

Professional Foods

Customized Written Assessment
Test Code: 8622 Version: 01

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Instructions for Taking the Written Assessment

1. Fill in ALL of the information requested on the Participant Answer Sheet with a soft black lead No. 2 pencil. Every field must be completed in order to ensure your answer sheet is scored properly. The test administrator will provide you with instructions for completing the *Participant Information and Test Information* portions of the answer sheet.
2. Use only as many of the response spaces on the answer sheet as are required for this test. Record your written responses in the section of the answer sheet labeled Written Test and your performance responses in the section of the answer sheet labeled Performance Test.
3. Mark each item by darkening the corresponding circle with a No. 2 pencil for the answer choice you think is correct.
4. Erase completely any answer you want to change and then darken the circle for the answer you believe to be correct. You must erase your first mark completely; failure to do so may result in a wrong reading by the scanner.
5. Mark only one answer for each test item. Items marked with more than one choice are automatically scored as incorrect. You should answer all items to the best of your ability. Items left blank are automatically scored as incorrect.
6. Erase any stray marks on the answer sheet as these may lower your score.
7. If you need to return to a question, place a check in the margin of the test booklet and return to it for additional consideration after you have completed the last question.
8. Look over your answer sheet when you have finished and darken any marks that are not black and shiny.

NOTE: the test proctor will announce the time limit for this test.

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Directions: Each of the questions or incomplete statements listed below is followed by four possible answers. Read each question carefully and completely before you attempt to select an answer. Choose the response that you believe best answers the question or completes the statement. Completely fill in the circle containing the letter of your choice on the answer sheet. If you make a mistake, be sure to erase completely.

A nonprogrammable calculator may be used for this test.

TOURISM, HOSPITALITY, FOODS AND NUTRITION

1. A recipe that makes 12 cupcakes needs $\frac{2}{3}$ cup of sugar. You want to make 24 cupcakes. How much sugar do you need?
 - A. $1\frac{1}{3}$ cups
 - B. $1\frac{1}{2}$ cups
 - C. $1\frac{2}{3}$ cups
 - D. $\frac{3}{2}$ cups

Your best friend is having a Christmas party this weekend for 24 people. You have agreed to bring a dessert and have decided to use your father's famous recipe for Cardamom Maple Mini Macaroons. The recipe only makes enough Macaroons for 12 people. Using the original recipe below please answer the following question.

2. Recipe for Cardamom Maple Mini Macaroons (makes 12 macaroons)
 - 2 organic egg whites
 - $\frac{1}{2}$ cup maple syrup
 - 1 tablespoon brown rice syrup or honey
 - $\frac{1}{8}$ teaspoon sea salt
 - $1\frac{1}{2}$ cups unsweetened shredded coconut
 - 2 tablespoons all-purpose unbleached white flour

If you are doubling this recipe using agave nectar instead of maple syrup, how much agave nectar will you need to use?

- A. $1\frac{1}{2}$ cups
 - B. $\frac{6}{8}$ cups
 - C. $1\frac{3}{4}$ cups
 - D. 2 cups
3. What is the first step in the process of developing a service plan?
 - A. develop policies and procedures
 - B. consider available time and money
 - C. obtain feedback and monitor results
 - D. identify problems and their causes

4. You work at a premiere dry cleaning business. A customer pays for their dry cleaning bill with a credit card. As part of the company policy you check the back of the credit card against their signature on the receipt and notice the signature on the receipt does not match the signature on the back of their credit card. What should you do next?
- A. Immediately notify the manager.
 - B. Call the credit card company.
 - C. Refuse the payment and ask for cash.
 - D. Ask for an additional form of identification.

Please read the following conversation between a customer and the hostess at a busy five star restaurant.

5. Customer: Charles C. Nelson. You must have two customers under the name. Hostess: Yes, we do have two customers with that name. Charles Nelson. A table for two for tomorrow night at 7 PM. Customer: Wait, wait! It was for tonight. Not tomorrow tonight. Hostess: I'm sorry it looks like we made a mistake with your reservation, but we don't have any tables for tonight. There's a convention going on in town and we are booked three nights solid. Customer: You must have something. Hostess: Well. There has been a cancellation for this evening. A table is available in our private dining room. Customer: Great. I'll take it. Hostess: but I'll have to charge you two hundred fifty dollars on top of the cost of your meal to eat in the private dining room. Customer: I should get a discount for the inconvenience. Hostess: The best I can give you is a 10% discount plus a free dessert.

