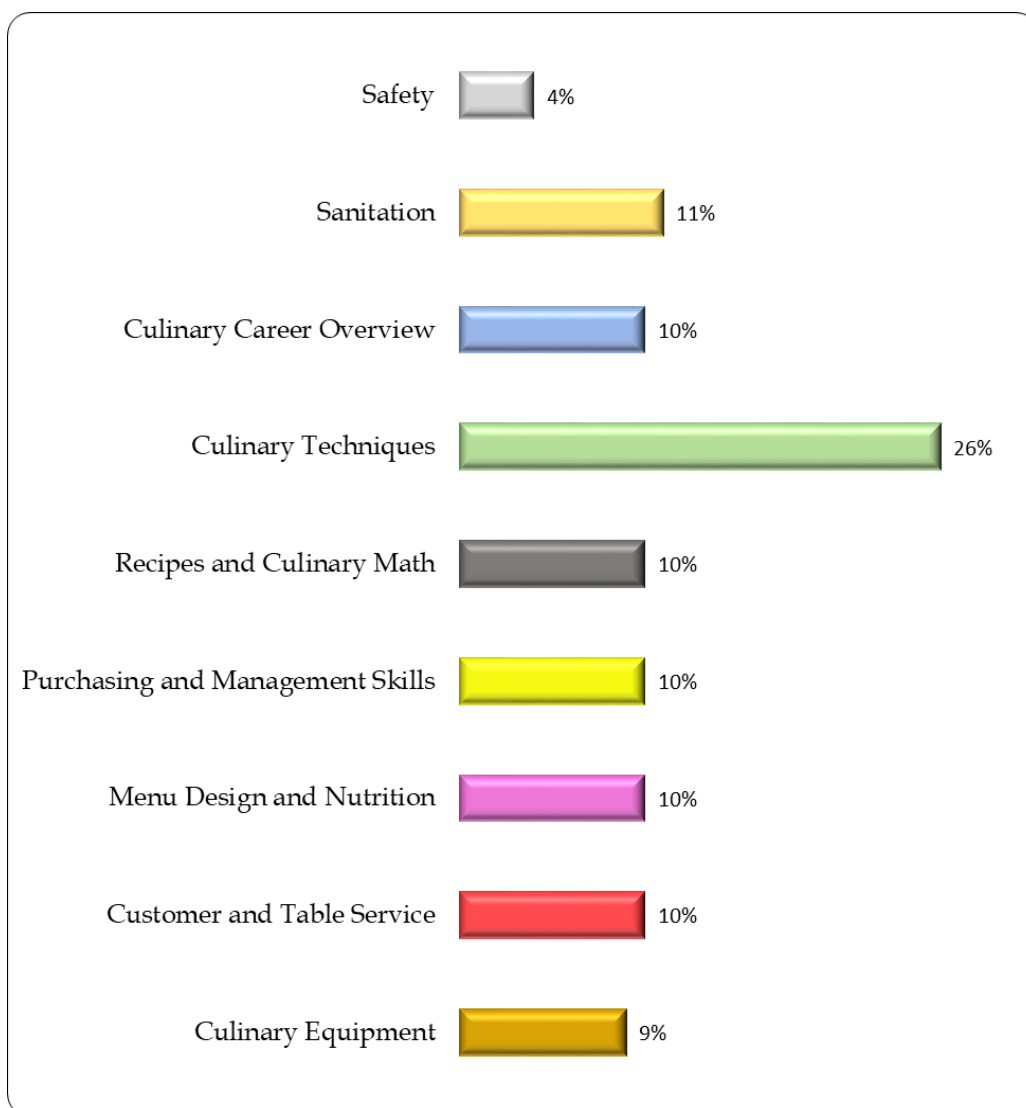
Written Assessment:

Administration Time: 3 hours

Number of Questions: 183

Areas Covered:

4%	Safety
11%	Sanitation
10%	Culinary Career Overview
26%	Culinary Techniques
10%	Recipes and Culinary Math
10%	Purchasing and Management Skills
10%	Menu Design and Nutrition
10%	Customer and Table Service
9%	Culinary Equipment



Sample Questions:

When grease is spilled on the floor,

- A. sprinkle it with baking soda
- B. sprinkle it with salt
- C. lay paper towel over the spill
- D. clean it up immediately

The universal sign for choking is hands to the

- A. chest
- B. heart
- C. throat
- D. mouth

An entry level position in the food service industry is a/an

- A. chef
- B. sous chef
- C. dishwasher
- D. assistant buyer

Browning onions to develop flavor and sweetness is called

- A. acidification
- B. coagulation
- C. dextrinization
- D. caramelization

Products that are delivered damaged should be

- A. refused
- B. accepted
- C. donated
- D. discarded

Performance Assessment:

Administration Time: 3 hours and 15 minutes

Number of Jobs: 3

Areas Covered:

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

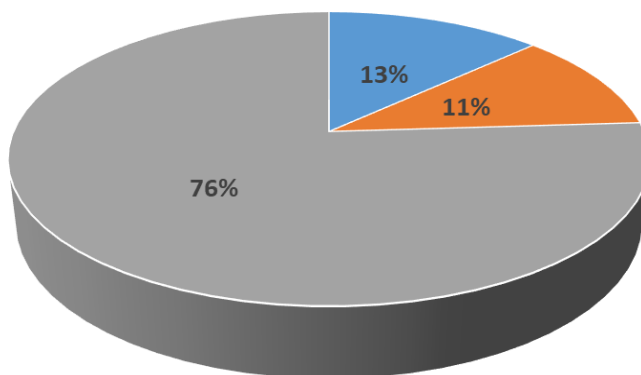
Participant will identify hand tools, herbs, spices, and flavorings and record the names on the worksheet provided.

11% Knife Skills

Participant will demonstrate knife safety and skills in vegetable preparation.

76% Cooking Skills

Participant will prepare a mixed green salad with vinaigrette and croutons, roasted chicken with supreme sauce, steamed rice with stir-fry vegetables, and a biscuit, by following provided recipes, using correct equipment and procedures, and maintaining standard sanitation practices. Prepared food will be judged on texture and appearance, flavor and taste, and plate presentation. Participant will maintain professional attire throughout test.



Sample Job: Identification of Hand Tools, Herbs, Spices, and Flavorings

Maximum Time: 25 minutes

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

