SCOPE OF TEST CODE #11 - CULINARY ARTS

WRITTEN EXAM - 100 QUESTIONS

TIME ALLOWED: 3 HOURS

PERCENT OF TEST:

15 % Health and Safety
  • Sanitation
  • Food handling
  • HACCP
  • Cross contamination

20 % Food Service

10 % Dining Room Operations
  • Dining Room Operations
  • Banquet Procedures
  • Utility Services

5 % Basic Nutrition 50

% Cooking Methods
  • Preparation of fruits and vegetables, grain, starches and salads
  • Cuts of meats, poultry and seafood
  • Preparation of sandwiches and breakfast products
  • Fundamentals of Garde Manager, hors d'oeuvres and appetizers
  • Stocks, Soups and Sauces

THE INTENT OF THIS EXAM IS TO ASSESS YOUR ABILITY TO TEACH THE SKILLS FOUND IN THE MASSACHUSETTS VOCATIONAL TECHNICAL EDUCATION CULINARY ARTS FRAMEWORK. ALL EXAMS ARE ALIGNED WITH THE MATCHING FRAMEWORK.

SOME QUESTIONS REQUIRE A SYNTHESIS OF KNOWLEDGE BASED ON EXPERIENCE IN THE FIELD AND MAY NOT BE FOUND IN ANY BOOK. HOWEVER, CANDIDATES ARE ENCOURAGED TO STUDY FOR THEIR EXAMS BY REVIEWING CURRENT TEXTBOOKS AND REFERENCE MATERIAL WHICH CAN USUALLY BE FOUND IN THE LIBRARIES OF MOST VOCATIONAL TECHNICAL SCHOOLS AND SCHOOLS WHICH OFFER CHAPTER 74 PROGRAMS. YOU MAY ALSO BE ABLE TO OBTAIN LISTED REFERENCE MATERIALS ONLINE.

You may refer to http://www.doe.mass.edu/cte/frameworks for the Massachusetts Vocational Technical Educator Frameworks.
THE FOLLOWING LIST OF REFERENCE MATERIALS WAS DEVELOPED AS A GUIDE FOR WRITTEN EXAM CANDIDATES:

THE PROFESSIONAL CHEF CBI Publishing Co., Inc.  
(Library of Congress Catalog Card # 73-19070)

PROFESSIONAL COOKING, by Wayne Gisslen

PROFESSIONAL COOKING STUDENTS STUDY GUIDE By Wayne Gisslen

LODGING MANAGEMENT PROGRAM, Year Two, Bittner & Smith. Edu. Institute of American Hotel & Motel Assoc., Lansing, Michigan

SERVSAFE ESSENTIALS, NRAEF

CULINARY ESSENTIALS, Glencoe

FOUNDATIONS OF RESTAURANT MANAGEMENT AND CULINARY ARTS, (Level I and II), NRAEF

THE PROFESSIONAL CHEF’S TECHNIQUES OF HEALTHY COOKING

The written exam consists of 100 multiple choice questions. Each question consists of one incomplete sentence or a question followed by four choices. Listed below are several sample items:

A 22 lb bottom round shrinks 23% during cooking process. How many pounds of meat do we now need to serve 33, 6 oz. portions?

* a. 16 pounds  
  b. 18 pounds  
  c. 22 pounds  
  d. 8 pounds

What is the safe zone for re-heating foods?

  a. 325˚f  
  b. 212˚f  
  c. 141˚f *  
  d. 165˚f

* indicates correct answer

THE TEACHER TESTING PROGRAM WILL PROVIDE NON-PROGRAMMABLE CALCULATORS FOR USE IN COMPLETING THE WRITTEN EXAM. DOCUMENTATION REGARDING THESE CALCULATORS WILL BE INCLUDED IN YOUR ADMISSION PACKAGE.

UPDATED: 12-2016 lmb
PERCENT OF TEST:

10 % Professional
- Personal Hygiene
- Culinary Mise en Place

Qualities

6 % Menu Development
To include: Appetizer, Soup, Salad, Entrees, Starch Product, Vegetable, Quick Bread and Dessert
Chicken and Fish MUST be used in menu (meat may be substituted for fish based on availability of product).

