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**Advancement Study Guide
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Thank you for showing interest into your personal and professional advancement. Hopefully, the material you receive from the Pearl Harbor Navy Food Management Team will improve your chances for advancement. Following, we have compiled several questions from various references applicable to your advancement exam. Most questions derive from NAVSUP Publication-486, revision 1998. Find the time to go through these questions and research the applicable documents. Application upon your part will greatly influence your advancement and future capability.

(1) MS ADVANCEMENT - GENERAL QUESTIONS

Reference: NAVSUP P-486, Volume 1., revision November 1998

1. The ship must notify navsup how many days prior to establishing a general mess afloat ?
2. The activity must notify navsup how many days prior to establishing a general mess ashore ?
3. Who approves the meal hours ?
4. Who assigns the mess deck master at arms ?
5. How long is the recommended tour of duty for the mess deck master at arms?
6. The _____ representative will assist the food service officer in establishing and maintaining a food handler's training program.
7. How often will the medical rep. inspect the food service spaces?
8. Temperatures of bulk refrigerated spaces will be taken at least _____ daily.
9. Group I. locks consist of _____.
10. Group II. locks consist of what spaces?
11. Group III. locks consist of _____.
12. Group IV. consist of what activities?
13. The password in FSM can contain up to ___ characters.
14. USNR (TAR) enlisted are required to have a certification. True or False
15. A supplemental ration allowance is authorized for small ships feeding _____ 149 or less, and this can be found in what publication?
16. The basic food charges and surcharge rates are prescribed by who?
17. Where are the basic charges and surcharge rates published?
18. Who assigns the control officer for handling the security of the dd form 1544?

19. When is the heading of the cash meal payment sheet will be filled out?
20. The cashier will ensure individuals paying cash for meals will _____ the 1544.
21. If more than one date is used on one 1544 a _____ line will be drawn to separate the days.
22. Overages and shortages are entered on line 5 of the 1357 if in excess of _____ dollars.
23. On the NAVSUP Form 1046 the FSO will enter what info in the name block for the patron?
24. The payment for meals on a credit basis will be paid no later than _____ days following the month they were sold.
25. DD Form 1544 serial and sheet numbers will be inserted next to the _____ signature in the NAVSUP 470.
26. What colors are the NAVSUP 1105 available in?
27. There is room for how many total people to sign the NAVSUP Form 1291?
28. Who is accountable for the general mess operations?
29. What is column 7 of the NAVSUP 338?
30. What is the ration credit % taken for breakfast?
31. What is the maximum amount of officers that can fit on the left hand side of 1 NAVSUP 1046?
32. The variation of ration credits due to daily rounding between the monthly 1292 and the 338 will not exceed (plus or minus) _____ credits per month?
33. Who will appoint personnel to an audit board to review the records of the general mess?
34. The audit board will select a random sample of _____ meal pass numbers from the NAVSUP 1291 sheets?
35. How often will the food service officer prepare a 1292 summary?
36. May a navsup form 1292 be used to document number of persons fed in mass feeding?
37. When the ship is leaving port do you take full ration credit?
38. Percent of ration credit for night meals is determined by what?
39. Who recommends personnel for advancement?
40. What directive would you use to find the sale of meals and surcharge rates?
41. Using regular feeding what percentage of a ration is received for breakfast?

