TESDA Barista NC II Institutional Assessment Practice Test (Sample)

Study Guide

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Questions

1. How is brewed coffee prepared?

- **A. By boiling water and adding coffee grounds**
- **B. By pouring hot water onto ground coffee beans**
- **C. By steeping coffee grounds in cold water**
- **D. By blending coffee with milk**

2. What is often a characteristic of commodity grade coffee?

- **A. Strong flavor profile**
- **B. Higher quality beans**
- **C. More defects**
- **D. Single source origin**

3. What is 'tamping' in the context of espresso preparation?

- **A. Adding water to the espresso**
- **B. Compressing the coffee grinds**
- **C. Measuring the coffee beans**
- **D. Grinding the coffee beans**

4. Which type of espresso machine requires the most skill to operate?

- **A. Fully automatic**
- **B. Semi-automatic**
- **C. Manual**
- **D. Digital**

5. What ingredients are necessary to make an Iced Mocha?

- **A. Espresso and Cream**
- **B. Espresso, Chocolate Syrup, and Milk**
- **C. Espresso, Ice, and Milk**
- **D. Espresso and Sugar**

6. What function does a Point-Of-Sales (POS) system serve?

- **A. Handles customer complaints**
- **B. Tracks employee work hours**
- **C. Manages financial transactions and inventory**
- **D. Records coffee brewing parameters**

7. What flavor profile is associated with Excelsa coffee beans?

A. Bold and smoky

B. Tart and fruity

C. Strong and bitter

D. Sweet and smooth

8. Which factor does NOT affect the steaming of milk?

A. Quantity of milk

B. Type of milk

C. Customer's preference

D. Pressure of steaming wand

9. Which coffee bean type is rare and mostly found in Indonesia or the Philippines?

A. Robusta

B. Arabica

C. Liberica

D. Excelsa

10. What should be done to the espresso portafilter before brewing?

A. It should be cleaned and dried

B. It should be pre-warmed

C. It should be filled with coffee

D. It should be calibrated

Answers

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

Explanations

1. How is brewed coffee prepared?

A. By boiling water and adding coffee grounds

B. By pouring hot water onto ground coffee beans

C. By steeping coffee grounds in cold water

D. By blending coffee with milk

Brewed coffee is prepared by pouring hot water onto ground coffee beans, which is a method that allows the water to extract flavors and oils from the coffee grounds effectively. This method ensures that the heat from the water helps in dissolving soluble compounds found in the coffee grounds, resulting in a rich and flavorful brew. The process involves a key interaction where the hot water acts as a solvent, facilitating the extraction of various aromatic compounds, acids, and oils present in the grounds. This technique can be utilized in various brewing methods, such as pour-over, drip brewing, and French press, all of which rely on this principle of water extraction through contact with coffee. In contrast, boiling water and adding coffee grounds can result in over-extraction, leading to a bitter taste, which makes it less desirable as a method for preparing brewed coffee. Steeping coffee grounds in cold water is typically associated with cold brew coffee, which does not produce the same flavor profile as hot brewed coffee. Blending coffee with milk does not represent a brewing method but rather an addition after the coffee has been brewed, altering the drink's texture and flavor but not its fundamental brewing process.

2. What is often a characteristic of commodity grade coffee?

A. Strong flavor profile

B. Higher quality beans

C. More defects

D. Single source origin

Commodity grade coffee is typically characterized by a higher number of defects compared to specialty grades. This classification often includes beans that may not meet specific quality standards, leading to a more variable flavor and less desirable taste characteristics. The presence of defects can result from factors such as improper processing, inferior growing conditions, or a lack of careful harvesting and sorting practices. In contrast, higher quality beans are generally associated with specialty grades, which demand stricter quality control and have distinct flavor profiles. A strong flavor profile is also more characteristic of specialty coffee. Meanwhile, single source origin refers to coffee beans sourced from a specific location known for higher quality and unique flavor profiles, further distinguishing them from commodity grade coffee.