Which of the following statements made by the hostess were **NOT** true?

- A. "We don't have any tables for tonight"
- B. "The best I can give you is a 10% discount plus a ticket for a free dessert"
- C. "There's a convention going on in town"
- D. both A and B

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Once the hostess realized the customer did not have a reservation for that night, rather than immediately telling the customer there were no tables available, what would have been the best response?

- A. There are no tables available here, but I will help you to find a table at another five star restaurant.
- B. Sorry, there's nothing I can do.
- C. Let me check to see if we have any other tables available tonight; can you hold on while I look into this?
- D. Are you sure you didn't give us the wrong date for your reservation?

7. What are the proper steps in the problem-solving process?
 - A. identify options, select an option, and act on decision
 - B. select first option, act on decision, and evaluate decision
 - C. study options, select options, and act on decision
 - D. identify problem, seek alternative options, and act on and evaluate decisions

8. A common cause of food poisoning, usually spread by food service workers whose hygiene and work habits are poor, is a bacteria called
 - A. botulism
 - B. salmonella
 - C. infectious hepatitis
 - D. staphylococcus

9. What is the primary cause of cross contamination by employees?
 - A. improper hand washing
 - B. failure to wear hair restraint
 - C. unclean/soiled clothes
 - D. moldy or spoiled food

10. What is the primary purpose for wearing an apron or chef's coat?
 - A. to protect clothing from spills
 - B. to look professional
 - C. to protect the food from contamination
 - D. it's required part of the uniform

11. The systematic approach to the prevention of food safety problems is
 - A. Center for Science in Public Interest
 - B. Nutrition Label and Education Act
 - C. Hazard Analysis and Critical Control Points (HACCP)
 - D. food inspection by the FDA

12. The best place to store liquid chemicals is
 - A. on a high shelf out of immediate reach
 - B. in buckets or tubs next to the prep area
 - C. on lower shelves to avoid easy spills
 - D. anywhere but next to hot surfaces

13. When liquid or food is spilled on the floor,
 - A. kick it out of the way with your foot
 - B. clean it up when you can get around to it
 - C. lay a paper towel over the spill
 - D. wipe it up immediately

14. Poultry must be cooked to and held at, a minimum temperature of 165 degrees Fahrenheit for how many seconds?
 - A. 5 seconds
 - B. 10 seconds
 - C. 15 seconds
 - D. 20 seconds

15. Wherever there is food, there is a possibility of insects and rodents. A guideline for controlling pests would include all of the following EXCEPT
- dispose of garbage quickly
 - store food in plastic containers with tight-fitting lids
 - seal packages tightly
 - use pesticides as often as possible
16. Which of the following foods are most at risk for harboring salmonella bacteria?
- well done steak
 - boiled peas
 - pasteurized skim milk
 - cookie dough
17. Cowboy Sushi had a monthly sales total for \$50,000 and served 2,000 customers in that time. What is the average sale per customer?
- \$10.00
 - \$15.00
 - \$25.00
 - \$30.00
18. Sarah and Denise eat dinner at the local Mexican food restaurant. The bill for their food is \$40.00. What is the total cost of the meal if they leave 20 percent gratuity?
- \$44.00
 - \$46.00
 - \$48.00
 - \$50.00
19. Jack's famous pancake recipe yields 10 servings and calls for 2 cups of flour. Which calculations determine the amount of flour needed if Jack wants to convert the recipe to yield 30 servings?
- $30 \div 10 = 3$; $3 \times 2 = 6$ cups
 - $30 + 10 = 40$; $40 \div 2 = 20$ cups
 - $10 \times 2 = 20$; $30 - 20 = 10$ cups
 - $10 \div 2 = 5$; $5 - 2 = 3$ cups
20. What is the cost of 7-1/2 dozen eggs at \$0.98 for each dozen?
- \$6.86
 - \$7.25
 - \$7.35
 - \$7.53
21. Your bill at the restaurant is \$26.30. You want to leave the server a 18 percent tip. Estimate an appropriate tip.
- \$2.60
 - \$4.73
 - \$6.26
 - \$7.50
22. A guest calls to make a reservation at Hotel Fabulous where you work. They tell you that they have 3 people who need to stay for 2 nights. The room rate at your hotel is \$119 for 2 guests per room per night. The rate increases 15% per night if 3 guests stay in one room. If all 3 guests want to share the same room for 2 nights how much will it cost them per night?
- \$129.55
 - \$134.00
 - \$136.85
 - \$138.65

