

Continuing-Education Quiz

January/February 2026

As you read through this month's issue of the National Culinary Review, simply print out a copy of this quiz and answer the questions appropriately to test your knowledge. In order to earn continuing education hours (CEHs) from the American Culinary Federation (ACF), the test must be completed online through the ACF Online Learning Center. Seventy-five-percent accuracy is required to earn four hours of continuing-education credits toward professional certification.

- 1. Which ingredient is highlighted as a "newstalgic" food with widespread modern appeal?**
 - a. Tofu
 - b. Spam
 - c. Kale
 - d. Quinoa
- 2. Diners embracing quiet luxury prefer large portions over subtle flavors.**
 - a. True
 - b. False
- 3. According to the trend, teatime is considered the new:**
 - a. Breakfast
 - b. Brunch
 - c. Happy hour
 - d. Dessert
- 4. Using sustainable practices makes it easier to introduce snackable seafood while maintaining menu profitability.**
 - a. True
 - b. False
- 5. Which generation(s) are more adventurous with protein choices?**
 - a. Gen X and Baby Boomers
 - b. Only Baby Boomers
 - c. Gen Z and Millennials
 - d. Only Gen Z
- 6. Which dumpling varieties are beginning to gain wider recognition?**
 - a. Samosas and empanadas
 - b. Mandu and pelmeni
 - c. Pierogies and ravioli
 - d. Momos and gyoza
- 7. The Lobster Dumpling at Palette Tea House is a modern twist on which classic dim sum item?**
 - a. Shumai
 - b. Xiao long bao
 - c. Ha gow
 - d. Baozi
- 8. Which term refers to "tinned fish" prepared with techniques like sous-vide for enhanced texture and flavor?**
 - a. Conservas
 - b. Poke
 - c. Ceviche
 - d. Sushi
- 9. Pacific Bluefin tuna is native to the New England/Mid-Atlantic region and has a mild, meaty flavor.**
 - a. True
 - b. False
- 10. ACF Chef Joshua Wickham, CEC, CEPC, AAC, began teaching at Columbus State Community College in which capacity?**
 - a. Visiting professor
 - b. Full-time faculty member
 - c. Department chair
 - d. Adjunct instructor
- 11. Mofongo originated in which location?**
 - a. Dominican Republic
 - b. Jamaica
 - c. Puerto Rico
 - d. Cuba
- 12. The modern interpretation of mofongo features plantain gnocchi served with:**
 - a. Tomato sauce and basil
 - b. Coconut milk foam
 - c. Curry broth and brown butter
 - d. Garlic butter and Parmesan
- 13. How does ACF Chef Rocco Paradiso, HAAC, describe his personality in relation to sales?**
 - a. A natural extrovert
 - b. A confident negotiator
 - c. An introvert with extrovert tendencies
 - d. A reluctant communicator
- 14. What advice does Chef Paradiso give chefs transitioning into corporate or sales roles?**
 - a. Observe carefully and speak with intention
 - b. Speak confidently and often
 - c. Focus on showcasing expertise
 - d. Rely on product knowledge alone
- 15. According to a 2024 International Food Information Council survey, what percentage of U.S. adults are trying to limit or avoid sugar?**
 - a. 42%
 - b. 58%
 - c. 76%
 - d. 91%
- 16. Less-processed sugars like turbinado and demerara can add complexity beyond sweetness.**
 - a. True
 - b. False
- 17. In what year did ACF Chef Vanessa Jaurique-Marquis, CEC, AAC, actively begin working toward fellowship in the American Academy of Chefs (AAC)?**
 - a. 2006
 - b. 2011
 - c. 2016
 - d. 2021
- 18. The AAC patch symbolizes a lifetime commitment to the culinary profession and community.**
 - a. True
 - b. False
- 19. What phrase appears prominently on the Greater Grand Rapids ACF Chapter's website?**
 - a. "Culinary Excellence First"
 - b. "Food Is Life"
 - c. "Community Through Cuisine"
 - d. "Serving With Purpose"
- 20. Feast for Kids is a fundraiser supporting Kids' Food Basket. About how many meals has Kids' Food Basket provided since July 1?**
 - a. More than 50,000
 - b. More than 150,000
 - c. More than 275,000
 - d. Over 1 million