

Food, Nutrition, and Wellness

Customized Written Assessment
Test Code: 8626 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, FOOD, AND NUTRITION

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.

1. Recipe for Cardamom Maple Mini Macaroons (makes 12 macaroons)

2 organic egg whites
*1/2 cup maple syrup
1 tablespoon brown rice syrup or honey
1/8 teaspoon sea salt
1-1/2 cups unsweetened shredded coconut
2 tablespoons all-purpose unbleached white flour
1/2 teaspoon vanilla extract
1/4 teaspoon ground cardamom

*For lower glycemic macaroons substitute 3/4 cup of agave nectar for the maple syrup.

In order to make 24 macaroons, how much unsweetened shredded coconut will you need?

- A. 2.5 cups
- B. 2.75 cups
- C. 3 cups
- D. 3.5 cups

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1/2 teaspoon vanilla extract
1/4 teaspoon ground cardamom

*For lower glycemic macaroons substitute 3/4 cup of agave nectar for the maple syrup.

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

- A. 1-1/2 cups
- B. 1-3/4 cups
- C. 6/8 cups
- D. 2 cups

3. Good customer relations include
 - A. controlling one's temper and remaining calm in a heated situation
 - B. hesitating to admit a mistake
 - C. ignoring customers when they have a complaint
 - D. refusing to speak to a customer until you know why they are there

4. When a skillet containing grease catches on fire
 - A. carry the skillet to the sink and immerse it in water
 - B. throw flour on it
 - C. smother the flame with a lid
 - D. carry the skillet outside

5. What is the first thing to do with any recipe?
 - A. read the recipe and procedures
 - B. preheat the oven
 - C. gather all ingredients and equipment
 - D. mix all ingredients listed in the recipe

6. The Nutrition Facts Panel on a box of crackers indicates one serving provides 140 calories, with 55 calories from fat. Calculate the percentage of calories from fat in this product.
 - A. 25 percent
 - B. 39 percent
 - C. 55 percent
 - D. need more information to calculate

7. You are asked to plan an employee dinner for your company. You arrange interviews with three local restaurants to see which one would be the best fit for your event. What might you have on your checklist?
 - A. ask for a tour, review menu options, and seating arrangements
 - B. review food costs, receiving practices, and evaluate management styles
 - C. review the establishment's mission statement, inventory control, and check staff ID
 - D. none of the above

8. Your ability to put yourself in another person's place is called
 - A. empathy
 - B. self-actualization
 - C. self-confidence
 - D. communication

9. If you are involved in an accident, you should
 - A. ignore any minor injuries
 - B. apply first aid and return to your work station
 - C. report the accident to your supervisor
 - D. go immediately to your doctor

10. During an interview for a job with a food-service establishment, which of the following exhibits appropriate personal hygiene?
 - A. clean clothes and shoes
 - B. freshly applied cologne
 - C. long, neatly manicured nails
 - D. current hair styling

11. Food service employees should wash their hands
- A. before starting work
 - B. after visiting the restroom
 - C. when soiled by work
 - D. all of the above
12. 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
13. 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
14. 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
15. As a safety precaution during the mixing process, what should be done before using a spatula to scrape the sides of the mixer bowl?
- A. reduce the speed of the mixer and lower the bowl
 - B. lower the bowl and tip the bowl forward
 - C. stop the mixer and lower the bowl
 - D. increase the speed of the mixer and lower the bowl
16. 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
17. 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
18. Why do food service managers use careful storing and issuing procedures?
- A. to maintain inventory
 - B. to monitor employees
 - C. to protect against theft, spoilage, and waste
 - D. to analyze sales

