

HOSPITALITY COMPETITIONS WRITTEN ASSESSMENT INFORMATION

State Leadership and Skills Conference 2022

Through a special partnership with the American Culinary Federation, SkillsUSA Florida is excited to offer industry certification opportunities during the State Leadership and Skills Conference. These exams are offered at no additional cost to contestants in the contests listed with each exam. Please review this information carefully and reach out to Michelle Whitfield (Mwhitfield@acfcchefs.org) with any questions.

All exams will take place on a separate platform from the SkillsUSA Professional Development Assessment. Students must take both the Technical Assessment from ACF AND the Professional Development Assessment. Failure to complete one will result in a zero score for that component.

Students will receive an email with their username and password, along with instructions on accessing their online assessment to the email address entered at registration. Advisors will be emailed a proctor PIN to access testing.

To access their exam:

- Log in at www.acfcchefs.org/login.
- Click on <ACF Online Learning Center>
- Launch the exam from the left box on the Online Learning Center homepage.
- Students will click <Next> at the bottom of the first screen.
- On the next screen, the proctor will provide the PIN.

ACFEF Certificate of Culinary Essentials

For contestants registered in:

- CULINARY ARTS
- CULINARY QUIZ BOWL
- MRE CHALLENGE
- RESTAURANT SERVICE

These competitors will complete the Certificate of Culinary Essentials exam. This written exam is the first step in achieving the ACFEF Certified Fundamental Cook (CFC) credential. A score of 75% or better will earn the student the Certificate of Culinary Essentials, along with a digital badge.

During the Culinary Arts contest, contestants who earn a score of at least 75% in the practical portion of the contest will be awarded the ACF Certified Fundamental Cook credential. Instructors of contestants in other contests who score at least 75% on the written exam can contact the ACF office to arrange for practical testing to earn the full credential (educate@acfcchefs.net or 800-624-9458).

See pages 3-7 for information on preparing for the Certificate of Culinary Essentials.

ACFEF Certificate of Baking/Pastry Essentials

For contestants registered in:

- COMMERCIAL BAKING
- WEDDING CAKE DESIGN

These competitors will complete the Certificate of Baking/Pastry Essentials Exam. The written exam is the first step in achieving the ACF Certified Fundamental Pastry Cook (CFPC) credential. A score of 75% or better on the written exam will earn the student the Certificate of Baking/Pastry Essentials, along with a digital badge.

During the Commercial Baking contest, contestants who earn a score of at least 75% in the practical portion of the contest will be awarded the ACF Certified Fundamental Cook credential. Instructors of contestants in other contests who score at least 75% on the written exam can contact the ACF office to arrange for practical testing to earn the full credential (educate@acfcchefs.net or 800-624-9458).

See pages 8-11 for information on preparing for the Certificate of Baking/Pastry Essentials.

Certificate of Culinary Essentials

EXAM OUTLINE

The exam is designed to assess the knowledge of the applicant in alignment with the ACF Certified Fundamental Cook® (CFC®) certification. Written by industry recognized subject matter experts, the content of the exam covers safety and sanitation, culinary nutrition, food service industry and food preparation concepts.

The exam consists of 100 questions, with approximately 50 questions in culinary fundamentals, 35 questions in food safety and sanitation, 15 questions in foodservice concepts and 15 questions in culinary nutrition, to be completed within 120 minutes.

Applicant must pass the exam with 75 percent to earn the Certificate of Culinary Essentials. For competition purposes, the actual score achieved will be recorded on the contestant's scorecard, even if a score of 75% is not achieved.

PROCTOR REQUIREMENTS

Proctor must be a "disinterested third party" with no direct family relationship to the applicant.

Duties:

- Confirm the applicant's identity by using a photo identification such as a driver's license
- Ensure the applicant does not receive any outside assistance while taking the exam. This includes course materials, help from other persons, prepared notes, and access to other websites. Cell phones must be checked and turned completely off. The student may use a non-programmable calculator.
- Remain in the presence of the applicant from the time the applicant starts the exam to the time he or she finishes, or until the end of the maximum time allowed for the test, whichever comes first.

