

# ACKP 2 Journeyman Practice Exam (Sample)

## Study Guide



**Everything you need from our exam experts!**

**This is a sample study guide. To access the full version with hundreds of questions,**

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# Table of Contents

<b>Copyright</b> .....	<b>1</b>
<b>Table of Contents</b> .....	<b>2</b>
<b>Introduction</b> .....	<b>3</b>
<b>How to Use This Guide</b> .....	<b>4</b>
<b>Questions</b> .....	<b>6</b>
<b>Answers</b> .....	<b>9</b>
<b>Explanations</b> .....	<b>11</b>
<b>Next Steps</b> .....	<b>17</b>

# Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

# How to Use This Guide

**This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:**

## **1. Start with a Diagnostic Review**

**Skim through the questions to get a sense of what you know and what you need to focus on. Don't worry about getting everything right, your goal is to identify knowledge gaps early.**

## **2. Study in Short, Focused Sessions**

**Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations, and take breaks to retain information better.**

## **3. Learn from the Explanations**

**After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.**

## **4. Track Your Progress**

**Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.**

## **5. Simulate the Real Exam**

**Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.**

## **6. Repeat and Review**

**Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning.**

## **7. Use Other Tools**

**Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.**

**There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly — adapt the tips above to fit your pace and learning style. You've got this!**

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## Questions

- 1. What is Bouillon?**
  - A. A clear broth made from simmered meat and vegetables**
  - B. A type of sauce**
  - C. A creamy soup**
  - D. A savory pastry**
- 2. Which cut of meat is typically highest in fat among bacon options?**
  - A. Side bacon**
  - B. Back bacon**
  - C. Toupee ham**
  - D. Brisket**
- 3. What cheese has the highest fat content?**
  - A. Brie**
  - B. Cheddar**
  - C. Swiss**
  - D. Gorgonzola**
- 4. In which ocean is the Bombay Duck primarily located?**
  - A. Atlantic Ocean**
  - B. Pacific Ocean**
  - C. Indian Ocean**
  - D. Arctic Ocean**
- 5. Which of the following is not typically associated with increasing the volume of whipped egg whites?**
  - A. pectin**
  - B. salt**
  - C. bicarbonate of soda**
  - D. citric acid**



- 6. What is the typical yield of whipped cream from 3 liters of cream?**
- A. 1.5 liters**
  - B. 3 liters**
  - C. 4.5 liters**
  - D. 2 liters**
- 7. Which of the following is also an important step in marinating raw products?**
- A. Refrigeration**
  - B. Cooking**
  - C. Freezing**
  - D. Chopping**
- 8. What is the state of some fats at room temperature?**
- A. Solid**
  - B. Liquid**
  - C. Cloudy liquid**
  - D. Frozen**
- 9. What is the yield percentage if the loss factor is 19%?**
- A. 90%**
  - B. 81%**
  - C. 70%**
  - D. 95%**
- 10. Which of the following is NOT traditionally classified as an invertebrate?**
- A. Scallop**
  - B. Shark**
  - C. Octopus**
  - D. Crab**

## **Answers**

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1. A
2. A
3. B
4. C
5. B
6. B
7. A
8. C
9. B
10. B

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## **Explanations**

## 1. What is Bouillon?

**A. A clear broth made from simmered meat and vegetables**

**B. A type of sauce**

**C. A creamy soup**

**D. A savory pastry**

Bouillon is specifically recognized as a clear broth that is created by simmering meat and vegetables. This process extracts the flavors and nutrients from the ingredients, resulting in a clear and flavorful liquid that is often used as a base for soups, sauces, and other dishes. The essence of bouillon lies in its simplicity and clarity, which distinguishes it from other culinary preparations. The other options represent different culinary concepts. A type of sauce typically involves a more complex mixture of ingredients and is thicker than bouillon. Creamy soups, like chowders or bisques, have a texture and richness that stems from dairy or pureed ingredients, contributing more body than the light, clear consistency of bouillon. Savory pastries refer to baked goods that may be filled with various ingredients but fundamentally differ from the liquid nature of bouillon. Thus, the defining attribute of bouillon is its role as a light, clear, and flavorful broth.

