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**Americal Culinary Foundation (ACF)**

**ACF-CEC**

*ACF Certified Executive Chef - 202*

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**Question: 1297**

A Certified Executive Chef at a pub evaluates a line cook scoring 75% on accuracy but 60% on speed, slowing 150-cover dinners. What improves this in 2 months?

- A. Set a 8-week plan with daily speed drills and weekly feedback
- B. Reduce the cook's prep load by 20% until speed hits 75%
- C. Pair the cook with a fast peer for 4 weeks, then reassess
- D. Require a 10-hour speed course and review next quarter

Answer: A

Explanation: Drills with feedback target speed systematically, building efficiency within 2 months while maintaining accuracy. Load cuts avoid growth, pairing lacks structure, and courses delay impact, whereas this drives measurable improvement.

**Question: 1298**

Which of the following is a common source of foodborne illness caused by the bacterium *Campylobacter*, often found in poultry and unpasteurized milk?

- A. Contaminated water
- B. Raw or undercooked chicken
- C. Improperly cooked seafood
- D. Undercooked pork

Answer: B

Explanation: *Campylobacter* is commonly found in raw or undercooked chicken and unpasteurized milk, and is a leading cause of foodborne illness worldwide.

**Question: 1299**

A Certified Executive Chef at a fine dining restaurant analyzes the profitability and popularity of a 10-item dinner menu over a 3-month period with total sales of \$150,000 and 5,000 covers. The signature filet mignon sells 1,200 units at \$40 each (cost \$12), while the roasted chicken sells 800 units at \$28 each (cost \$8). Using menu engineering principles, how should the chef classify these two dishes?

- A. Filet mignon: Dog; Chicken: Puzzle
- B. Filet mignon: Puzzle; Chicken: Dog
- C. Filet mignon: Plowhorse; Chicken: Star
- D. Filet mignon: Star; Chicken: Plowhorse

Answer: D

Explanation: Filet mignon: Sales =  $1,200 \times \$40 = \$48,000$  (32% of \$150,000), contribution margin =  $\$40 - \$12 = \$28$ , popularity =  $1,200 / 5,000 = 24\%$  (above average of 10% per item). High profit, high popularity = Star. Chicken: Sales =  $800 \times \$28 = \$22,400$  (14.9%), margin =  $\$28 - \$8 = \$20$ , popularity =  $800 / 5,000 = 16\%$  (above average). High popularity, moderate profit = Plowhorse.

**Question: 1300**

In a dietary clinic, a chef prepares a meal for a client needing 8 mg of zinc daily, using 200 g of oysters (15 mg zinc/100 g), 150 g of beef (5 mg zinc/100 g), and 100 g of pumpkin seeds (7 mg zinc/100 g). The meal must supply 75% of the daily need. Which adjustment ensures this?

- A. Reduce oysters to 100 g
- B. Increase pumpkin seeds to 150 g
- C. Increase beef to 200 g
- D. Add 50 g of chickpeas (0.75 mg/50 g)

Answer: B

Explanation: Oysters at 200 g (30 mg), beef at 150 g (7.5 mg), and pumpkin seeds at 100 g (7 mg) total 44.5 mg, exceeding 75% (6 mg) of 8 mg. Increasing pumpkin seeds to 150 g (10.5 mg) raises it to 48 mg, ensuring zinc.

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**Question: 1301**

A 3 kg chicken is brined in a 10% salt solution (by weight) using 6 kg of water. If 20% of the solution is absorbed, what is the salt absorbed by the chicken?

- A. 150 grams
- B. 120 grams
- C. 100 grams
- D. 130 grams

Answer: B

Explanation: Salt =  $0.10 \times 6,000 = 600$  g. Absorbed solution =  $6,000 \times 0.20 = 1,200$  g. Salt absorbed =  $600 / 6,000 \times 1,200 = 120$  g.

**Question: 1302**

A chef is enhancing a lentil soup with 300 g of lentils (umami), 10 g of salt, and 5 g of cumin (bitter). To add a sour and herbaceous note, which ingredient should be added at 15 ml?