RECOMMENDED REFERENCE MATERIALS

- Culinary Review Quiz, ACF Online Learning Center, www.acfcchefs.org/LEARN
- Culinary Nutrition, 30 hour, ACF Online Learning Center, www.acfcchefs.org/LEARN
- Safety and Sanitation, 30 hour, ACF Online Learning Center, www.acfcchefs.org/LEARN
- Introduction to Foodservice, 30 hour, ACF Online Learning Center, www.acfcchefs.org/LEARN
- ACF 300 Hour Training Program, www.acfcchefs.org/LEARN
- Nutrition for Foodservice and Culinary Professionals, 9th edition, Drummond, B. and Brefere, L., John, published by Wiley & Sons, Inc.
- ServSafe Coursebook, 7th edition, National Restaurant Association, published by Prentice Hall.
- On Food & Cooking, Revised Updated Edition, 2004, McGee, H., published by Scribner

REQUIRED COMPETENCIES

Sanitation and Safety

- Identify major contaminants related to foodborne illness.
- Describe microorganisms including requirements for growth and prevention methods.
- Demonstrate acceptable procedures when preparing potentially hazardous foods to include time/temperature principles.
- Demonstrate good personal hygiene and health habits to include handwashing.

- Understand the requirements for proper receiving and storage of both raw and prepared foods.
- Identify the Hazard Analysis Critical Control Point (HAACP) during all food handling processes as a method for minimizing the risk of foodborne illness.
- Review Material Safety Data Sheets (MSDS) and explain their requirements in handling hazardous materials.
- Demonstrate appropriate emergency policies for kitchen and dining room injuries.
- Discuss appropriate measures for insects, rodents and pest control eradication.
- Describe appropriate types and use of fire extinguishers used in the foodservice area.
- Review and apply the laws and rules of the regulatory agencies governing sanitation and safety in a foodservice operation.

Nutrition

- Identify and discuss dietary guidelines and recommended dietary allowances based on current USDA Food Guideline principles and food groups.
- Describe primary characteristics, functions and major food sources of major nutrients.
- List the primary characteristics, functions and sources of vitamins, water and minerals.
- Interpret food labels in terms of the portion size, ingredients and nutritional value.
- Identify common food allergies and determine appropriate substitutions. (i.e. gluten, sugar, lactose free)
- Evaluate and analyze recipes and menus using dietary guideline recommendations, food guides and food labels.
- Discuss contemporary nutritional issues to include specialty diets, dietary trends, and religious dietary laws (i.e. vegetarianism, heart-healthy menus, food allergies, alternative dieting, vegetarian, etc.)
- Discuss and demonstrate cooking techniques that apply sound nutritional principles and current industry trends.

Introduction to Food Service

- Define the philosophy of the hospitality industry and its role in providing customer service.
- Trace the growth and development of the hospitality and tourism industry from its birth to its present day. Include names of restaurateurs, chefs, and hospitality entrepreneurs that helped to shape the industry in the past and present day.
- Discuss and evaluate the importance of professional ethics as it applies to the foodservice industry.
- Outline the organization, structure and functional areas in various hospitality organizations as they pertain to the functions of menu planning, purchasing, food production and service, food and beverage controls, management, etc.
- Identify and describe professional organizations associated with the hospitality and foodservice profession, and discuss these organizations role in preparing and advancing ones career in the industry.
- Discuss industry trends as they relate to the various segments of the foodservice and hospitality industry.

Basic Food Preparation

- Discuss proper kitchen safety including knife care.
- Discuss how to maximize food freshness, quality, safety and sanitation when serving hot foods and cold foods.

- Discuss the principles of heat transfer as they relate to cooking methods including roasting and baking, broiling, smoking, grilling, griddling, sautéing, frying, deep-frying, braising and stewing, poaching and steaming.
- Discuss recipe conversions.
- Explain the factors that affect taste, how we perceive those tastes and what we can do to optimize a combination of seasonings and flavors when preparing and cooking food.
- Evaluating the differences in methods to develop flavor through preparation.
- Define the process for making classical stocks, soups, mother and compound sauces.
- Evaluate and analyze a variety of proteins, vegetables, legumes, grains and starches using moist, dry and combination cooking method.

SAMPLE QUESTIONS

1. When are strong impressions made in an interaction between a customer and a guest?
 - a. First five seconds
 - b. Halfway into the conversation
 - c. In a follow-up interaction
 - d. After the conversion
2. Who delivers the food from the kitchen to the guests according to the seat designation on the order?
 - a. Servers
 - b. Runners
 - c. Bussers
 - d. Dining room manager
3. What term describes the local and state regulations on serving alcohol?
 - a. Liquor shop laws
 - b. Moonshine laws
 - c. Dram shop laws
 - d. Spirit laws
4. Intact whole grains, such as farro, are even better than foods made with whole grain flours, such as whole wheat bread, because they have:
 - a. Less fiber
 - b. Lower glycemic index
 - c. Fewer minerals
 - d. None of the above
5. Which of the following is not considered a nutrient?
 - a. Water
 - b. Lipids
 - c. Minerals
 - d. Fruit
6. What major allergen do miso, natto, shoyu and tempeh contain?
 - a. Soy
 - b. Milk
 - c. Wheat
 - d. Peanuts