23. Kelly and Evan are planning their wedding at your resort and want to book a block of 20 rooms. Your standard discount for blocks of rooms over 10 is 20 percent. Rack rate for the season they are interested in is \$159.00. What will their rate be per room per night?
- A. \$109.00
 - B. \$127.00
 - C. \$143.00
 - D. \$191.00
24. Housekeeping staff can clean an average of 12 rooms per employee per day. You have 46 anticipated arrivals today. There are currently 2 housekeepers scheduled to work. How many more housekeepers should you call in?
- A. 1
 - B. 2
 - C. 3
 - D. 5
25. A manager estimates that with the chef's new summer salad, next month's sales will increase 12 percent from last month's total of \$52,000, what would be next month's sales if the manager is correct?
- A. \$6,264
 - B. \$45,937
 - C. \$58,240
 - D. \$64,300
26. Hotel Chez Blanc is opening a new restaurant and needs to buy menus. They received 3 bids on prices to purchase menus. The bids were \$1,017 for 150 menus; \$651 for 75 menus; and \$765 for 100 menus. Assuming they are all of equal quality, which is the best buy?
- A. \$651 for 75 menus
 - B. \$765 for 100 menus
 - C. \$1017 for 150 menus
 - D. all are the same
27. The housekeeping department at a five star hotel needs to order new towel sets for their guest rooms. Luxury Linens has towel sets on sale for \$239 per 10 sets. The same exact towel sets are also on sale at French Linen House for \$169 per 5 sets. How much is saved by buying 100 sets of towels at Luxury Linens versus buying them at French Linen House?
- A. \$700
 - B. \$990
 - C. \$7,000
 - D. \$9,900

Please use the following to answer the question below. You run a catering company called Cowboy Gourmet. A client has just asked you to provide a dinner menu for 50 people. Your client's budget for the dinner is \$2,000.00. Your normal fees for different dinner options are as follows:

- 28. Chicken main course = \$10.00 per person
- Salmon main course = \$11.50 per person
- Beef main course = \$15.00 per person
- Buffalo main course = \$19.75 per person

Sides Option A (dinner roll, salad and garlic mashed potatoes) = \$5.00 per person

Sides Option B (handmade flat bread, French onion soup and roasted root vegetables) = \$7.00 per person

All desserts are \$8.00 per person.

If the client wants to choose "Sides Option B" for all 50 guests, how much will they have left to spend on the dessert and main courses if they know at least 25 of their guests are going to want the beef main course?

- A. \$1,275.00
- B. \$1,375.00
- C. \$1,625.00
- D. \$1,650.00

- 29. You have a coupon for 30 percent off any meat or poultry item you buy. If you purchase the whole frozen chicken and the ingredients to make a salad with lettuce, celery, carrots and tomatoes, what will the cost of your groceries be?

Grocery Prices:

Whole frozen chicken \$8.89

Lettuce \$1.99

Celery \$2.29

Carrots \$4.09

Tomatoes \$4.19

- A. \$12.56
- B. \$18.78
- C. \$21.45
- D. \$24.12

- 30. Calculate the total cost of the following menu items:

3 cans of tomatoes @ \$1.89 each

2 lbs. of ground beef @ \$2.09 per lb.

1 can of tomato paste @ \$.99

1/2 lb. of cheese @ \$3.39 per lb.

2 one lb. box of spaghetti @ \$1.09 each

- A. \$9.45
- B. \$14.32
- C. \$14.72
- D. \$16.41

- 31. When preparing food to be aesthetically pleasing you need to consider

- A. seasonal foods
- B. sustainability
- C. portions and shapes
- D. knowledge of healthy foods

- 32. When preparing food to be pleasing to the palate you need to consider the following points EXCEPT

- A. texture
- B. restrictions
- C. flavors
- D. color

- 33. If an employer evaluates an employee's ability to arrive to work consistently on time, he/she may use the term _____ to describe this trait.

