

Navy Culinary Specialist (CS) Various Advancement Practice Test (Sample)

Study Guide



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SAMPLE

Questions

- 1. What are the primary ingredients in a pie crust?**
 - A. Flour, sugar, butter, and vanilla**
 - B. Flour, shortening, water, and salt**
 - C. Flour, baking powder, sugar, and water**
 - D. Flour, oil, eggs, and spices**
- 2. Shell eggs must be received at what temperature or less?**
 - A. 40 degrees or less**
 - B. 45 degrees or less**
 - C. 50 degrees or less**
 - D. 55 degrees or less**
- 3. What is the cost code for afloat units?**
 - A. 73160**
 - B. 73170**
 - C. 73180**
 - D. 73190**
- 4. In mechanical dishwashing operations, the fresh hot water sanitizing rinse temperature must not exceed what temperature?**
 - A. 180 degrees Fahrenheit**
 - B. 190 degrees Fahrenheit**
 - C. 194 degrees Fahrenheit**
 - D. 200 degrees Fahrenheit**
- 5. When should cooks wash their hands to maintain food safety?**
 - A. Only after handling raw meat**
 - B. Only before starting to cook**
 - C. Before and after handling food, especially raw products**
 - D. At the end of their shift**

- 6. What is the primary purpose of a food service worksheet?**
- A. To track inventory levels**
 - B. To assist in planning and organizing food service activities**
 - C. To calculate food costs**
 - D. To review customer feedback**
- 7. Fresh fish must have which of the following characteristics?**
- A. Bright red gills, prominent clear eyes, and firm elastic flesh**
 - B. Dull gills, cloudy eyes, and soft flesh**
 - C. Red gills, hazy eyes, and flaky flesh**
 - D. Brown gills, dark eyes, and mushy flesh**
- 8. Which vitamin is pivotal for calcium absorption in the body?**
- A. Vitamin B1**
 - B. Vitamin C**
 - C. Vitamin D**
 - D. Niacin**
- 9. What is a primary goal of menu planning in Navy food service?**
- A. Minimize labor costs**
 - B. Ensure balanced nutrition**
 - C. Maximize variety in meals**
 - D. Focus on high-calorie options**
- 10. What is the objective of meal pricing in Navy food service?**
- A. To beat competitor prices**
 - B. To minimize food waste**
 - C. To ensure sustainability**
 - D. To cover costs and provide value**

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What are the primary ingredients in a pie crust?

- A. Flour, sugar, butter, and vanilla
- B. Flour, shortening, water, and salt**
- C. Flour, baking powder, sugar, and water
- D. Flour, oil, eggs, and spices

The primary ingredients in a traditional pie crust consist of flour, shortening, water, and salt. Flour serves as the base, providing structure and stability to the crust. Shortening, which can be lard or vegetable shortening, is used to create a tender and flaky texture through the process of blending it into the flour, which helps to create layers in the crust as it bakes. Water is added to bind the ingredients together, allowing the dough to hold its shape, while salt enhances the flavor of the crust. This combination is fundamental to achieving the desired consistency and taste for a pie crust, making it the correct selection. The other combinations do not correctly represent traditional pie crust ingredients; for instance, including baking powder or sugar without the correct fat source would not yield the desired texture and functionality for a pie crust.

2. Shell eggs must be received at what temperature or less?

- A. 40 degrees or less
- B. 45 degrees or less**
- C. 50 degrees or less
- D. 55 degrees or less

Shell eggs must be received at 45 degrees Fahrenheit or less to ensure food safety and minimize the risk of bacterial growth, particularly from Salmonella. Keeping shell eggs at this temperature helps to maintain their quality and safety during storage and handling in a culinary environment. Eggs that are stored at temperatures higher than 45 degrees can promote the growth of harmful bacteria, which can lead to foodborne illnesses when consumed. Therefore, food safety standards recommend strict adherence to this temperature guideline when receiving shell eggs in any food service operation, including those operated by Navy Culinary Specialists. It's important for culinary professionals to be aware of these temperature controls not only for shell eggs but for all perishable items to ensure the health and safety of consumers.

3. What is the cost code for afloat units?

- A. 73160
- B. 73170**
- C. 73180
- D. 73190

The cost code for afloat units is 73170. This code is used specifically to track the costs associated with operations and support for units that are deployed at sea. In a naval context, accurate coding is crucial for monitoring and managing expenses, making budgeting and financial accountability more efficient. Each of the other codes represents different categories of costs or specific types of units, which would not be applicable to afloat units. Properly utilizing the correct cost code ensures that financial reporting and audits can be conducted seamlessly, allowing for better resource allocation and planning in naval operations. Understanding these codes is essential for culinary specialists and other personnel involved in budgeting and financial oversight within the Navy.

4. In mechanical dishwashing operations, the fresh hot water sanitizing rinse temperature must not exceed what temperature?

- A. 180 degrees Fahrenheit**
- B. 190 degrees Fahrenheit**
- C. 194 degrees Fahrenheit**
- D. 200 degrees Fahrenheit**

In mechanical dishwashing operations, the fresh hot water sanitizing rinse temperature is critical for effectively sanitizing dishes and utensils. The correct temperature for the rinse should be 194 degrees Fahrenheit. This temperature allows for the effective reduction of bacteria on the surfaces of dishes, ensuring they are safe for use. It's essential to maintain this temperature because water that is too hot can compromise the integrity of certain materials and coatings on kitchenware, potentially causing damage or leaching harmful substances. Additionally, a rinse temperature above the recommended level does not substantially increase the sanitizing effect but can pose safety hazards for workers handling the equipment. Establishing the proper rinse temperature is guided by health and safety regulations, as well as best practices in culinary operations, providing assurance that sanitation standards are met without risking damage to the items being cleaned.