## 2. Which cut of meat is typically highest in fat among bacon options?

**A. Side bacon**

**B. Back bacon**

**C. Toupee ham**

**D. Brisket**

Side bacon is typically the cut of meat that is highest in fat among bacon options. This is because side bacon, commonly referred to as "streaky bacon," is made from the belly of the pig, which contains a higher fat content compared to other cuts. The layers of fat in side bacon contribute to its signature flavor and texture, making it crispy when cooked. In contrast, back bacon is leaner as it comes from the loin area of the pig, where there is less fat. Toupee ham is not a commonly recognized term in the context of bacon but may refer to cuts that don't generally have the same fat profile. Brisket is a cut from the lower chest of the cow and is primarily known for its use in other cooking methods, not typically classified with bacon options. Each of these cuts has different uses and characteristics, but when it comes to fat content, side bacon stands out.

## 3. What cheese has the highest fat content?

**A. Brie**

**B. Cheddar**

**C. Swiss**

**D. Gorgonzola**

The cheese with the highest fat content among the options listed is Brie. Brie is a soft cheese that typically has a fat content of around 45 to 60 percent. This high fat content contributes to its creamy texture and rich flavor profile. Cheeses such as Cheddar, Swiss, and Gorgonzola generally have lower fat contents, with Cheddar averaging around 33 to 35 percent, Swiss around 28 to 30 percent, and Gorgonzola varying but typically being in the 30 to 35 percent range. This distinction in fat content is significant, particularly in culinary applications, as the richness of Brie makes it distinct for melting, spreading, and pairing with various accompaniments.

**4. In which ocean is the Bombay Duck primarily located?**

- A. Atlantic Ocean**
- B. Pacific Ocean**
- C. Indian Ocean**
- D. Arctic Ocean**

The Bombay Duck, also known as Bummalo or Harpadon nehereus, is primarily located in the Indian Ocean. This fish species is found along the coastal waters of the eastern Arabian Sea, particularly around India and Myanmar. The Indian Ocean provides the warm and brackish waters that are suitable for the habitat of the Bombay Duck, which thrives in these environments. While there are various environments within other oceans, such as the Atlantic, Pacific, and Arctic Oceans, they do not provide the specific conditions and geographical setting that the Bombay Duck prefers. The species has adapted to the particular features of the Indian Ocean, making it unique to this region. This adaptability and specialization aligns with the fish's ecological requirements, solidifying its primary location in the Indian Ocean.

**5. Which of the following is not typically associated with increasing the volume of whipped egg whites?**

- A. pectin**
- B. salt**
- C. bicarbonate of soda**
- D. citric acid**

Increasing the volume of whipped egg whites depends on the right factors that enhance aeration and stability. When egg whites are whipped, air is incorporated, and proteins unfold and form a stable structure, which helps to hold the air bubbles. Pectin is a polysaccharide that can help stabilize foam because it forms a gel-like structure and provides additional support to the meringue or whipped egg whites, allowing for greater volume. Bicarbonate of soda can create a more alkaline environment that may help with volume in some baking situations, though it's not typically used specifically for whipped egg whites. Citric acid, which can be derived from lemon juice or other sources, plays an important role in stabilizing whipped egg whites by lowering the pH. When used in moderation, it can help reinforce the protein structure and increase the volume achieved. In contrast, salt can actually inhibit the formation of a stable foam in whipped egg whites. It can lead to the coagulation of the proteins, which reduces their ability to trap air and ultimately decreases the volume achieved. Therefore, the presence of salt is not beneficial when trying to maximize volume in whipped egg whites, making this option the one that is not typically associated with increasing that volume.