- Use of Appropriate Menu Terms
- Completeness and Nutritional Balance
- Variety of Candidate’s Menu
- Classical Cuisine Terminology

17 % Knife Skills
- Chicken Fabrication
- Vegetable Cuts – Chop, Dice, Slice, Julienne, Paysanne, Tourné, Oblique, Mince, Chiffonade, Concassee, Bruioise
- Fish Filleting or Meat Fabrication

13 % Cooking
- Food Preparation
- Fundamentals of Cooking Methods

46 % Final Product
- Taste/Seasoning
- Appearance and Garnish
- Number of Items Presented
- Serving Temperature

8 % Food Safety, Sanitation and Kitchen Safety

**YOU MUST PREPARE TWO IDENTICAL PORTIONS OF EACH MENU ITEM ACCORDING TO ACCEPTABLE INDUSTRY STANDARDS**

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PERFORMANCE EXAM CANDIDATES WILL BE ASSESSED ON THEIR COMPLETION OF THE EXAM TASKS AND THEIR DEMONSTRATION OF INDUSTRY AND OSHA RECOMMENDED SAFETY PROCEDURES.
Most exam tasks require a synthesis of knowledge based on vocational technical work experience. As a result we highly recommend that Performance Exam Candidates possess the required years of related work experience as well as the appropriate industry recognized credentials as outlined as requirements for preliminary vocational technical educator licensure. Candidates are also encouraged to prepare for their exams by reviewing current textbooks and reference material which can usually be found in the libraries of most Vocational Technical Schools and Schools which offer Chapter 74 Programs. You may also be able to obtain listed reference materials online.

**CANDIDATE MUST WEAR APPROPRIATE ATTIRE:**

Professional Uniform - Chef's Coat, White, Check or Black Chef Pants
Appropriate work shoes - no sneakers, Hair Restraint
Apron
Towel

**BASIC TOOLS REQUIRED (CANDIDATE MUST SUPPLY):**

- French Knife
- Paring Knife
- Pen or Pencil
- Boning Knife
- Vegetable Peeler
- Fish Fillet Knife
- Thermometer
- Sharpie

**CHEF'S TOOL BOXES CONTAINING ADDITIONAL HAND TOOLS WILL BE ALLOWED**

**ALL FOOD ITEMS WILL BE PROVIDED**

**Candidates with food allergies which would prevent them from participating in any subtest area must submit appropriate documentation in this regard as noted in the Candidate Handbook Section III, Page 8.**
**Candidates are allowed to bring a recipe for Quick Bread ONLY using the listed ingredients, no other recipes will be allowed.**

<table>
<thead>
<tr>
<th>Baking Ingredients Available</th>
<th>Dairy Products Available</th>
</tr>
</thead>
<tbody>
<tr>
<td>Confectionary Sugar</td>
<td>Milk</td>
</tr>
<tr>
<td>Baking powder</td>
<td>Light cream</td>
</tr>
<tr>
<td>Bread flour</td>
<td>Heavy cream</td>
</tr>
<tr>
<td>Pastry Flour</td>
<td>Sour Cream</td>
</tr>
<tr>
<td>Cake Flour</td>
<td>Cream Cheese</td>
</tr>
<tr>
<td>Strawberries</td>
<td>Cheddar cheese Parmesan cheese</td>
</tr>
<tr>
<td>Bananas</td>
<td>Margarine</td>
</tr>
<tr>
<td>Cornstarch</td>
<td>Fresh eggs</td>
</tr>
<tr>
<td>Apples</td>
<td>Butter</td>
</tr>
<tr>
<td>Raisins</td>
<td></td>
</tr>
<tr>
<td>Walnuts/Pecans</td>
<td></td>
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<tr>
<td>Vanilla extract</td>
<td></td>
</tr>
<tr>
<td>Baking soda</td>
<td></td>
</tr>
<tr>
<td>Semi-sweet chocolate chips</td>
<td></td>
</tr>
<tr>
<td>Vegetable shortening</td>
<td></td>
</tr>
<tr>
<td>Sugar</td>
<td></td>
</tr>
<tr>
<td>Brown sugar</td>
<td></td>
</tr>
<tr>
<td>Corn Meal</td>
<td></td>
</tr>
<tr>
<td>Vegetable Oil</td>
<td></td>
</tr>
<tr>
<td>Cocoa Powder</td>
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<tr>
<td>Corn Syrup</td>
<td></td>
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<tr>
<td>Milk Powder</td>
<td></td>
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<tr>
<td>Honey</td>
<td></td>
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<tr>
<td>Molasses</td>
<td></td>
</tr>
</tbody>
</table>
THE FOLLOWING LIST OF REFERENCE MATERIALS WAS DEVELOPED AS A GUIDE FOR PERFORMANCE EXAM CANDIDATES:

ON COOKING—A TEXTBOOK OF CULINARY FUNDAMENTALS, by Sarah LeBensky and Alan Hause, Pearson Education Publishing

THE PROFESSIONAL CHEF
CBI Publishing Co., Inc.

SERVSAFE ESSENTIALS, NRAEF

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