

## Continuing-Education Quiz

March/April 2024

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.

- According to ACF Chef Cindy Komarinski, PhD, CCC, CCE, what factor has led to the need for more efficient cooking methods in the culinary and hospitality industry?**
  - Decreased consumer demands
  - Increased labor supply
  - Rising costs and labor challenges
  - Decreased popularity of menu items
- The speed-scratch cooking courses at Westmoreland County Community College focus solely on replacing traditional cooking methods with convenience products.**
  - True
  - False
- What percentage decrease in nutrition levels of vegetables does Farmer Lee Jones attribute the past 100 to 150 years?**
  - 10% to 30%
  - 20% to 40%
  - 50% to 80%
  - 60% to 90%
- Cover crops in regenerative agriculture are grown primarily for improving the environment and soil health rather than for commercial purposes.**
  - True
  - False
- What are terpenes and how are they used in culinary cannabis?**
  - Synthetic compounds used for extraction
  - Psychoactive compounds used for effect
  - Chemical compounds used for enhancing potency
  - Aromatic compounds used for flavor and fragrance
- Why does ACF Chef Koscielski, CCE, emphasize baking cannabis at a low temperature when making infusions for cooking?**
  - To achieve a quicker infusion
  - To prevent degradation of THC or CBD
  - To avoid psychoactive affects
  - To enhance the flavor profile
- What motivated ACF Chef Katrina Knapp, CSC, CWPC, to create a modernized version of frog legs?**
  - To preserve French culinary technique
  - To introduce exotic ingredients to her culinary class
  - To make the dish visually appealing and approachable
  - To showcase her expertise in modernist cuisine
- What approach does ACF Chef Jeremy Urmansky take with apprenticeship recruitment that differs from traditional methods?**
  - Focusing on individuals with college degrees
  - Targeting experienced chefs
  - Focusing on immigrants and inner-city residents
  - Targeting individuals with prior experience
- Created by a group of ACF chefs in 1974, which model does the American Culinary Federation apprenticeship program follow?**
  - The American education system
  - The European guild system
  - The Epicurean training system
  - The Statler-Hilton system
- What is a common nutritional component found in blueberries that contributes to their blue color?**
  - Anthocyanins
  - Beta-carotene
  - Chlorophyll
  - Lycopene
- In which US state is 90% of the nation's frozen red raspberry crop produced?**
  - Oregon
  - Florida
  - Washington
  - Hawaii
- What dietary restriction might be recommended for individuals with Crohn's disease or irritable bowel syndrome?**
  - High-fiber diet
  - FODMAP diet
  - LOOCR B diet
  - Gluten-free diet
- What technique is suggested in culinary medicine for thickening dressings and sauces without using extra oil?**
  - Using dairy-based cream
  - Adding refined sugar
  - Incorporating mashed beans
  - Using butter
- What is ACF Chef Rebecca Freeman, CEPC, planning to pursue to further the business side of her career?**
  - Culinary classes
  - A Ph.D.
  - Taking a break from work
  - An MBA
- In the citrus sesame tart created by Chef Noah Carroll, what global ingredients are incorporated into the filling?**
  - Pomelo and chocolate
  - Matcha and red bean
  - Black sesame paste and yuzu
  - Pistachio and orange blossom
- What does Chef Jimmy Brillhaut recommend brushing the inside of tarts with to keep them crisp despite the moisture content of the filling?**
  - Olive oil
  - Melted cocoa butter
  - Clarified butter
  - Egg wash
- ACF Chef Bill Yee credits the increase in membership seen by the ACF Chefs de Cuisine Association of California — Los Angeles to attractive venues, thought-out agendas and engaging presentations.**
  - True
  - False
- Who was presented the Chef of the Year award by the ACF Chefs de Cuisine Association of California — Los Angeles at their 100th anniversary celebration?**
  - ACF Chef Jeremy Choo
  - ACF Chef Jon Lodi
  - ACF Chef Jerry Vachon
  - ACF Chef Jimmy Williams
- According to the 2021 report from Datassential, what percentage of seniors are willing to try new foods in familiar formats?**
  - 17%
  - 57%
  - 67%
  - 87%
- ACF Chef John Cramutola, CDM, CFFP emphasizes the importance of repetition in senior living facilities to engage both residents and kitchen staff.**
  - True
  - False