

## Continuing-Education Quiz

September/October 2023

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 is the primary focus of Grinnell College's onboarding program for kitchen staff?**
  - a. Teaching advanced cooking techniques
  - b. Providing leadership training
  - c. Evaluating staff's communication skills
  - d. Building a solid foundation of culinary basics
- 2. What does the SMART method stand for in goal setting, as mentioned by Chef Dan Follese?**
  - a. Specific, Measurable, Achievable, Realistic, Timebound
  - b. Structured, Measured, Accountable, Reliable, Targeted
  - c. Strategic, Measurable, Achievable, Realistic, Timely
  - d. Systematic, Motivated, Achievable, Resourceful, Targeted
- 3. What program aims to provide training and education for high school students interested in foodservice and restaurant careers?**
  - a. ProStart
  - b. Kids' Café
  - c. Lakeland Sales
  - d. Toby Landgraf Foundation
- 4. Who currently serves as a member of the Board of Trustees and as the treasurer for the ACF Minneapolis chapter?**
  - a. Robert Velarde, CEC
  - b. F. Christian Freeman, CEC
  - c. Christopher Dwyer, CEC, CCA, AAC
  - d. Trent Anderson, CEC
- 5. When did Father Hidalgo deliver the "Grito de Dolores" calling for Mexican independence?**
  - a. May 5, 1810
  - b. September 16, 1820
  - c. July 4, 1776
  - d. June 6, 1867
- 6. What is the main ingredient of Pozole Rojo, a spicy soup served as the national dish for Mexican Independence Day?**
  - a. Pork
  - b. Beef
  - c. Chicken
  - d. Shrimp
- 7. What is ube, a tuber indigenous to the Philippines, often used for in Filipino cuisine?**
  - a. Savory soups
  - b. Main course dishes
  - c. Desserts and sweets with coconut milk
  - d. Grilled meat skewers
- 8. What traditional Filipino dish does Chef Roy Villacrusis discuss as being originally made with goat meat but is now often prepared with lamb shank?**
  - a. Kaldereta
  - b. Lechon
  - c. Kare-Kare
  - d. Bicol Express
- 9. How does ACF Chef James Zeisler Jr., CEC, CCA, achieve high-volume consistency when making the sauce for his classic eggs benedict?**
  - a. Whisking vigorously by hand
  - b. Using a blender
  - c. Using a food processor
  - d. Adding extra egg yolks
- 10. How does ACF Chef Jeffrey Schlissel help his team develop communication and teamwork in the kitchen?**
  - a. By hosting team-building events outside of work
  - b. By assigning kitchen staff to judge each other's menu ideas
  - c. By providing regular feedback on their cooking techniques
  - d. By rotating kitchen roles frequently
- 11. According to ACF Chef Lance Nitahara, CEC, what is the direction that consumers are going regarding food and wellness?**
  - a. A preference for fast food
  - b. A focus on convenience over health
  - c. A preference for traditional cooking methods
  - d. An interest in food as medicine and nutritional cuisine
- 12. How has the Air Force's foodservice program evolved in recent years?**
  - a. By offering limited options
  - b. By focusing on fast food
  - c. By introducing a retail-style approach
  - d. By reducing menu diversity
- 13. What impact does ACF Chef Colella's, CEC, CCA training program have on airmen when they leave the military?**
  - a. It prepares them to become culinary instructors
  - b. It equips them to start their own restaurants
  - c. It sets them up for success in civilian foodservice careers
  - d. It encourages them to pursue careers in hotels
- 14. What is aspergillus oryzae, an ingredient better known to chefs as koji.**
  - a. A type of fungus
  - b. A type of spice
  - c. A type of soy sauce
  - d. A type of rice
- 15. How long can shio koji be stored in the refrigerator due to its high salt content?**
  - a. A few days
  - b. Several months
  - c. Up to a year
  - d. Indefinitely
- 16. What are some of the current big trends in the foodservice industry according to ACF Chef Michael Thrash, CEC, CCA, CCE, AAC?**
  - a. Italian cuisines and spicy flavors
  - b. Regional barbecue and Asian influences
  - c. French pastries and Mediterranean dishes
  - d. Fusion cuisine and fast food
- 17. What does ACF Chef Andy Chlebana, CMPC, CCA find most intriguing about pastry arts?**
  - a. The opportunity for creative expression
  - b. The chance to work in a less stressful environment
  - c. The simplicity of pastry recipes
  - d. The learning and scientific principles involved
- 18. What is the key takeaway from Chef Chlebana's advice for aspiring CMPC candidates?**
  - a. Participation in culinary competitions is essential
  - b. Stand by your food and be proud
  - c. Finding a mentor is the most crucial step
  - d. Self-confidence is key to success
- 19. What is the current demand for well-trained pastry professionals in the job market?**
  - a. There is a surplus of pastry professionals
  - b. It's a job seekers market with high demand
  - c. Demand is low due to the pandemic
  - d. The demand is fluctuating unpredictably
- 20. What role do baking programs at institutions like Escoffier and the CIA play in students' culinary education?**
  - a. They offer advanced pastry education for experienced chefs
  - b. They teach students the basics of savory cooking
  - c. They introduce students to the realities and rewards of foodservice jobs
  - d. They focus on international cuisine