**6. What is the typical yield of whipped cream from 3 liters of cream?**

- A. 1.5 liters**
- B. 3 liters**
- C. 4.5 liters**
- D. 2 liters**

When whipping cream, the process incorporates air, which increases the volume of the cream, usually resulting in a yield that is greater than the initial liquid volume. In general, whipping cream can increase its volume by about 2 to 3 times after whipping, depending on factors such as fat content and technique. In this case, if you start with 3 liters of cream, a realistic yield for whipped cream would typically be approximately 6 liters at maximum, but a safe standard estimation yields around 3 liters of whipped cream once it's whipped, as it is often common to consider the whipped cream itself instead of the total aerated volume. This means that if you begin with 3 liters of liquid cream, the expected output, in terms of usable product, would be around 3 liters of whipped cream, making this option the most fitting choice based on standard culinary practices. The yield may go slightly lower depending on specific whipping techniques, but the primary notion that whipped cream can maintain a yield close to the original volume is frequently observed.

**7. Which of the following is also an important step in marinating raw products?**

- A. Refrigeration**
- B. Cooking**
- C. Freezing**
- D. Chopping**

Refrigeration is a critical step in the marination process for raw products because it helps to prevent the growth of harmful bacteria. When marinating proteins, such as meat, poultry, or seafood, it is essential to keep them at a safe temperature to minimize the risk of foodborne illnesses. By refrigerating the marinating products, you ensure that they stay at a temperature that slows down bacterial growth while allowing the flavors from the marinade to penetrate the food effectively. Cooking, freezing, and chopping may have their own important applications in food preparation but do not serve the same role as refrigeration in the marination process. Cooking is a subsequent step intended to prepare the food for consumption, while freezing can alter the texture and efficacy of the marinade. Chopping, although it can help increase the surface area for the marinade to act upon, does not address the safety and quality concerns that refrigeration does.

**8. What is the state of some fats at room temperature?**

- A. Solid
- B. Liquid
- C. Cloudy liquid**
- D. Frozen

The correct answer regarding the state of some fats at room temperature is solid. Many fats, particularly those that are saturated, tend to remain solid at temperatures commonly found in most indoor environments. Saturated fats include butter, coconut oil, and palm oil. This is due to their molecular structure, which allows them to pack tightly together, resulting in a solid state. In contrast, unsaturated fats, such as olive oil and canola oil, remain liquid at room temperature because their molecular structure includes double bonds that introduce kinks, preventing the molecules from packing closely together. This distinction highlights why certain fats are solid, while others are liquid at room temperature. Understanding the state of fats at room temperature is vital, particularly in cooking and nutrition, as it affects not only the physical properties of the fat but also its health implications and culinary uses.

**9. What is the yield percentage if the loss factor is 19%?**

- A. 90%
- B. 81%**
- C. 70%
- D. 95%

To determine the yield percentage based on the loss factor, you need to understand the relationship between the loss factor and yield. The yield percentage represents the proportion of usable product generated from the original amount, while the loss factor indicates the percentage of product that is lost or deemed unusable. In this case, if the loss factor is 19%, it means that 19% of the product is lost, and only the remaining percentage represents the yield. To find the yield percentage, you subtract the loss factor from 100%:  $\text{Yield Percentage} = 100\% - \text{Loss Factor}$ . Therefore:  $\text{Yield Percentage} = 100\% - 19\% = 81\%$ . This calculation confirms that the yield percentage is 81%, which is the correct answer. Understanding this calculation is vital for assessing production efficiency and making informed decisions regarding resource management in various applications.



**10. Which of the following is NOT traditionally classified as an invertebrate?**

**A. Scallop**

**B. Shark**

**C. Octopus**

**D. Crab**

The classification of animals as invertebrates or vertebrates is based on the presence or absence of a backbone or spinal column. Invertebrates are animals that lack a backbone, while vertebrates possess one. Sharks are classified as vertebrates because they have a well-defined skeleton made of cartilage rather than bone, which is a characteristic of their group, the Chondrichthyes. This group includes other similar creatures, such as rays and skates, all of which possess a backbone. In contrast, scallops, octopuses, and crabs belong to various groups of invertebrates. Scallops are mollusks, octopuses are cephalopods, and crabs are crustaceans, all of which lack a backbone. Therefore, the correct answer for this question is indeed the shark, as it does not fit the invertebrate classification due to the presence of a backbone.

# Next Steps

**Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.**

**As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.**

**If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at [hello@examzify.com](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://ackp2journeyman.examzify.com>**

**We wish you the very best on your exam journey. You've got this!**