

Overview

The ACFEF Certificate of Pastry Essentials demonstrates a student's proficiency in industry-standard competencies in the areas of baking and pastry fundamentals, food safety/sanitation, culinary nutrition and foodservice management and aligns with ACF's Certified Fundamental Pastry Cook certification. Upon successfully passing the Certificate of Culinary Essentials exam, the student is eligible to attempt the ACF Certified Fundamental Pastry Cook® (CFPC®) practical exam.

Eligibility

Candidate must supply documentation verifying completion of:

- 30 hours in safety and sanitation, culinary nutrition, introduction to foodservice

OR

- Three full semesters of education from a secondary or post-secondary culinary program to include in the curriculum: safety and sanitation, culinary nutrition and introduction to foodservice with minimum grade of C or better

OR

- ACF 300 Hour Training Program

Exam Outline

The exam is designed to assess the knowledge of the applicant in alignment with the ACF Certified Fundamental Pastry Cook® (CFPC®) certification. Written by industry recognized subject matter experts, the content of the exam covers safety and sanitation, culinary nutrition, food service industry and food preparation concepts.

The exam consists of 100 questions, with approximately 50 questions in baking/pastry fundamentals, 35 questions in safety and sanitation, 15 questions in foodservice concepts and 15 questions in culinary nutrition, to be completed within 120 minutes.

Applicant must pass the exam with 75 percent to earn the Certificate of Pastry Essentials.

Price

ACF members/partners	\$35
Non-members	\$45

Proctor Requirements

Proctor must be a "disinterested third party" with no direct family relationship to the applicant.

Duties:

- Confirm the applicant's identity by using a photo identification such as a driver's license

ACFEF Certificate of Baking/Pastry Essentials Reference Guide

- Ensure the applicant does not receive any outside assistance while taking the exam. This includes course materials, help from other persons, prepared notes, and access to other websites. Cell phones must be checked and turned completely off. The student may use a non-programmable calculator.
- Remain in the presence of the applicant from the time the applicant starts the exam to the time he or she finishes, or until the end of the maximum time allowed for the test, whichever comes first.

Process:

1. Applicant will verify eligibility by completing form and uploading documents at: <https://www.surveymonkey.com/r/8X7YSBH>
2. Applicant will purchase exam in ACF Online Learning Center – www.acfchefs.org/LEARN
3. ACF professional development team will release the exam.
4. Applicant has the opportunity to purchase additional attempts through the ACF Online Learning Center should they not pass the first time.
5. Upon passing the exam, applicant will earn the ACFEF Certificate of Baking/Pastry Essentials, available to print or download from the Learning Center, completed tab, in the ACF Online Learning Center.

Instructors

If you are a culinary instructor interested in using the exam and certificate for your students, please contact the ACF professional development team at educate@acfchefs.net or (800) 624-9458.

Next steps

Within one year of receipt of this certificate, the applicant can contact the ACF national office for assistance with scheduling their practical exam for the ACF Certified Fundamental Pastry Cook (CFPC) certification.

Recommended Reference Materials

- Culinary Review Quiz, ACF Online Learning Center, www.acfchefs.org/LEARN
- Culinary Nutrition, 30 hour, ACF Online Learning Center, www.acfchefs.org/LEARN
- Safety and Sanitation, 30 hour, ACF Online Learning Center, www.acfchefs.org/LEARN
- Introduction to Foodservice, 30 hour, ACF Online Learning Center, www.acfchefs.org/LEARN
- ACF 300 Hour Training Program, www.acfchefs.org/LEARN
- Nutrition for Foodservice and Culinary Professionals, 9th edition, Drummond, B. and Breferre, L., John, published by Wiley & Sons, Inc.
- ServSafe Coursebook, 7th edition, National Restaurant Association, published by Prentice Hall.
- On Baking, 4th Edition, 2020, Labensky, Martel, Van Damme, published by Pearson.