- A. Fresh thyme

- B. Ground cloves
- C. Soy sauce
- D. Lime juice

Answer: D

Explanation: Lime juice provides a bright sourness and subtle herbaceous quality, balancing the lentils' umami and cumin's bitterness. This lifts the soup's flavor without adding unnecessary saltiness.

**Question: 1303**

During a dinner service, a chef prepares 25 kg of turkey cooked to 165°F (74°C) on a grill cleaned weekly, held at 140°F (60°C). A *Clostridium perfringens* outbreak occurs. Which ServSafe cleaning schedule adjustment would have prevented this?

- A. Cook turkey to 175°F (79°C)
- B. Clean grill every 4 hours
- C. Hold at 135°F (57°C)
- D. Wash grill with soap daily

Answer: B

Explanation: Cleaning the grill every 4 hours prevents *Clostridium perfringens* buildup, which can survive cooking and grow on surfaces, adhering to ServSafe sanitation standards.

**Question: 1304**

A Certified Executive Chef at a pub analyzes a 12-item menu with weekly sales of \$40,000 and 2,000 covers. The burger sells 500 units at \$16 each (cost \$5), and the onion soup sells 150 units at \$10 each (cost \$3). What's the best action?

- A. Classify burger as Plowhorse, soup as Puzzle; feature burger, reprice soup
- B. Classify burger as Star, soup as Dog; promote burger, eliminate soup
- C. Classify burger as Puzzle, soup as Plowhorse; tweak burger cost
- D. Classify burger as Dog, soup as Star; reposition both

Answer: B

Explanation: Burger: Sales =  $500 \times \$16 = \$8,000$  (20%), margin =  $\$16 - \$5 = \$11$ , popularity =  $500 / 2,000 = 25\%$  (above 8.33%) = Star. Soup: Sales =  $150 \times \$10 = \$1,500$  (3.75%), margin =  $\$10 - \$3 = \$7$ , popularity =  $150 / 2,000 = 7.5\%$  (below average) = Dog. Promote burger, cut soup.

**Question: 1305**

A chef is tasked with preparing a sauce for a braised beef dish during a fine-dining service, starting with 500 ml of brown stock reduced to 200 ml over medium heat, then incorporating 50 g of mirepoix

browned in 20 g of butter, and finishing with 30 ml of red wine. The goal is a rich, glossy sauce with deep flavor derived from a classic mother sauce. Which mother sauce serves as the foundation for this preparation?

- A. Velouté
- B. Béchamel
- C. Hollandaise
- D. Espagnole

Answer: D

Explanation: The use of brown stock, reduced with browned mirepoix and red wine, indicates a sauce built on espagnole, a mother sauce made from brown stock thickened with a roux and enriched with aromatics, ideal for robust meat dishes.

**Question: 1306**

In inventory management, what is the purpose of using the FIFO (First In, First Out) method, and how does it contribute to food safety?

- A. To maximize profit margins regardless of product age
- B. To allow for arbitrary stock rotation based on preference
- C. To simplify the ordering process
- D. To ensure that older products are used before newer ones, minimizing spoilage and waste

Answer: D

Explanation: The FIFO method ensures that older products are used before newer ones, minimizing spoilage and waste, which is crucial for maintaining food safety and quality in the kitchen.

**Question: 1307**

Which of the following practices is essential for ensuring compliance with industry-recognized food safety protocols, particularly in a commercial kitchen environment?

- A. Allowing food to cool at room temperature
- B. Relying on visual inspection for food freshness
- C. Regularly monitoring food temperatures using calibrated thermometers
- D. Using the same utensils for all food types

Answer: C

Explanation: Regularly monitoring food temperatures with calibrated thermometers is essential for compliance with food safety protocols, ensuring that food is cooked and held at safe temperatures to prevent foodborne illnesses.

**Question: 1308**

Which of the following factors should be considered when determining the ideal yield percentage for a meat dish after trimming?