- A. integrity
- B. punctuality
- C. generosity
- D. honesty

34. Confidentiality of company information is of major importance in the workplace. A person can best demonstrate understanding of this by
- A. not locking up files in a file cabinet
 - B. talking with employees to share secured information
 - C. talking with friends and family about secured information
 - D. avoiding talking about company business to others
35. Employees demonstrate _____ when they complete an assigned task and then find other tasks that need to be done.
- A. constructive criticism
 - B. initiative
 - C. delegation
 - D. job preference
36. When making a presentation, which is the most desirable trait?
- A. clearing your voice frequently
 - B. a monotone voice
 - C. demonstrating straight posture
 - D. making minimal eye contact to avoid nervousness
37. A 5-pound bag of flour costs \$2.09. The label on the bag states that there are 18 cups per bag. How much does each cup of flour cost?
- A. 3.6 cents
 - B. 7.5 cents
 - C. 12 cents
 - D. 41 cents
38. A restaurant chain employed 500 managers in 1990. The predicted growth rate for 2005 is 33 percent. How many managers would be employed in 2005?
- A. 166
 - B. 533
 - C. 665
 - D. 1,515
39. The guest check totals \$25.00. At a 15 percent gratuity, the tip amounts to
- A. \$2.50
 - B. \$3.25
 - C. \$3.75
 - D. \$4.25
40. A 50-pound bag of flour costs \$18.48. How much does each ounce of flour cost?
- A. 2 cents
 - B. 4 cents
 - C. 18 cents
 - D. 36 cents
41. Determine the cost per ounce of the following ordered items for "Kickin Chicken." Marinated chicken breast fajita strips: Two 5 lb bags @ \$46.86
- A. \$0.21
 - B. \$0.25
 - C. \$0.29
 - D. \$0.40

42. What is the conversion factor to make 24 servings if a recipe yields 40 servings?

- A. 0.1
- B. 0.2
- C. 0.6
- D. 0.8

43. The customary temperature conversion for 212 degrees Fahrenheit is

- A. 0 degrees Celsius
- B. 32 degrees Celsius
- C. 50 degrees Celsius
- D. 100 degrees Celsius

44. How many ounces are in a cup?
32 ounces = 1 quart
4 cups = 1 quart

- A. 4 ounces
- B. 8 ounces
- C. 16 ounces
- D. 32 ounces

PROFESSIONAL FOODS

45. What is the best sanitary method for drying dishes?

- A. clean cloth towels
- B. clean paper towels
- C. air drying
- D. forced air

46. A cutting board must be washed, rinsed, and thoroughly sanitized in order to prevent

- A. mildew
- B. sticking to the shelf
- C. cross-contamination
- D. insect infestation

47. A good reason for providing separate cutting boards for raw and cooked foods is

- A. the use of separate cutting boards contributes to work simplification
- B. the juices from cooked foods make wooden cutting boards slippery
- C. the bacteria from uncooked foods may be transferred to cooked foods on the cutting board
- D. each person will have their own work area

48. Frozen foods are best thawed

- A. at room temperature
- B. in the refrigerator
- C. in hot water
- D. in cold water

49. Food cans should be rejected if the cans

- A. have visible external rust
- B. are too dented to open with a can opener
- C. lack a label
- D. have any of the above problems