19. Wherever there is food, there is the possibility of insects and rodents. A guideline for controlling pests would include all of the following EXCEPT
- A. dispose of garbage quickly
 - B. store food in plastic containers with tight-fitting lids
 - C. seal packages tightly
 - D. use pesticides as often as possible
20. Which of the following foods are most at risk for harboring salmonella bacteria?
- A. well done steak
 - B. boiled peas
 - C. pasteurized skim milk
 - D. cookie dough
21. Cross-contamination occurs when an employee cuts vegetables on a surface upon which he has cut raw chicken. This may cause
- A. salmonella food poisoning
 - B. an E.coli infection
 - C. staphylococcus food poisoning
 - D. botulism food poisoning
22. What governmental agency receives reports of unsafe health and safety practices?
- A. Environmental Protection Agency (EPA)
 - B. Occupational Safety and Health Administration (OSHA)
 - C. Federal Housing Authority (FHA)
 - D. Federal Emergency Management Agency (FEMA)
23. To keep a food service establishment free of insects and rodents, one should
- A. keep lights on in the storeroom day and night
 - B. place shelf paper in drawers and on shelves
 - C. store food and supplies in cardboard cartons
 - D. maintain a good prevention and extermination program
24. What is the cost of 7-1/2 dozen eggs at \$0.98 for each dozen?
- A. \$6.86
 - B. \$7.25
 - C. \$7.35
 - D. \$7.53
25. Your bill at the restaurant is \$26.30. You want to leave the server an 18 percent tip. Estimate an appropriate tip.
- A. \$2.60
 - B. \$4.73
 - C. \$6.26
 - D. \$7.50
26. 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 percent 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 for each night?
- A. \$129.55
 - B. \$134.00
 - C. \$136.85
 - D. \$138.65

27. 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?
- A. \$44.00
 B. \$46.00
 C. \$48.00
 D. \$50.00
28. 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?
- A. $30 \div 10 = 3$; $3 \times 2 = 6$ cups
 B. $30 + 10 = 40$; $40 \div 2 = 20$ cups
 C. $10 \times 2 = 20$; $30 - 20 = 10$ cups
 D. $10 \div 2 = 5$; $5 - 2 = 3$ cups
29. Kelly and Evan are planning their wedding at a resort and want to book a block of 20 rooms. The 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. \$127.20
 C. \$143.80
 D. \$191.50
30. 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
31. 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

You are at the grocery store to pick up ingredients to make dinner for your family. Your weekly food budget shows that you can spend \$25.00 on the ingredients for dinner. Based on the costs below please answer the following question.

- 32. Whole frozen chicken = \$10.40
- Head of lettuce = \$4.39
- Bunch of carrots = \$4.29
- Bunch of celery = \$2.48
- 3 pound bag of potatoes = \$4.99
- 4 tomatoes = \$5.00
- Head of broccoli = \$3.21
- Cake mix and frosting = \$9.79
- 1 dozen eggs = \$3.89
- 2 apples = \$2.01
- Bunch of bananas = \$2.99
- 1 mango = \$3.00
- Carton of vanilla yogurt = .89 cents
- Box of brown rice (serves 6) = \$2.89

You want to have a vegetable, roast chicken and some kind of dessert, either a fruit salad with yogurt or cake and you don't have any of the required ingredients at home. If you buy cake mix you will also need to buy eggs. Given your budget of \$25.00 which ingredients would you buy?

- A. Whole frozen chicken, cake mix and frosting and potatoes.
- B. Bananas, apples, mango, yogurt, whole frozen chicken, broccoli.
- C. Head of lettuce, carrots, celery, tomatoes, whole frozen chicken, cake mix and frosting.
- D. Whole frozen chicken, bananas, apples, mango, yogurt, potatoes and carrots.

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- 1 mango = \$3.00
- Carton of vanilla yogurt = .89 cents
- Box of brown rice (serves 6) = \$2.89

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?

- A. \$23.44
- B. \$26.56
- C. \$28.43
- D. \$31.55

- 34. 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 \$52,200. What will next month's sales be if the manager is correct?

- A. \$6,264
- B. \$45,937
- C. \$58,646
- D. \$64,300

35. 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; \$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. \$1,017 for 150 menus
 - D. all are the same
36. The housekeeping department at 5 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
37. To improve verbal communications, avoid _____ mannerisms.
- A. clarifying
 - B. polite
 - C. distracting
 - D. positive
38. For effective listening, listen with _____ to what the person has to say.
- A. skepticism
 - B. an open mind
 - C. reservations
 - D. prejudice

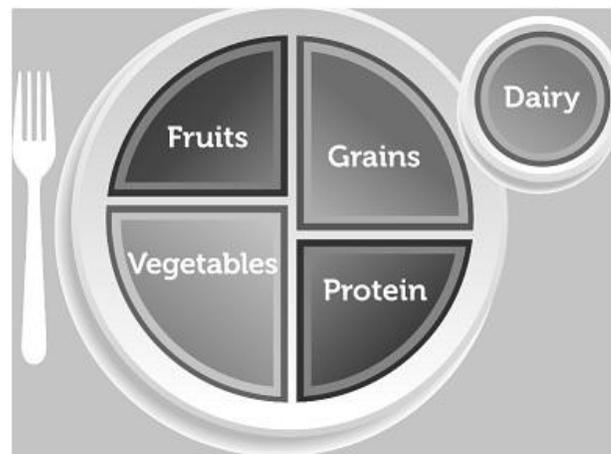
39. A resumé includes all of the following information EXCEPT
- A. name
 - B. address
 - C. work experience
 - D. age
40. If an employer evaluates an employee's ability to arrive to work consistently on time, he/she may use the term _____ to describe this trait.
- A. integrity
 - B. punctuality
 - C. generosity
 - D. honesty