3. What is 'tamping' in the context of espresso preparation?

A. Adding water to the espresso

B. Compressing the coffee grinds

C. Measuring the coffee beans

D. Grinding the coffee beans

Tamping refers specifically to the process of compressing the coffee grounds in the portafilter before brewing espresso. This is a crucial step because the way the coffee is tamped affects the extraction of flavors during the brewing process. Proper tamping creates a uniform and level surface, ensuring that water flows evenly through the coffee grounds. When the tamping pressure is consistent and appropriate, it helps to achieve the ideal extraction time and quality, resulting in a balanced and flavorful espresso. When comparing this with the other choices, adding water to the espresso is a different process that occurs after brewing, while measuring coffee beans is part of the preparation but does not directly relate to the espresso brewing process itself. Grinding coffee beans is also a distinct step that occurs before tamping; it transforms whole beans into fine grinds necessary for making espresso. Tamping is specifically about the compression of those grinds, making option B the only correct description of what tamping entails in espresso preparation.

4. Which type of espresso machine requires the most skill to operate?

A. Fully automatic

B. Semi-automatic

C. Manual

D. Digital

The manual espresso machine is widely recognized as the type that requires the most skill to operate. This is because it offers the barista complete control over every stage of the espresso-making process, including grinding the coffee, tamping it, controlling the water temperature, and managing the extraction time. Each of these steps demands a deep understanding of coffee, precision, and attentiveness to achieve the perfect shot of espresso. Operators of manual machines must be skilled in adjusting variables according to the specific coffee beans being used, the grind size, and even the humidity and temperature of their environment—factors that can significantly influence espresso quality. This level of hands-on engagement fosters a greater connection to the craft of espresso-making and ensures that the barista's skill and judgment are fundamental to the final product. In contrast, fully automatic machines simplify much of the process, often involving preset functions that require less technical know-how. Semi-automatic machines allow for some manual control, but they still incorporate elements that assist the user, making them more accessible than manual machines. Digital machines incorporate technological advancements, often automating parameters to ensure consistency, which further reduces the need for advanced skills.

5. What ingredients are necessary to make an Iced Mocha?

A. Espresso and Cream

B. Espresso, Chocolate Syrup, and Milk

C. Espresso, Ice, and Milk

D. Espresso and Sugar

To make an Iced Mocha, the essential ingredients are espresso, chocolate syrup, and milk. This combination creates the signature flavor profile of a mocha by blending the rich, bold taste of espresso with the sweetness and depth of chocolate syrup. Adding milk provides a creamy texture that balances the drink, making it smooth and enjoyable when served over ice. While espresso and cream, espresso and ice, or espresso and sugar may contribute to other beverages, they do not encompass the unique characteristics of an Iced Mocha. Cream alone does not add the chocolate flavor, ice is usually part of the serving method rather than an ingredient for flavor, and sugar can enhance sweetness but does not provide the essential chocolate component that defines the mocha drink.

6. What function does a Point-Of-Sales (POS) system serve?

A. Handles customer complaints

B. Tracks employee work hours

C. Manages financial transactions and inventory

D. Records coffee brewing parameters

A Point-Of-Sales (POS) system primarily serves the function of managing financial transactions and inventory within a business environment, especially in the food and beverage industry. The POS system is crucial for processing sales by capturing payment details, calculating totals, and issuing receipts. Furthermore, it helps in tracking inventory levels by recording the sale of items, automatically updating stock counts, and providing valuable sales data that can help in managing inventory effectively. This functionality streamlines operations and promotes accuracy in transactions, reducing the likelihood of errors that can occur with manual record-keeping. By integrating financial processes with inventory management, a POS system assists businesses in maintaining optimal stock levels and enables better financial forecasting and reporting. While the other options relate to various aspects of business operations, they fall outside the core functions of a POS system. For instance, handling customer complaints is more aligned with customer service roles, tracking employee work hours pertains to human resources management, and recording coffee brewing parameters is typically associated with operational processes rather than point-of-sale activities. Therefore, the comprehensive capabilities of a POS system in managing financial transactions and inventory make it a vital tool for businesses, particularly in the hospitality industry.