Required Competencies

Sanitation and Safety

- Identify major contaminants related to foodborne illness.
- Describe microorganisms including requirements for growth and prevention methods.
- Demonstrate acceptable procedures when preparing potentially hazardous foods to include time/temperature principles.
- Demonstrate good personal hygiene and health habits to include handwashing.
- Understand the requirements for proper receiving and storage of both raw and prepared foods.
- Identify the Hazard Analysis Critical Control Point (HAACP) during all food handling processes as a method for minimizing the risk of foodborne illness.
- Review Material Safety Data Sheets (MSDS) and explain their requirements in handling hazardous materials.
- Demonstrate appropriate emergency policies for kitchen and dining room injuries.
- Discuss appropriate measures for insects, rodents and pest control eradication.
- Describe appropriate types and use of fire extinguishers used in the foodservice area.
- Review and apply the laws and rules of the regulatory agencies governing sanitation and safety in a foodservice operation.

Nutrition

- Identify and discuss dietary guidelines and recommended dietary allowances based on current USDA Food Guideline principles and food groups.
- Describe primary characteristics, functions and major food sources of major nutrients.
- List the primary characteristics, functions and sources of vitamins, water and minerals.
- Interpret food labels in terms of the portion size, ingredients and nutritional value.
- Identify common food allergies and determine appropriate substitutions. (i.e. gluten, sugar, lactose free)
- Evaluate and analyze recipes and menus using dietary guideline recommendations, food guides and food labels.
- Discuss contemporary nutritional issues to include specialty diets, dietary trends, and religious dietary laws (i.e. vegetarianism, heart-healthy menus, food allergies, alternative dieting, vegetarian, etc.)
- Discuss and demonstrate cooking techniques that apply sound nutritional principles and current industry trends.

Introduction to Food Service

- Define the philosophy of the hospitality industry and its role in providing customer service.
- Trace the growth and development of the hospitality and tourism industry from its birth to its present day. Include names of restaurateurs, chefs, and hospitality entrepreneurs that helped to shape the industry in the past and present day.
- Discuss and evaluate the importance of professional ethics as it applies to the foodservice industry.

- Outline the organization, structure and functional areas in various hospitality organizations as they pertain to the functions of menu planning, purchasing, food production and service, food and beverage controls, management, etc.
- Identify and describe professional organizations associated with the hospitality and foodservice profession, and discuss these organizations role in preparing and advancing ones career in the industry.
- Discuss industry trends as they relate to the various segments of the foodservice and hospitality industry.

Baking and Pastry Fundamentals

- Discuss proper kitchen safety including knife care and usage.
- Identify tools and equipment used in a bakeshop.
- Discuss the types of sugars and the effect of caramelization and crystallization.
- Discuss recipe conversions.
- Identify the baking properties of fats and oils in baked goods.
- Describe the cooking principles for creams and custards.
- Describe the mixing, rolling, dropping and piping methods of cookie variations.
- Discuss the technique of chemically leavened and yeast leavened products.
- Describe how to purchase, store and use chocolate.
- Define the various types of pies and tarts and the explain the process of making different types of pie crusts to include mixing methods.
- Describe the variety of cake types and the mixing methods used to produce them.

Sample Questions:

1. Whole-wheat flour contains which of these three parts of the wheat kernel?
 - a. Gluten, pectin, and starch
 - b. Bran, endosperm and germ
 - c. germ, seed, and gluten
 - d. starch, protein, and baking powder

2. What is the main ingredient in Meringue?
 - a. yolks
 - b. cream
 - c. gelatin
 - d. egg whites

3. How many cups are in a pint?
 - a. 2
 - b. 4
 - c. 6
 - d. 8

4. What gives brown sugar its color and flavor?
 - a. food coloring
 - b. molasses
 - c. honey
 - d. vanilla extract

5. which of the following pastry to product combinations is correct?
 - a. puff pastry - eclairs
 - b. puff pastry – phyllo
 - c. choux paste - cream puffs
 - d. croissant dough – crackers

6. A rotating elevated plate used to facilitate the frosting process is a _____.
 - a. acetate
 - b. turntable
 - c. bundt pan
 - d. offset spatula

7. Brownies are an example of what type of cookie?
 - a. bar
 - b. drop
 - c. molded
 - d. piped

8. What condition is caused by overmixing and produces elongated holes in muffins?
 - a. Tunneling
 - b. Tubing
 - c. Aeration

9. What yeast dough category is one that is low in fat and sugar?
 - a. rich dough
 - b. lean dough
 - c. roll-in dough
 - d. reactive dough

- 10 What thickening agent is a water-soluble protein extracted from animal connective tissue?
 - a. agar-agar
 - b. pectin
 - c. gelatin
 - d. gluten

Answer Key

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