FOODS, NUTRITION, AND WELLNESS

41. What is the primary goal for safe food handling?
- A. to ensure the customer receives the correct food order
 - B. to protect the food handler from unsafe contamination
 - C. to prevent contamination from bacteria and food borne pathogens
 - D. to be certain that foods are served properly
42. The danger zone is the temperature range at which bacteria are able to reproduce. The danger zone is between _____ Fahrenheit.
- A. 18 and 25 degrees
 - B. 40 and 145 degrees
 - C. 165 and 170 degrees
 - D. 168 and 200 degrees

43. Frozen foods are best thawed
- at room temperature
 - in the refrigerator
 - in hot water
 - in cold water
44. A cutting board must be washed, rinsed, and thoroughly sanitized in order to prevent
- mildew
 - sticking to the shelf
 - cross-contamination
 - insect infestation
45. 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
46. A good reason for providing separate cutting boards for raw and cooked foods is
- the use of separate cutting boards contributes to work simplification
 - the juices from cooked foods make wooden cutting boards slippery
 - the bacteria from uncooked foods may be transferred to cooked foods on the cutting board
 - each person will have their own work area

47. Which of the food groups makes up 6 to 11 servings of your food intake per day and is the base, or largest portion, of the food pyramid?
- dairy
 - fruit
 - meat
 - grains
48. Based on this image, what percentage of your plate should be made up of fruits and vegetables according to the USDA?



- 25 percent
 - 50 percent
 - 75 percent
 - 90 percent
49. Which of the following factors that contribute to obesity can be controlled by the individual?
- sleep, exercise, age, diet
 - diet, exercise, smoking, and portion size
 - smoking, genetics, sleep, age
 - portion size, exercise, lifestyle, genetics

50. Menus planned for persons with hypertension (high blood pressure) should provide foods low in

- A. sodium
- B. protein
- C. Vitamin B
- D. Vitamin C

51. On commercial food labels, in which order does the ingredients list appear?

- A. by quantity starting with the greatest
- B. by quantity starting with the least
- C. by calorie, starting with the greatest
- D. by calorie, starting with the least

52. Based on the nutrition label, there are _____ of saturated fat and _____ of carbohydrates.

Calories 260		Calories from Fat 120	
		% Daily Value*	
Total Fat 13g			20%
Saturated Fat 5g			25%
Cholesterol 30mg			10%
Sodium 660mg			28%
Total Carbohydrate 31g			10%
Dietary Fiber 0g			0%
Sugars 5g			
Protein 5g			

- A. 0 grams and 10 grams
- B. 5 grams and 31 grams
- C. 7 grams and 24 grams
- D. 10 grams and 37 grams

Read the following advertisement for "Complete Super Vitamin" and answer the following question.

53. • Heart Health – Vitamin B complex, Vitamins C and E
 • Mental and Physical Energy – Vitamin B Complex, Chromium, Iron
 • Immune Support – Vitamins C, A, Selenium, Zinc
 • Optimal Digestion – Live Probiotics and Enzymes, Vitamin D
 • Eye Health – Vitamins A, C, and E, Zinc
 • Joints and Bones – Vitamins A, C, D, Calcium, Magnesium, Zinc

Going beyond your average vitamin and mineral supplements, Complete Super Vitamin is an excellent choice for mental and physical energy and support of a healthy heart, good digestion, and a healthy immune system.

According to this advertisement Complete Super Vitamins support digestion with which of the following ingredients?

- A. Vitamins A, C, E, and Zinc
- B. Probiotics, Enzymes and Vitamin D
- C. Vitamin B Complex and Iron
- D. Probiotics and Vitamin A

Read the following advertisement for "Complete Super Vitamin" and answer the following question.