5. When should cooks wash their hands to maintain food safety?

- A. Only after handling raw meat**
- B. Only before starting to cook**
- C. Before and after handling food, especially raw products**
- D. At the end of their shift**

To maintain food safety, cooks should wash their hands before and after handling food, especially raw products. This practice is vital for preventing cross-contamination, which can lead to foodborne illnesses. By washing hands before handling raw meat, vegetables, or any other food items, cooks remove any potential contaminants that may be present on their skin. Additionally, washing hands after handling raw foods, particularly raw meats and seafood, ensures that bacteria and pathogens are not transferred to other food items, utensils, or surfaces, thereby maintaining a safe cooking environment. This comprehensive handwashing practice is a fundamental aspect of food safety protocols in culinary environments, ensuring that both the cook and the food being prepared remain safe from contamination and health hazards.

6. What is the primary purpose of a food service worksheet?

A. To track inventory levels

B. To assist in planning and organizing food service activities

C. To calculate food costs

D. To review customer feedback

The primary purpose of a food service worksheet is to assist in planning and organizing food service activities. This tool provides a structured format for culinary specialists to detail and plan meals, manage schedules, and coordinate different aspects of food service operations. By using a food service worksheet, culinary staff can ensure that they have considered all necessary components such as menu items, quantities, staffing needs, and preparation times, which leads to smoother operations and better service. While tracking inventory levels, calculating food costs, and reviewing customer feedback are important facets of food service management, they serve different specific functions. The food service worksheet focuses on the overall organization and execution of events and meal services, making it an essential tool in the effective planning and management of culinary operations.

7. Fresh fish must have which of the following characteristics?

A. Bright red gills, prominent clear eyes, and firm elastic flesh

B. Dull gills, cloudy eyes, and soft flesh

C. Red gills, hazy eyes, and flaky flesh

D. Brown gills, dark eyes, and mushy flesh

Fresh fish should indeed exhibit bright red gills, prominent clear eyes, and firm elastic flesh. Bright red gills indicate that the fish is fresh and that it has good, oxygen-rich blood, which is a sign of vitality. Clear eyes are another indicator of freshness, as cloudy or dull eyes can suggest that the fish is past its prime and not suitable for consumption. Firm elastic flesh is a crucial quality; when you press the flesh of fresh fish, it should bounce back, indicating that it has been well-preserved and is not too old. These characteristics combined help to ensure that the fish is safe to eat and of high quality, making option A the correct choice.

8. Which vitamin is pivotal for calcium absorption in the body?

- A. Vitamin B1**
- B. Vitamin C**
- C. Vitamin D**
- D. Niacin**

Vitamin D plays a crucial role in calcium absorption in the body. It enhances the intestinal absorption of calcium, allowing for adequate calcium levels necessary for various bodily functions, including bone health. Without sufficient vitamin D, the body may struggle to absorb calcium efficiently, leading to conditions such as rickets in children and osteomalacia or osteoporosis in adults. The other vitamins listed do not directly facilitate calcium absorption. Vitamin B1 (thiamine) is primarily involved in carbohydrate metabolism, while vitamin C is essential for collagen synthesis and acts as an antioxidant. Niacin, a form of vitamin B3, is important for energy production and metabolic processes but does not influence calcium absorption. Therefore, vitamin D is indispensable for maintaining healthy calcium levels in the body.

9. What is a primary goal of menu planning in Navy food service?

- A. Minimize labor costs**
- B. Ensure balanced nutrition**
- C. Maximize variety in meals**
- D. Focus on high-calorie options**

A primary goal of menu planning in Navy food service is to ensure balanced nutrition. This is essential because the health and performance of military personnel directly depend on proper nutrition. Balanced nutrition helps to meet the dietary needs of the service members, providing them with the necessary vitamins, minerals, proteins, carbohydrates, and fats required for physical and mental performance, especially during demanding operational conditions. Ensuring balanced nutrition also aligns with the Navy's commitment to maintaining the readiness and overall well-being of its personnel. A well-planned menu not only caters to individual dietary restrictions and preferences but also adheres to guidelines and standards set by dietary professionals, such as the Dietary Guidelines for Americans and the Military Dietary Reference Intakes. While minimizing labor costs, maximizing variety in meals, and focusing on high-calorie options have their importance, they should not outweigh the primary objective of providing nutritionally adequate meals. A menu that lacks balanced nutrition could lead to deficiencies or health issues among service members, which would ultimately undermine their operational effectiveness.

10. What is the objective of meal pricing in Navy food service?

- A. To beat competitor prices**
- B. To minimize food waste**
- C. To ensure sustainability**
- D. To cover costs and provide value**

The objective of meal pricing in Navy food service is primarily to cover costs and provide value. This means that the pricing structure is designed to ensure that all operational costs associated with food preparation, service, and distribution are met while also offering a fair price to service members. This approach supports the overall mission of providing quality meals at an affordable price for personnel, thus promoting morale and satisfaction among the troops. Covering costs includes expenses such as ingredients, labor, and overhead, which are crucial for the sustainability of Navy food service operations. By setting prices that ensure these costs are addressed, Navy food service can maintain budgetary integrity and continue to provide consistent, nutritious meals. Additionally, providing value reflects the effort to balance quality and affordability, ensuring that service members receive good quality food that is accessible and reasonably priced. This consideration is critical in a military context where personnel may have limited options for meals and where the need for nutritious food is paramount for maintaining readiness and operational effectiveness.