7. Which food service areas must be sanitized?
 - a. All those that come in direct contact with food
 - b. All walls, floors and ceilings
 - c. All paper and chemical storerooms
 - d. All receiving areas
8. What is the process called when you adjust the temperature reading of a thermometer based on a known standard?
 - a. Hydrogenation
 - b. Calibration
 - c. Spectra-analysis
 - d. Thermal assurance
9. In pan-frying, or shallow frying, how much fat or oil should be used in the pan in comparison to the size of the foods to be cooked?
 - a. Just enough to coat the bottom of the pan
 - b. One cup measure
 - c. 1 / 2 to 2/3 as deep as the product being cooked
 - d. Enough to completely cover the product
10. Cooking a food by radiant heat from above is known as what?
 - a. Boiling
 - b. Broiling
 - c. Braising
 - d. Roasting
11. What harmful by-product does the hydrogenation and excessive heating of fats produce?
 - a. Antioxidants
 - b. Free radicals
 - c. Trans fat
 - d. Cholesterol
12. How often should tools and equipment be cleaned?
 - a. Every two hours
 - b. Every four hours
 - c. Every six hours
 - d. Every eight hours
13. For what reasons are stock pots tall with straight circular sides?
 - a. For better heat transfer and quicker reduction
 - b. For the preservation of aromas and to increase the density of the stock
 - c. To make it easy to remove fat and strain bones
 - d. For natural convection to help clarify the stock and slow the evaporation process
14. Which soup is crystal clear with no traces of fat?
 - a. Consommé
 - b. Chowder
 - c. Broth
 - d. Stock based

ANSWER KEY

1. A
2. B
3. C
4. B
5. D
6. A
7. A
8. B
9. C
10. B
11. C
12. B
13. D
14. A

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Basic Food Preparation

- Discuss proper kitchen safety including knife care and usage.

- Identify tools and equipment used in a bakeshop.
- Discuss the types of sugars and the effect of caramelization and crystallization.
- Discuss recipe conversions.
- Identify the baking properties of fats and oils in baked goods.
- Describe the cooking principles for creams and custards.
- Describe the mixing, rolling, dropping and piping methods of cookie variations.
- Discuss the technique of chemically leavened and yeast leavened products.
- Describe how to purchase, store and use chocolate.
- Define the various types of pies and tarts and the explain the process of making different types of pie crusts to include mixing methods.
- Describe the variety of cake types and the mixing methods used to produce them.

SAMPLE QUESTIONS

1. Whole-wheat flour contains which of these three parts of the wheat kernel?
 - a. Gluten, pectin, and starch
 - b. Bran, endosperm and germ
 - c. germ, seed, and gluten
 - d. starch, protein, and baking powder
2. What is the main ingredient in Meringue?
 - a. yolks
 - b. cream
 - c. gelatin
 - d. egg whites
3. How many cups are in a pint?
 - a. 2
 - b. 4
 - c. 6
 - d. 8
4. What gives brown sugar its color and flavor?
 - a. food coloring
 - b. molasses
 - c. honey
 - d. vanilla extract
5. Which of the following pastry to product combinations is correct?
 - a. puff pastry - eclairs
 - b. puff pastry – phyllo
 - c. choux paste - cream puffs
 - d. croissant dough – crackers
6. A rotating elevated plate used to facilitate the frosting process is a _____.
 - a. acetate
 - b. turntable
 - c. bundt pan
 - d. offset spatula

7. Brownies are an example of what type of cookie?
 - a. bar
 - b. drop
 - c. molded
 - d. piped
8. What condition is caused by overmixing and produces elongated holes in muffins?
 - a. Tunneling
 - b. Tubing
 - c. Aeration
9. What yeast dough category is one that is low in fat and sugar?
 - a. rich dough
 - b. lean dough
 - c. roll-in dough
 - d. reactive dough
10. What thickening agent is a water-soluble protein extracted from animal connective tissue?
 - a. agar-agar
 - b. pectin
 - c. gelatin
 - d. gluten

ANSWER KEY

1. B
2. D
3. A
4. B
5. C
6. B
7. B
8. A
9. B
10. C