50. If a delivery of fresh fish has dark spots or discoloration,
- reject the fish
 - cook the fish immediately
 - taste a small portion of the fish
 - store the fish in the refrigerator immediately
51. Work surfaces are sanitized to
- kill micro-organisms
 - remove soil or dirt
 - improve appearance
 - remove food particles
52. The term "cross-contamination" refers to contamination of foods by
- repeated exposure to a single kind of disease agent
 - contact with surfaces or other foods that harbor disease agents
 - exposure to two or more different kinds of disease agents
 - crossing them in pollination
53. What is the primary goal for safe food handling?
- to ensure the customer receives the correct food order
 - to protect the food handler from unsafe contamination
 - to prevent contamination from bacteria and food borne pathogens
 - to be certain that foods are served properly
54. The lowest safe temperature for foods held until serving time is
- room temperature
 - 100° Fahrenheit
 - 140° Fahrenheit
 - 202° Fahrenheit
55. The nationally recognized temperature danger zone is between
- 41° Fahrenheit and 135° Fahrenheit
 - 35° Fahrenheit and 80° Fahrenheit
 - 50° Fahrenheit and 212° Fahrenheit
 - 15° Fahrenheit and 45° Fahrenheit
56. At what minimum temperature must food be reheated before serving?
- 145° Fahrenheit
 - 155° Fahrenheit
 - 165° Fahrenheit
 - 212° Fahrenheit
57. A broiled steak with a cold red center is
- rare
 - medium-rare
 - medium
 - none of the above
58. Which temperature on a meat thermometer indicates beef done to the medium stage when pulled from the oven?
- 140° Fahrenheit
 - 160° Fahrenheit
 - 170° Fahrenheit
 - 350° Fahrenheit

59. The most nutritional way to prepare vegetables is to
- A. blanch
 - B. boil
 - C. deep fry
 - D. steam
60. What term would be used in a recipe calling for the addition of fresh carrots and green onions about 1/4 inch in size?
- A. dice
 - B. mince
 - C. julienne
 - D. bias
61. The most important principle in baking is
- A. all "formulas" must be thoroughly tested
 - B. each product will have a different baking time
 - C. weigh and measure accurately all the ingredients in the formula
 - D. control the temperature of dough during the proofing period
62. When using a digital scale what must be done before putting ingredients in the mise en place container?
- A. tare the scale
 - B. clean the container
 - C. gather all ingredients
 - D. wash hands
63. Acceptable devices for measuring are
- A. scales
 - B. measuring cups
 - C. ladles
 - D. all of the above
64. When manual dishwashing is employed, the proper procedure for a three-compartment sink is
- A. prewash, wash, and rinse
 - B. wash, sanitize, and rinse
 - C. prewash, sanitize, and rinse
 - D. wash, rinse, and sanitize
65. In a professional kitchen, food preparation tables are
- A. butcher block (wood)
 - B. laminate
 - C. granite
 - D. stainless steel
66. Which of the following should NOT be done when working with puff pastry
- A. roll dough evenly and maintain a square
 - B. make sure dough is well chilled and rested before baking
 - C. make sure dough is well browned when baked without pale spots
 - D. when mixing use hot water

67. What is the purpose of turning/folding in yeasted bread making?
- to redistribute and excite the yeast
 - to warm the dough
 - to increase the shelf life of the dough
 - to slow down the process of fermentation
68. On a menu, the term "a la carte" means
- the style of cooking
 - the method of serving
 - a complete meal
 - individually priced dishes
69. When listing a 10 ounce New York strip on a menu, "Truth in Menu Guidelines" states that it should be 10 ounces
- before cooking
 - when garnish is added
 - after marinating
 - after cooking
70. You are planning a Valentine's Day meal and want to purchase the freshest, seasonal ingredients to make a pie for dessert. In order to take advantage of a seasonal fruit, which of the following desserts would you plan to make?
- poached pears with cinnamon and chocolate sauce
 - strawberry shortcake
 - peach pie
 - raspberry cobbler
71. On a Saturday in July you go to the grocery store to buy all the ingredients for the meals you'll be making over the course of the week. The groceries you buy include, grapes, melons, berries and peaches. Which of these summer fruits should you use first?
- grapes
 - melons
 - berries
 - peaches
72. The oven that uses forced circulating air is a _____ oven.
- conventional
 - convection
 - deck
 - revolving
73. The culinary term meaning "give some resistance to the bite" is
- a la carte
 - au gratin
 - al dente
 - crème a l'anglaise
74. The process of mixing shortening and sugar together to blend them uniformly and to incorporate air is called
- folding
 - kneading
 - stirring
 - creaming

75. Which entry-level position helps the more experienced cooks and chefs prepare and cook guests' orders?
- A. server
 - B. sous chef
 - C. prep cook
 - D. executive chef
76. Which member of a restaurant or foodservice operation oversees the kitchen, from supervising all kitchen employees to purchasing food supplies and making decisions about menu items?
- A. maitre'd
 - B. supervisor
 - C. executive chef
 - D. general manager

END OF ASSESSMENT

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