- A. The cooking method used
- B. The weight of the meat before cooking
- C. The weight of the bones and fat removed during preparation
- D. The number of servings planned

Answer: C

Explanation: The weight of the bones and fat removed during preparation is a crucial factor in determining the ideal yield percentage for a meat dish after trimming, impacting the usable portion.

**Question: 1309**

In managing a diverse kitchen team, which of the following strategies is most effective for promoting inclusivity and respect among staff?

- A. Celebrating diversity through team events and discussions
- B. Ignoring cultural differences
- C. Enforcing a uniform approach to all staff
- D. Limiting communication to formal channels

Answer: A

Explanation: Celebrating diversity through team events and discussions promotes inclusivity and respect among staff, enhancing collaboration and morale within the kitchen.

**Question: 1310**

A chef is enhancing a salad dressing with 40 ml of olive oil, 15 ml of lemon juice (sour), and 5 g of honey (sweet). To add an umami and aromatic note, which ingredient should be added at 3 g?

- A. Anchovy paste
- B. Ground cinnamon
- C. Fresh mint
- D. Orange zest

Answer: A

Explanation: Anchovy paste provides a rich umami flavor and subtle aromatic depth, balancing the lemon's sourness and honey's sweetness. This elevates the dressing with a savory complexity.

**Question: 1311**

What should be the primary focus when establishing a food cost budget for a new menu item in order to maximize profitability?

- A. The popularity of the item
- B. The aesthetics of the presentation
- C. The time it takes to prepare the dish
- D. The cost of ingredients and preparation

Answer: D

Explanation: The cost of ingredients and preparation should be the primary focus when establishing a food cost budget, as it directly influences the food cost percentage and overall profitability of the menu item.

**Question: 1312**

When preparing food, which of the following personal hygiene practices is critical for preventing the spread of pathogens, particularly among food handlers?

- A. Wearing jewelry while cooking
- B. Using clean, appropriate uniforms
- C. Keeping hair loose and uncovered
- D. Applying hand lotion before cooking

Answer: B

Explanation: Using clean, appropriate uniforms is critical for preventing the spread of pathogens, as it minimizes the risk of contamination from clothing.

**Question: 1313**

When managing beverage inventory, which of the following strategies is most effective for minimizing losses and maximizing profitability?

- A. Relying solely on staff to track inventory
- B. Ignoring discrepancies in inventory records
- C. Ordering based on past sales without considering current trends
- D. Implementing a regular inventory count and using software for tracking

Answer: D

Explanation: Implementing a regular inventory count and using software for tracking helps minimize losses and maximize profitability by providing accurate data for decision-making.

**Question: 1314**

Which of the following statements regarding caloric content is most accurate when calculating portion sizes for a recipe?

- A. Portion sizes should be based solely on visual appeal
- B. Only the main protein source contributes to total calories
- C. All ingredients must be accounted for in caloric calculations
- D. Caloric content can be ignored if the dish is labeled healthy

Answer: C

Explanation: All ingredients must be accounted for in caloric calculations to accurately determine the total caloric content of a recipe and ensure portion sizes meet dietary needs.

**Question: 1315**

When evaluating the profitability of a wine list, which of the following metrics is most useful for assessing the financial performance of individual wines?

- A. Total number of bottles sold
- B. Brand recognition of the wines offered
- C. Customer reviews of each wine
- D. Contribution margin per bottle sold

Answer: D

Explanation: The contribution margin per bottle sold is the most useful metric for assessing the financial performance of individual wines, providing insights into profitability.

**Question: 1316**

When preparing a sauce that requires emulsification, such as a vinaigrette, which of the following techniques is essential for achieving a stable mixture?

- A. Gradually incorporating oil while whisking continuously
- B. Adding the oil all at once
- C. Whisking vigorously without adding oil
- D. Using a blender to combine all ingredients

Answer: A

Explanation: Gradually incorporating oil while whisking helps create a stable emulsion by allowing the oil to disperse evenly throughout the mixture.

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