

## Continuing-Education Quiz

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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.

- How can ACF members access webinars and quizzes on the Online Learning Center?**
  - By purchasing a membership package
  - By paying a per-session fee
  - For free with their ACF membership
  - Only through in-person attendance
- Which specialized certificate is a new addition to ACF's educational offerings?**
  - Culinary Cannabis & Edibles
  - Sustainable Seafood Practices
  - Food Science
  - Both A & C
- What percentage of all food in the U.S. goes unsold or uneaten, according to ReFED?**
  - 25%
  - 38%
  - 50%
  - 65%
- Reducing food waste can be both an environmentally responsible practice and a financially beneficial strategy for restaurants.**
  - True
  - False
- What main challenge did ACF Chef Gabriel Rosado, CEC, CCA face when he became president of the ACF Chefs of Northwest Indiana?**
  - Finding new sponsors for events
  - Changing the organization's name
  - Increasing community outreach efforts
  - Growing the chapter's membership
- Which pizza style is known for being baked at extremely high temperatures (800°F - 1000°F) for about 90 seconds?**
  - New York-style
  - Chicago deep-dish
  - Detroit-style
  - Neapolitan-style
- Prati Italia's pizza is a blend of which two styles?**
  - Roman and Detroit-style
  - Neapolitan and New York-style
  - Chicago deep-dish and New York-style
  - Grandma-style and Detroit Style
- Datassential reports that 27% of consumers, especially Millennials and Gen Z, are interested in exploring Turkish coffee.**
  - True
  - False
- What is the traditional cooking method used for classic Coq au Vin?**
  - Roasted in a wood-fired oven
  - Braised in red wine
  - Grilled over an open flame
  - Deep-fried in duck fat
- The galantine used in the modern interpretation of Coq au Vin created by ACF Chef Alexander Sapp, CEC, CEP, CCA, PCEC can be described as:**
  - A grilled chicken breast topped with red wine sauce
  - A slow-roasted whole chicken with crispy skin
  - A type of French soup featuring braised chicken
  - A boneless chicken rolled and stuffed with forcemeat
- Electric woks have been found to use much less energy than their gas counterpart.**
  - True
  - False
- For operators who buy electric kitchen equipment, what website is recommended for rebate information?**
  - caenergywise.com
  - energysavers.gov
  - electricrebates.org
  - energyfunds.net
- What is the main reason ACF Chef Christopher Galarza, CEC, CCA advocates for sustainable cooking?**
  - It is a trendy movement in the culinary world
  - It ensures higher profit for restaurants
  - It benefits the environment, local economies, and food quality
  - It makes cooking faster and easier for chefs
- What is significant about the campus kitchen at Chatham Eden Hall?**
  - It is Pennsylvania's only zero-waste campus kitchen
  - It was America's first all-electric campus kitchen
  - It was the first campus kitchen to serve only plant-based meals
  - It was the first campus kitchen in Pittsburgh to use AI
- What nutritional aspects are walnuts known for?**
  - Rich in vitamin C and calcium
  - High in sugar and low in fat
  - Rich in omega-3 fatty acids and high in fat
  - Low in calories and high in protein
- What traditional sauce is made with walnuts, pomegranate molasses, and spices?**
  - Tzatziki
  - Gujarati Kadhi
  - Muhammara
  - Nuoc Cham
- What potential environmental concern is associated with palm oil?**
  - It increases water usage
  - It causes pollution in food production
  - It contributes to deforestation
  - It leads to increased carbon emissions
- Aquafaba, the liquid in canned garbanzo beans that mimics egg whites, can be used in the production of meringue.**
  - True
  - False
- Which dietary approaches does ACF Chef Robert Grotha, CEC use as guides for creating healthy meals for residents?**
  - DASH and Mediterranean diets
  - Keto and Paleo
  - Vegan and Raw
  - Gluten-free and Dairy-free
- What is one reason senior living chefs often report higher job satisfaction?**
  - Fewer hours and no overtime
  - Deeper personal impact and feedback
  - Access to better equipment
  - More media exposure