

Culinary Specialist 'A' School Academic Test 2 Practice (Sample)

Study Guide



Everything you need from our exam experts!

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Questions

SAMPLE

- 1. When does GWC fill out the leftovers section of Form 1090?**
 - A. Before every meal**
 - B. After each meal**
 - C. At the beginning of the month**
 - D. Only during large events**
- 2. What is the main focus of section G?**
 - A. Pastry and pies**
 - B. Cakes, fillings, and frosting**
 - C. Appetizers**
 - D. Breads and sweet doughs**
- 3. What should be the first step in preparing raw vegetables for a salad?**
 - A. Peeling them**
 - B. Chopping them**
 - C. Washing and sanitizing**
 - D. Marinating them**
- 4. What kind of flavor does a 'brine' impart to food?**
 - A. Sweet flavor**
 - B. Salty flavor**
 - C. Sour flavor**
 - D. Bitterness**
- 5. What is a common use of gelatin in cooking?**
 - A. To thicken sauces**
 - B. To set or thicken desserts**
 - C. To enhance flavor**
 - D. To preserve food**

- 6. Who signs the approval for the food received, as indicated in document 1282?**
- A. BSC**
 - B. LCS**
 - C. FSO**
 - D. GWC**
- 7. Which document requires the watch captain's review two days prior to going on watch?**
- A. AFRS**
 - B. 1090**
 - C. Menu Plan**
 - D. Recipe Book**
- 8. How do you properly store fresh herbs to maintain freshness?**
- A. Store them in water like flowers**
 - B. Wrap them in aluminum foil**
 - C. Keep them in a dry, dark place**
 - D. Freeze them in oil**
- 9. Which entity utilizes the Armed Forces Recipe Service?**
- A. Civilian chefs**
 - B. All branches of the US Armed Forces**
 - C. Military contractors**
 - D. Food service suppliers**
- 10. What is the purpose of using a brine solution when preparing meat?**
- A. To tenderize the meat**
 - B. To enhance flavor and moisture retention**
 - C. To add smoky flavor**
 - D. To inhibit bacterial growth**

Answers

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

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Explanations

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1. When does GWC fill out the leftovers section of Form 1090?

- A. Before every meal**
- B. After each meal**
- C. At the beginning of the month**
- D. Only during large events**

The practice of filling out the leftovers section of Form 1090 occurs after each meal. This procedure ensures accurate tracking of food waste and leftover products, which is important for inventory management, cost control, and operational efficiency. By recording this information right after meals, culinary specialists can effectively assess how much food was prepared versus how much was actually consumed. This real-time data collection allows for better planning and adjustment of future meal preparations based on consumption trends, minimizing waste and optimizing resource usage in the kitchen. Filling out this information at other times, such as before meals, at the beginning of the month, or only during large events, would not provide the detailed, immediate insights necessary for effective kitchen management.

2. What is the main focus of section G?

- A. Pastry and pies**
- B. Cakes, fillings, and frosting**
- C. Appetizers**
- D. Breads and sweet doughs**

The main focus of section G being cakes, fillings, and frosting highlights the importance of these components in dessert and pastry preparation. This section would typically cover essential techniques for baking various types of cakes, creating textures and flavors in fillings, and mastering the art of frosting to achieve both visual appeal and flavor balance. Cakes are a fundamental part of many culinary traditions and celebrations, and the ability to create a variety of cakes with different textures, flavors, and moisture levels is a crucial skill for any culinary specialist. Fillings add flavor and richness to cakes, enhancing the overall experience, while frostings not only serve to decorate but also provide a contrasting texture and sweetness. By focusing on these three elements, section G emphasizes the interplay between them and their role in creating well-rounded dessert offerings that can delight consumers and enhance culinary presentations. The other choices, while important in their own right, do not encompass the same breadth and depth of cake-related techniques and decorative skills that are essential for mastering cakes, fillings, and frostings.

3. What should be the first step in preparing raw vegetables for a salad?

- A. Peeling them**
- B. Chopping them**
- C. Washing and sanitizing**
- D. Marinating them**

The first step in preparing raw vegetables for a salad is to wash and sanitize them. This is crucial for food safety and helps remove dirt, pesticides, and any potential microbial contaminants that could be on the surface of the vegetables. Washing ensures that the ingredients are clean and safe for consumption, which is essential before any further food preparation steps. After washing, the vegetables can be peeled, chopped, or marinated, but those actions should only be taken once the vegetables have been properly cleaned. This practice not only promotes hygiene but also enhances the overall quality and taste of the salad.

4. What kind of flavor does a 'brine' impart to food?

- A. Sweet flavor**
- B. Salty flavor**
- C. Sour flavor**
- D. Bitterness**

Brining involves soaking food, particularly meats, in a solution of water and salt, often combined with various additional ingredients such as herbs, spices, and sometimes sugar. This process draws moisture into the food through osmosis and flavors it in a way that enhances its overall taste. The primary flavor imparted by brining is salty. This salt not only enhances the natural flavors of the food but also helps to penetrate and season it deeply, resulting in a juicier and more flavorful final product. While brining might include other flavors from additional ingredients, the foundational taste that characterizes this technique is the saltiness. Thus, understanding the role of salt in brining explains why it is viewed as a key flavor component in this culinary method.

