



## Entry Level 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



## ***Specific Competencies and Skills 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

***Specific Competencies and Skills continued:***

**Culinary Nutrition**

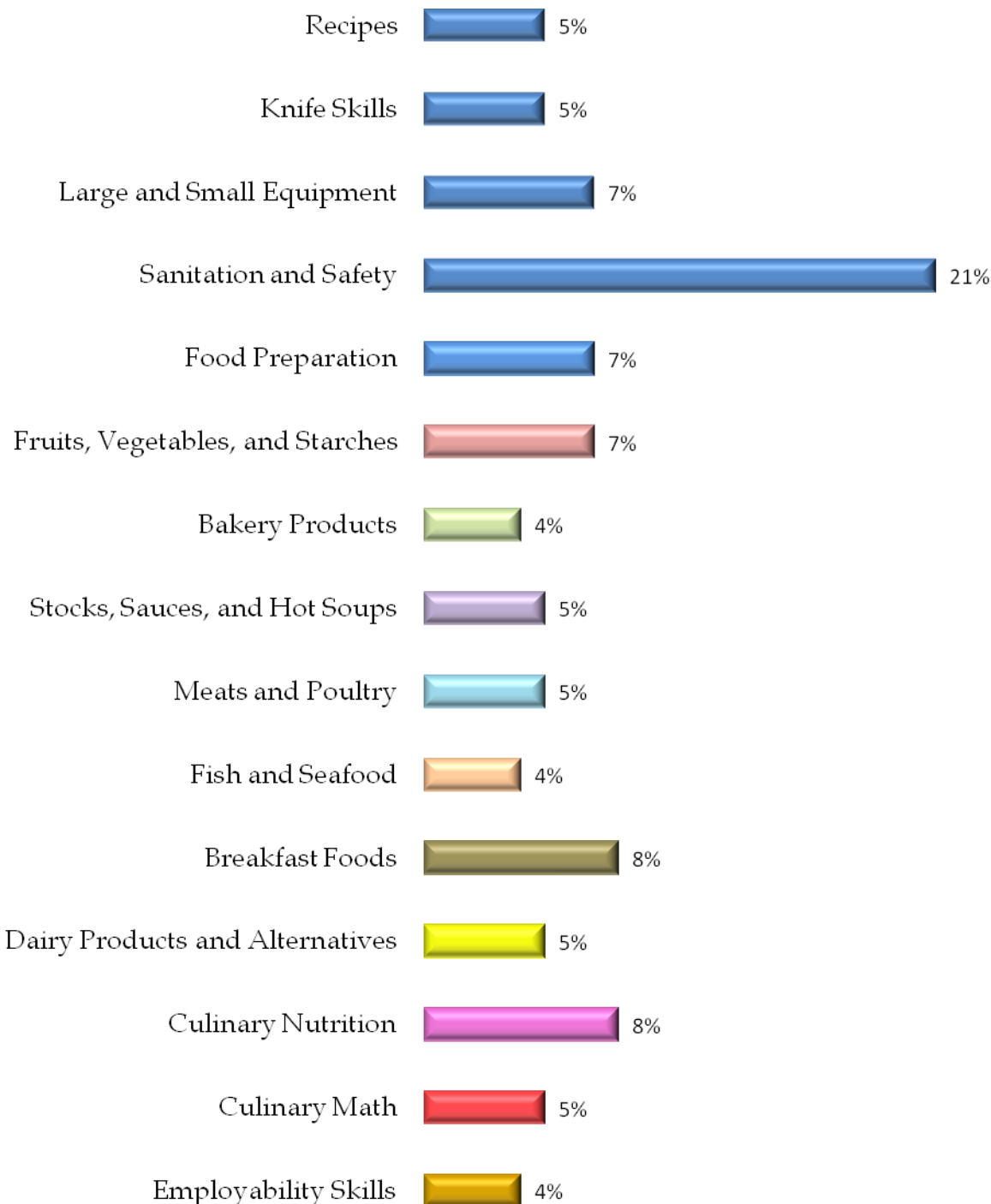
- Describe the basic food groups; make healthy food choices
- Describe healthy cooking techniques
- Describe primary functions and food sources of major nutrients
- Describe food and dietary trends (farm to table, organics, religious and dietary concerns)

**Culinary Math**

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

**Employment Skills**

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

**Written Assessment:****Administration Time:** 3 hours**Number of Questions:** 170**Areas Covered:**

## 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

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

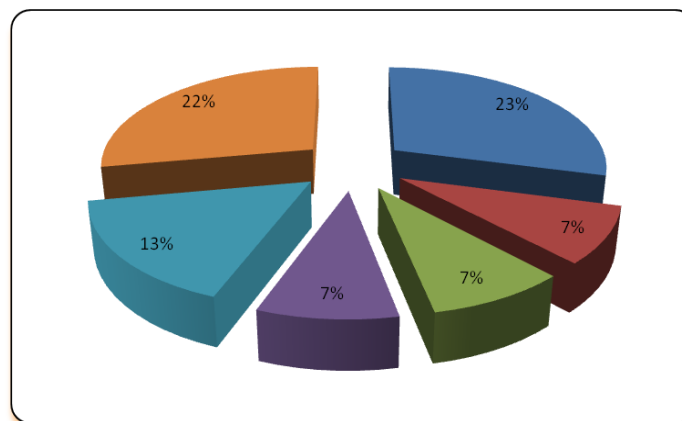
## Performance Assessment:

**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**  
Participants will prepare an omelet that appears and tastes correct.





**Sample Job:** Knife Sharpening: Stone and Steel

**Maximum Time:** 15 minutes

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

