

Entry Level Assessment Blueprint

Culinary Arts Level 2 Cook



Specific Competencies and Skills Tested in this Assessment:

Recipes

- Demonstrate an understanding of culinary terminology and techniques (braising, pan grilling, batters breading)
- Demonstrate how to read and follow standard recipes
- Establish recipe mise en place

Knife Skills

- Identify and distinguish knife types and basic cuts
- Demonstrate knife sharpening skills and safe knife usage and 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, frozen, fresh)
- Take physical and perpetual inventory
- Exhibit knowledge of HACCP policies and procedures

Food Preparation

- Prepare salads and dressings
- Prepare cold soups, appetizers, and desserts
- Prepare cold garnishes
- Prepare sandwiches, spreads, and fillings
- Explain procedures for buffet preparation and maintenance

Specific Competencies and Skills continued:

Fruits, Vegetables, and Starches

- Identify quality and grade of fruits and vegetables
- Prepare fruit 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 and base) and reductions
- Prepare mother (foundation) sauces
- Prepare roux and thickening agents
- Identify and prepare soups

Meats, Poultry, Fish, and Seafood

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

Fish and Seafood

- Identify market forms of fish and seafood
- Prepare 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



Specific Competencies and Skills continued:

Dairy Products and Alternatives

- Identify and use various dairy products (sour cream, butter, yogurt, creams, milk)
- Identify and use dairy alternatives (soy milk, almond milk, low-fat alternatives)
- Identify and use cheese varieties

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, dietary concerns)



Culinary Math

- Convert standard recipes
- Calculate food costs, percentages, and mark-up
- Calculate guest check with tax and gratuity
- Convert weights and measurements

Employability Skills

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

Dining Service

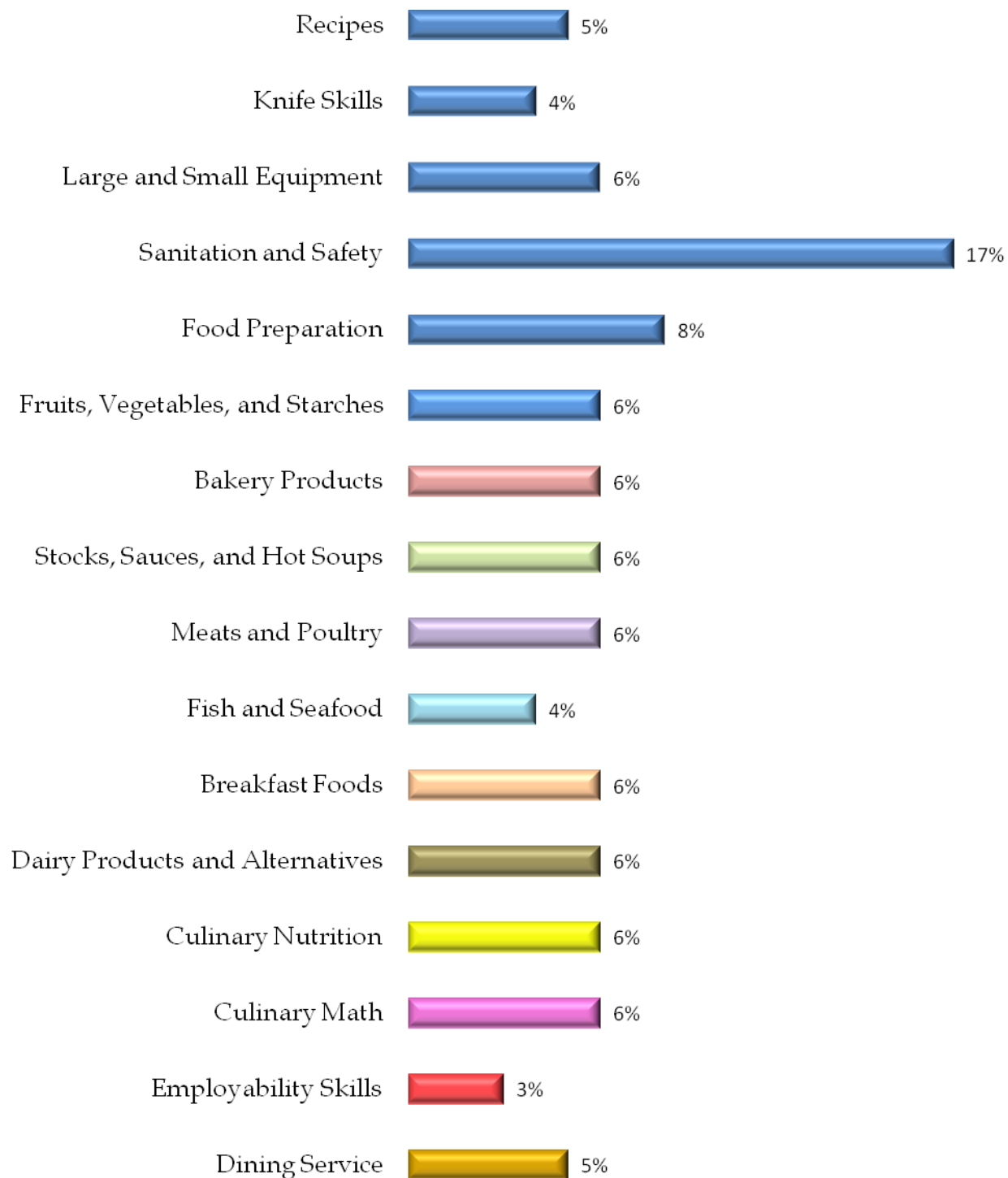
- Perform basic duties of a wait person (take orders, selling techniques, serve properly, bus, side-work duties)
- Describe various types of service (lunch, a la carte, banquet, family-style)
- Identify roles of service staff (hostess, cashier, server, busser)

Written Assessment:

Administration Time: 3 hours

Number of Questions: 212

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 30 minutes

Number of Jobs: 4

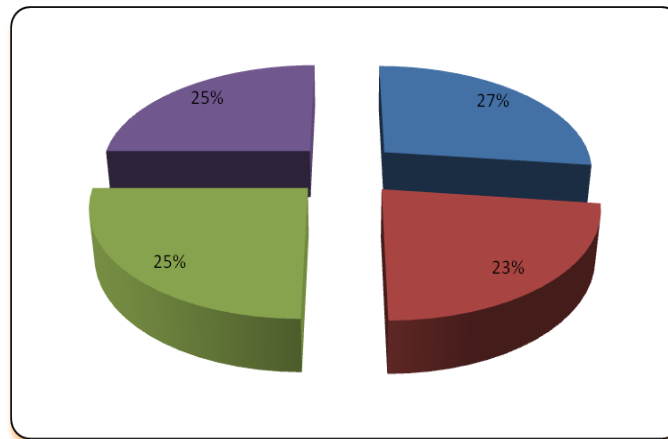
Areas Covered:

27% Prepare Sautéed Chicken with Fine Herb Sauce
Participant will prepare chicken and herb sauce properly to correct taste and appearance.

23% Prepare Rice Pilaf
Participant will prepare rice pilaf properly to correct taste and appearance

25% Prepare Steamed Green Vegetables and Carrots
Participant will prepare steamed vegetables to correct appearance and taste.

25% Prepare Salad Course
Participant will prepare a salad, cutting all vegetables correctly, and prepare a vinaigrette dressing to top.



Sample Job: Prepare Steamed Green Vegetables and Carrots

Maximum Time: 30 minutes

Participant Activity: The participant will follow safety and sanitation procedures in all activities. Participant will prepare the provided vegetables for steaming, steam two portions to al dente, and season as desired.