5. What is a common use of gelatin in cooking?

- A. To thicken sauces**
- B. To set or thicken desserts**
- C. To enhance flavor**
- D. To preserve food**

Gelatin is primarily used in cooking to set or thicken desserts, making it a crucial ingredient in recipes for items like mousses, jellies, and panna cotta. It works by creating a gel-like consistency when dissolved in hot liquid and then allowed to cool, which enables it to provide a stable structure to desserts. This process transforms the texture, making it smooth and allowing it to hold its shape, which is particularly desirable in confections and creamy desserts. The ability to provide a desirable texture is what sets gelatin apart in culinary applications, especially in pastry and dessert-making. Other options, while related to cooking, do not accurately reflect gelatin's primary function. While gelatin can contribute to thickening in some cases, it is not typically used to thicken sauces in the same way that starches or reductions are used. Additionally, gelatin does not enhance flavor or serve as a preservation method in food, as those roles are filled by other ingredients and processes in culinary practice.

6. Who signs the approval for the food received, as indicated in document 1282?

- A. BSC**
- B. LCS**
- C. FSO**
- D. GWC**

The correct designation for the approval of food received, as indicated in document 1282, is the LCS. The LCS, or the Logistics Chief Steward, is typically responsible for the oversight of food supply operations, including the inspection and approval of food items upon delivery. Their role ensures that all products meet the required standards for quality and safety before they are accepted into the inventory. In contrast, other options would not typically fulfill this specific function in the context of food approval. For instance, the BSC (Building Services Coordinator) focuses on managing building maintenance and services; the FSO (Food Service Officer) is often involved in broader food service operations rather than direct approval of incoming goods; and the GWC (Galley Watch Captain) oversees the kitchen's daily operations but does not handle the approval process for received food products. Understanding this role is crucial for maintaining food safety and quality standards in culinary practices and ensures compliance with regulations governing food service operations.

7. Which document requires the watch captain's review two days prior to going on watch?

- A. AFRS**
- B. 1090**
- C. Menu Plan**
- D. Recipe Book**

The document that requires the watch captain's review two days prior to going on watch is the 1090. This document is essential because it encompasses various operational and administrative details that are critical for ensuring safety and efficiency during watch duties. Reviewing it in advance allows the watch captain to familiarize themselves with procedures, confirm readiness, and address any potential issues that may arise during the watch. This proactive approach helps to maintain high operational standards and ensures that all crew members are well-informed and prepared for their responsibilities. The other options, while relevant to culinary operations, do not have the same specific requirements for prior review by the watch captain. The AFRS (Automatic Food Recapture System) primarily deals with food waste management, the Menu Plan outlines meal offerings but does not necessitate a review in relation to watch assignments, and the Recipe Book serves as a reference for meal preparation rather than operational readiness.

8. How do you properly store fresh herbs to maintain freshness?

A. Store them in water like flowers

B. Wrap them in aluminum foil

C. Keep them in a dry, dark place

D. Freeze them in oil

Storing fresh herbs in water like flowers is a highly effective method for maintaining their freshness. This technique allows the herbs to continue absorbing moisture, similar to how cut flowers are kept alive. To do this, one typically places the stems of the herbs in a glass or jar with a small amount of water, covering the tops with a loose plastic bag to retain humidity while preventing wilting. This method is particularly useful for hardy herbs like basil, cilantro, and parsley. In contrast, wrapping herbs in aluminum foil can help protect them but does not provide the hydration necessary to keep them fresh. While it may slow down wilting to some extent, it does not offer the same benefits as storing them in water. Keeping herbs in a dry, dark place is unsuitable because herbs thrive with some moisture and light exposure. A completely dry environment can lead to early drying and loss of flavor. Freezing herbs in oil can be a good long-term storage method but does not help maintain their freshness for immediate use. This method alters the texture and limits the freshness experienced when using the herbs in cooking. Thus, storing fresh herbs in water resembles their natural growing conditions and is the best practice for preserving their flavor and vibrant appearance for as long as possible.

9. Which entity utilizes the Armed Forces Recipe Service?

A. Civilian chefs

B. All branches of the US Armed Forces

C. Military contractors

D. Food service suppliers

The Armed Forces Recipe Service is specifically designed to serve the culinary needs of all branches of the US Armed Forces, providing standardized recipes that ensure consistency in meal preparation across military facilities. This resource helps to maintain quality control and nutritional standards for service members, enabling them to receive well-balanced meals regardless of their location. While civilian chefs, military contractors, and food service suppliers may have an interest in military recipes or may utilize similar meal planning strategies, they do not rely on the Armed Forces Recipe Service in the same way that military personnel do. This service is tailored specifically for the unique environment and requirements of military dining, making it indispensable for those directly serving in the armed forces.

10. What is the purpose of using a brine solution when preparing meat?

A. To tenderize the meat

B. To enhance flavor and moisture retention

C. To add smoky flavor

D. To inhibit bacterial growth

The purpose of using a brine solution when preparing meat is primarily to enhance flavor and moisture retention. When meat is submerged in a brine solution, which typically consists of water, salt, and sometimes sugar and various spices, several beneficial processes occur. The salt in the brine penetrates the meat through osmosis, which helps to increase the moisture content. This absorption of moisture means that when the meat is cooked, it retains more juices, resulting in a more succulent and flavorful product. Additionally, the brine can help to impart its flavors from the herbs and spices to the meat, enriching its overall taste. While tenderization, flavor enhancement, temperature control, and inhibition of bacterial growth are also important aspects in food preparation, the primary focus of a brining process is on improving flavor and moisture retention in the finished product.