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• Mental and Physical Energy – Vitamin B Complex, Chromium, Iron
• Immune Support – Vitamins C, A, Selenium, Zinc
• Optimal Digestion – Live Probiotics and Enzymes, Vitamin D
• Eye Health – Vitamins A, C, and E, Zinc
• Joints and Bones – Vitamins A, C, D, Calcium, Magnesium, Zinc

Going beyond your average vitamin and mineral supplements, Complete Super Vitamin is an excellent choice for mental and physical energy and support of a healthy heart, good digestion, and a healthy immune system.

According to this advertisement, what is the target population for Complete Super Vitamins?

- A. Women, Men, and Infants
B. Women and Men
C. Women and Children
D. Men, Women, and Children
55. In order to calculate a standard recipe cost what do you need to know?
- A. menu price per serving, quantity to be sold, and planned profit margin
B. amounts of each ingredient needed and unit cost of each ingredient
C. raw ingredient costs, labor costs, and markup percentage
D. recipe conversion multiplier and supplier volume discounts

56. 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, because they are most perishable, tender, and fragile of all the fruits you purchased?
- A. grapes
B. melons
C. berries
D. peaches
57. Looking at this menu, what component of food presentation is not being addressed? Menu: Mashed Potatoes, Cauliflower, Breaded Chicken, and Vanilla Ice Cream
- A. color
B. texture
C. temperature
D. taste
58. The five categories of essential nutrients are
- A. water, meat, vegetable, fruit, and grain
B. carbohydrates, fats, proteins, minerals, and vitamins
C. water, carbohydrates, proteins, minerals, and vitamins
D. meat, vegetables, fruits, carbohydrates, and protein
59. The consumption of what food items could be most life threatening to people who are allergic to those food items?
- A. MSG, peanuts, and seafood
B. Carrots, celery, or peppers that have become slimy
C. Unwashed green leafy vegetables
D. Improperly cooked chicken breast

60. Which of the following is an example of a common food allergy?
- A. shellfish
 - B. undercooked chicken breast
 - C. unwashed vegetables
 - D. slimy carrots or celery
61. The proper method for storing knives is to
- A. lay them in a drawer
 - B. put them into a leather case
 - C. wrap them in a dry towel
 - D. put them into a specialized knife rack
62. Cleaned and sanitized cups, utensils, and small wares are stored
- A. stacked one inside the other
 - B. inverted on a clean surface
 - C. side up for easy access
 - D. pre-set on tables
63. The first and most important step when cleaning electric equipment is to
- A. always turn the machine off
 - B. make sure the machine is unplugged
 - C. prepare the correct cleaning solution
 - D. remove all jewelry
64. The consistency of frostings may be adjusted by the addition of
- A. a liquid
 - B. more sugar
 - C. some butter
 - D. all of the above
65. Most problems develop in the preparation of pie dough during the
- A. baking
 - B. weighing
 - C. filling
 - D. mixing
66. The process of cooking meat with dry heat in a slow oven is
- A. braising
 - B. roasting
 - C. browning
 - D. broiling
67. The method for removing the skin of a fresh peach is to
- A. peel with a paring knife
 - B. blanch in hot water
 - C. peel with a vegetable peeler
 - D. do none of the above
68. 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. $\frac{3}{2}$ cups
 - D. $1\frac{2}{3}$ cups
69. One gallon equals
- A. 2 quarts
 - B. 6 pints
 - C. 12 cups
 - D. 128 ounces

70. One pound equals
- A. 8 ounces
 - B. 12 ounces
 - C. 16 ounces
 - D. 18 ounces
71. Acceptable devices for measuring are
- A. scales
 - B. measuring cups
 - C. measuring spoons
 - D. all of the above
72. The process of mixing shortening and sugar together to blend them uniformly and to incorporate air is called
- A. folding
 - B. kneading
 - C. stirring
 - D. creaming
73. Since tenderness is desirable in quick breads, only slight gluten development is important. This is achieved if care is taken to prevent
- A. over-baking
 - B. over-leavening
 - C. over-mixing
 - D. none of the above
74. Where are glasses placed in a traditional table setting?
- A. direction right
 - B. upper right
 - C. direct left
 - D. upper left
75. Which of the following is placed to the right side of a table setting?
- A. dinner knife
 - B. dinner fork
 - C. salad fork
 - D. bread plate
76. Where in the traditional table setting is the dinner fork placed?
- A. directly above the water glass
 - B. to the right of the dinner plate
 - C. to the left of the dinner plate
 - D. directly above the dinner plate

END OF ASSESSMENT

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