



## **AMERICAN CULINARY FEDERATION**

Certified Fundamental Pastry Cook (CFPC) Credential Information

2024 National Leadership Conference

**Description:**

American Culinary Federation (ACF) certification is the only culinary program with stackable credentials and is recognized throughout the industry and by the Department of Labor. ACF certifications validate knowledge, skills, and experience in industry-relevant competencies and are earned based on education, experience, and successful completion of both a written and practical exam. The ACF Certified Fundamental Cook and Certified Fundamental Pastry Cook credentials are the first steps on a ladder of certifications and do not require any work experience.

**Eligibility Requirements:**

- High school diploma/GED

OR

- Enrolled in a culinary course(s) covering a minimum of 75 hours in basic food prep, safety and sanitation, culinary nutrition, and foodservice management.

**Exam Information**

Candidates will complete the ACF Certificate of Baking/Pastry Essentials exam as the exam requirement for this credential. The ACF Certificate of Baking/Pastry Essentials exam covers safety and sanitation, culinary nutrition, fundamental concepts of the

baking/pastry arts, and foodservice industry concepts.

The exam consists of 100 questions, with approximately 50 questions on baking/pastry fundamentals, 35 questions in safety and sanitation, 15 questions in foodservice concepts, and 15 questions on culinary nutrition, to be completed within 120 minutes. The exam is completed on the ACF Online Learning Center and proctored by a locally-identified administrator. Proctor to candidate ratio is 1:30.

Applicant must pass the exam with 75 percent to earn the Certificate of Baking/Pastry Essentials and satisfy the exam requirement for the ACF Certified Fundamental Cook credential.

**Performance Assessment Information:**

Candidates will demonstrate their baking/pastry skills in the performance assessment and must prepare pate a choux, one dozen chocolate chip cookies utilizing the drop method, blueberry muffins using the muffin method; slice, ice and decorate a pre-made cake within four hours. Substitute ingredients may be used as long as the candidate demonstrates the required skills competencies.

Candidates will be evaluated by a culinary professional (preferably ACF-certified) identified by the host location with a minimum of three years of industry experience within the last five years. Evaluator to candidate ratio is 1:3.

**Price:**

The price to take the Certified Fundamental Pastry Cook (CFPC) examination as part of the National Leadership Conference is \$35 per individual. This price includes certification and exam processing fees, as well as access to one practice written exam on the ACF Online Learning Center.

## **Exam Proctor Requirements:**

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

- Confirm the applicant's identity by using a photo identification such as a driver's license.
- 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 the applicant finishes, or until the end of the maximum time allowed for the exam, whichever comes first.

## **Performance Facility Requirements**

The facility will provide ample space for the candidate to successfully complete the performance assessment to include refrigeration, work area, sinks, ranges, and oven space. Each station must be provided with a basic set of cutting boards, pots, pans, and hand tools. Credential candidates are required to bring their own ingredients; however, a facility may choose to provide ingredients. The facility administrator will provide the candidates with a list of available equipment and food.

## **Required Knowledge 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 one's 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 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.

## **Required Skills Competencies**

**(Takes place during the National Leadership Conference)**

- Demonstrate good personal hygiene and health habits.
- Demonstrate acceptable procedures when preparing potentially hazardous foods to include time/temperature principles.
- Demonstrate proficiency in handling and using ingredients, tools, and equipment.
- Demonstrate proper execution of cookies utilizing the drop method, to include scaling ingredients.
- Demonstrate proper execution of mixing and baking a quick bread utilizing the muffin method.
- Demonstrate proper execution of pate a choux to include scaling ingredients, cooking paste, mixing ingredients, piping with pastry, and baking to correct doneness.
- Demonstrate proper execution of an iced and decorated cake, sliced in half, decorated with writing, borders, leaves, and a flower using a pre-made cake and pre-made buttercream icing.
- Demonstrate effective techniques in presenting food that maximizes the flavor of the products used.

### **Next Steps:**

Purchase the ACF Exam (\$35) when registering for the National Leadership Conference.