

Continuing-Education Quiz

November/December 2025

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. What role(s) can a mentor play for a mentee?
 - a. Teacher
 - b. Coach
 - c. Therapist
 - d. All of the above
2. ACF Chef Mike Thames, CEC, CCA, believes teaching and mentoring helps him to do what?
 - a. Earn professional recognition
 - b. Delegate more effectively
 - c. Expand his restaurant operations
 - d. Refine his own knowledge
3. What remains a concern for some consumers regarding mushroom coffee?
 - a. Nutritional value
 - b. Availability
 - c. Taste
 - d. Price
4. In which country did Kombucha, a fermented drink made from black or green tea, sugar, and a bacteria culture, originate over 2,000 years ago?
 - a. Japan
 - b. Korea
 - c. India
 - d. China
5. According to Datassential, how commonly is kefir found on restaurant menus?
 - a. 15% of menus
 - b. 5-10% of menus
 - c. 2-3% of menus
 - d. Less than 1% of menus
6. Chef Sarah Dworak of Sudova in Cincinnati, OH, uses kefir for what purpose?
 - a. As a dessert drink
 - b. As a chicken brine
 - c. As a cocktail sweetener
 - d. As a sour cream replacement
7. What challenge did Karen Wood face while attending the Culinary Institute of America in New York?
 - a. Adjusting to a new country
 - b. Being away from her family
 - c. Managing her restaurant back home
 - d. Balancing school with full-time work
8. What protein were competitors required to prepare at the ACF Student Chef of the Year regional competition?
 - a. Duck breast
 - b. Cornish hen
 - c. Pork tenderloin
 - d. Salmon roulade
9. Stollen originated in Germany during the 14th century as a simple oat-based bread.
 - a. True
 - b. False
10. ACF Chef Chris Teixeira, CEPC, CMB, WCPC, uses which technique for his modern take on stollen?
 - a. Cold fermentation
 - b. Sablage
 - c. Cross-lamination
 - d. Enrobing
11. What was the focus of Dr. Uma Naidoo's classes she taught for members of the American Psychiatric Association?
 - a. Reducing sugar consumption in hospitals
 - b. Using ingredients to improve mood
 - c. Food preparation techniques for allergens
 - d. Cooking techniques for group therapy
12. According to Dr. Naidoo, what challenge remains for culinary psychiatry?
 - a. It lacks scientific evidence
 - b. It is not yet mainstream
 - c. It is too expensive for patients
 - d. It only applies to Western diets
13. What does ACF Chef Brian Peffley, CEPC, CCE, AAC, feel is the most important part in the gingerbread building process?
 - a. Decorating and presentation
 - b. Using high-quality icing
 - c. Baking the gingerbread evenly
 - d. Planning and patience
14. What approach does Chef Peffley like to take in designing his gingerbread houses?
 - a. He uses edible materials only
 - b. He prefers pre-made templates
 - c. He combines real and artificial materials
 - d. He avoids using fondant decorations
15. Why is having a pastry chef more financially feasible in hotels and resorts?
 - a. Hotels and resorts have all adopted AI
 - b. Costs can be shared across multiple departments
 - c. Vacationers always splurge more
 - d. Pastry chefs prefer location over pay
16. Pastry Chef Della Gossett's operation at Spago serves 50-60% of guests dessert by utilizing mostly commercial-made dessert components.
 - a. True
 - b. False
17. What organization has partnered with the American Culinary Federation Education Foundation (ACFEF) to power its apprenticeship programs?
 - a. National Restaurant Association
 - b. Rouxbe Global Food Group
 - c. Culinary Institute of America
 - d. US Department of Labor
18. What is the ACFEF's goal for annual apprentice enrollment under the new program?
 - a. 100-250 apprentices
 - b. 300-600 apprentices
 - c. 500-1,000 apprentices
 - d. 1,500+ apprentices
19. What phrase does ACF Chef Lisa Tomecek, CEPC, AAC, use to describe the success of the Baltimore Chapter?
 - a. "Driven by determination"
 - b. "Success through service"
 - c. "United by culinary excellence"
 - d. "We are propelled by passion"
20. When ACF Chef Richard Hoffman, CCA, AAC, took over the Baltimore Chapter, about how many members did it have, and approximately how many members does it have now?
 - a. 10 members; 100 members
 - b. 20 members; 150+ members
 - c. 40 members; 200+ members
 - d. 50 members; 250 members