

Continuing-Education Quiz

September/October 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. Chefs with invisible disabilities such as PTSD or ADHD face barriers in the industry just as those with physical disabilities.
 - a. True
 - b. False
2. What strategy does Chef Spencer Horovitz use to help manage ADHD in the kitchen?
 - a. Structured lists
 - b. Compartmentalizing tasks
 - c. Limiting external distractions
 - d. All of the above
3. Which of the following is not a traditional raw seafood preparation?
 - a. Sushi (Japanese)
 - b. Ceviche (Peruvian)
 - c. Poke (Hawaiian)
 - d. Bouillabaisse (French)
4. All Amberjack species, including Hamachi, Hiramasa, and Kampachi, have the same flavor and texture.
 - a. True
 - b. False
5. Question What does Chef/Owner Chris Gould at Central Provisions identify as essential for serving raw seafood?
 - a. A large kitchen staff
 - b. Intricate plating designs
 - c. Trusted purveyors and training
 - d. Owning a blast chiller
6. Which beverage featuring hot honey scored highest with Millennials according to Datassential?
 - a. Hot Honey Margarita
 - b. Hot Honey Latte
 - c. Hot Honey Lemonade
 - d. Hot Honey Paloma
7. Chef/Owner Dallas McGarity of The Fat Lamb in Kentucky describes the harissa they make in house as:
 - a. Extremely spicy with little versatility
 - b. Super approachable with citrus notes
 - c. Primarily bitter with earthy tones
 - d. Sweet and honey-like in flavor
8. Which protein was featured in the final main dish during the ACF Chef of the Year competition created by Chef Jeffrey MacDonald, CCC?
 - a. Duck
 - b. Salmon
 - c. Lamb
 - d. Squab
9. UMass Amherst's dining program is recognized nationally by the Princeton Review for:
 - a. Best sustainability program
 - b. Best campus food
 - c. Largest dining hall
 - d. Most affordable dining plan
10. According to Hering's Dictionary of Classic and Modern Cookery, how is Judic defined?
 - a. A braised lettuce dish
 - b. A baked sole preparation
 - c. A salad of diced vegetables
 - d. A filled puff pastry
11. In the modern Judic plating created by Chef Shawn Loving, CMC, how is the classic element of lettuce reimagined?
 - a. As shaved fennel
 - b. As brussels sprout leaves
 - c. As grilled romaine hearts
 - d. As microgreens
12. Chef Charles Carroll, CEC, AAC, compares self-care habits of chefs to what behavior?
 - a. Overcooking a steak
 - b. Ignoring the mise en place
 - c. Taking care of their cars
 - d. Washing endless dishes
13. In Chef Jamie Simpson's approach, the bloom or flower of a plant can be just as important as the root or stem in a dish.
 - a. True
 - b. False
14. What cocktail did Chef Kelsie Vansant, CEPC, reinterpret into her award-winning dessert for ACF Pastry Chef of the Year?
 - a. Mojito
 - b. Dark and Stormy
 - c. Margarita
 - d. Mai Tai
15. According to Chef Kelsie Vansant, CEPC, what comes first when designing her desserts?
 - a. The flavors
 - b. The textures
 - c. The history
 - d. The visuals
16. What is the leading cause of malnutrition in U.S. children today?
 - a. Dietary imbalances
 - b. Lack of food availability
 - c. Vitamin deficiencies
 - d. Food allergies
17. The Four Corners Chapter of the ACF gets its name from its location at the intersection of which four states?
 - a. Texas, New Mexico, Arizona, Colorado
 - b. Utah, Nevada, Colorado, Arizona
 - c. New Mexico, Arizona, Colorado, Utah
 - d. Arizona, Colorado, Wyoming, New Mexico
18. What two "ingredients" are identified as the key to the success of the Four Corners Chapter?
 - a. Fundraising and networking
 - b. Passion and communication
 - c. Leadership and tradition
 - d. Education and creativity
19. Which African pork dish is often served with pickled vegetables, salad, and coleslaw?
 - a. Feijoada
 - b. Tonkatsu
 - c. Vetkoek
 - d. Potjiekos
20. What key, non-negotiable factors should be evaluated in each seafood catch to ensure peak freshness and flavor?
 - a. Weight, harvest location, and fishing method
 - b. Temperature, time out of water, color, and texture
 - c. Seasonality, species, and shipping cost
 - d. Size, weight, and market demand