7. What flavor profile is associated with Excelsa coffee beans?

A. Bold and smoky

B. Tart and fruity

C. Strong and bitter

D. Sweet and smooth

Excelsa coffee beans are renowned for their unique flavor profile that embodies tart and fruity characteristics. This particular variety of coffee often carries notes reminiscent of dark fruits and has a distinct acidity that adds a refreshing quality to the flavor. These tart and fruity flavors can elevate the overall tasting experience, making Excelsa beans stand out among other varieties. The distinctiveness of Excelsa comes from its growing conditions and the specific processing methods used, which emphasize these flavor traits. As a result, coffee enthusiasts often appreciate Excelsa for its complexity and the vibrant taste it brings to coffee blends. In contrast, the other flavor profiles mentioned do not align with what is generally observed in Excelsa coffee beans. Bold and smoky flavors might suggest darker roast profiles often found in other beans, while strong and bitter flavors are more representative of over-extracted or poorly produced coffees. Sweet and smooth would denote a creamier, dessert-like flavor that is not characteristic of Excelsa, which leans more towards a sharp acidity and vibrant fruitiness.

8. Which factor does NOT affect the steaming of milk?

A. Quantity of milk

B. Type of milk

C. Customer's preference

D. Pressure of steaming wand

The correct answer is the customer's preference because it does not directly influence the physical process of steaming milk. Steaming milk involves creating a specific texture and temperature through the application of heat and pressure. This process is governed by the other factors listed: the quantity of milk, which affects how much steam is needed; the type of milk, as different milks have varying fat content and protein structures that impact how they froth; and the pressure of the steaming wand, which determines the effectiveness of the steaming process. Therefore, the customer's preference, while important for serving the right beverage, does not have a direct impact on the technical aspect of steaming the milk.

9. Which coffee bean type is rare and mostly found in Indonesia or the Philippines?

A. Robusta

B. Arabica

C. Liberica

D. Excelsa

Liberica coffee beans are indeed known for their rarity and unique characteristics, primarily found in specific regions such as Indonesia and the Philippines. These beans are distinct due to their larger size, irregular shape, and unique flavor profile that often features fruity and floral notes. The growing conditions in these countries, including their tropical climate and specific altitude requirements, contribute to the limited availability of Liberica beans compared to more widely cultivated varieties like Arabica and Robusta. While Arabica and Robusta beans are more commonly grown and commercially available worldwide, Liberica stands out for its particular taste and aroma that appeals to a niche market. Excelsa, although also part of the coffee bean family and found in certain regions, is typically grown in smaller quantities and is less rare than Liberica. This unique standing of Liberica in the coffee industry makes it a significant and sought-after variety among coffee connoisseurs.

10. What should be done to the espresso portafilter before brewing?

A. It should be cleaned and dried

B. It should be pre-warmed

C. It should be filled with coffee

D. It should be calibrated

Before brewing espresso, pre-warming the espresso portafilter is essential for several reasons. When the portafilter is warm, it helps to maintain the temperature of the espresso for a more stable extraction process. This is important because temperature fluctuations can significantly affect the flavor profile and quality of the espresso. A warmer portafilter reduces the risk of cooling the freshly brewed coffee, which can lead to a less vibrant and less complex taste. Using a pre-warmed portafilter also improves the overall consistency of the espresso shot. This consistency is crucial for achieving a balanced extraction, where the flavors are well-represented and the espresso has the desired crema on top. In contrast, cleaning and drying the portafilter is necessary for hygiene and maintenance, but it does not specifically address the temperature aspect. Filling the portafilter with coffee is a subsequent step in the brewing process rather than a preparatory action. Calibration is related to ensuring your equipment is set up accurately but does not pertain directly to the preparation of the portafilter before brewing. Hence, pre-warming is the critical step for optimal espresso extraction.