42. Who authorizes the sale of meals on a credit basis?
43. What does (BDFA) stand for?
44. Supplemental allowances are used for submarines and commands that feed less than _____ rations per day.
45. What 2 holidays are authorized a special food allowance?
46. The first ___ days of operation a new mess is authorized a special food allowance?
47. Claiming ration credit for midrats is authorized. true or false
48. Who authorizes the issuing of general mess food items for picnic events?
49. If the food service officer is being reimbursed funds for coffee issue what price is to be used?
50. How many food packets make up one case of abandon ship packets?
51. Drinking water will be charged to the ship's _____?
52. Will the ship carry composite survival food packets on their food service accounts?
53. A box of 12 MRE's will be priced equal to _____ times the applical BDFA.
54. What is the name of the NAVSUP P-580?
55. How often is the navy food service (NAVSUP P-476) published?
56. 476's should be kept on file for ashore activities for how long?
57. Who issues instructions which set food sevice safety precaustions, sanitary regulations, and equipment operating instructions?
58. When completing the general mess menu (NAVSUP Form 1080) do not include _____.
59. Who certifies the allowed block on the NAVSUP Form 1359?
60. Who takes precautions to prevent contamination, ensures careful inspection of all food prior to preparation & serving?
61. This person is responsible for food borne infection resulting from improper or careless preparation, serving, or storage.
62. All general messes except those with _____ mess specialist are required to use the (NAVSUP Form 1090).
63. Who monitors and records chill and freeze storage areas?

64. How many signatures are required on the 1090 on a relieving day?
65. Who is overall responsible for the administration of the general mess?
66. The variation of ration credits due to daily rounding between the monthly NAVSUP 1292 and the NAVSUP 338 will not exceed (plus or minus) _____ credits per month?
67. Actual prepared on the 1090 is 150 portions of lasagna there was 30 portions leftover and the actual fed was 300, you predicted 310 and were allowed 444 what is your acceptability factor?
68. Who's responsibility is it to ensure food is prepared and served as close to serving time as possible?
69. If a patron leaves their name and contact location on the 1343 how long does the food service officer have to reply?
70. Reports directly to leading mess on all matters related to financial management?
71. Who samples all food, takes charge and directs all personnel in the galley watch section?
72. Whose responsibility is it to ensure that items delivered to navy activities derives from approved sources?
73. Poultry carcass meat, which is free of newcastle disease, is allowed entry only from what country?
74. How many digits are in a national stock number?
75. Service designator for pacific fleet operating units is _____.
76. Recommended internal temperature is _____ degrees f, and will not exceed _____ degrees F.
77. On the 1155 block 8, delivery F.O.B, what does the abbreviation F.O.B. stand for?
78. The cost code in block 17 of the 1155 the numbers 73110 represent what type of command?
79. Chicken wings in a box labeled chicken breast are considered _____ unsatisfactory food items.
80. The noun name for a Standard Form 364 is _____?
81. Request for results of tests is DD Form _____.
82. Reporting of nonhazardous food items received from commercial sources is conducted using what form?
83. When an invoice is received from a navy source containing an error of _____ or more, a corrected invoice will be requested from the issuing activity.

84. What is the first entry on the receipt side of the 367 that is recorded on the first day of the new accounting period?
85. Keeping times of semi-perishable food items will be reduced by what amount if storage temperatures are maintained at 90 degrees F.
86. Keeping times of semi-perishable food items will be increased by what amount if storage temperatures are maintained at 40 degrees F.
87. A DD Form 200 will be prepared immediately if there is a loss in shipment or shortage in excess of _____ per line item.
88. The 1334 will be used if physical deterioration does not exceed _____ per line item.
89. When the total loss exceeds _____ for the same reason the DD 200 must be used.
90. Does the appropriation subhead get entered in the lower left corner of block 9 of the DD 200?
91. Who signs in block 9 of the DD 200?
92. A copy of all DD 200's must be sent to type commander. true or false
93. What is column 5 of the NAVSUP Form 338?
94. What is the name of the NAVSUP Form 1059?
95. Reach-in refrigerators used for short term storage of chilled items should be maintained within what temperature range?
96. Transfers are expended at what price?
97. How many ms's are needed to support a cpo mess of 150 members?
98. How many food service attendants are needed to support 45 CPO's in the CPO mess?
99. What is the name of the NAVSUP Form 1359?
100. After approval of the DD 200 it must be posted to what side of the NAVUSP Form 367?
101. On the NAVSUP 1334 in the item name block you must precede the nomenclature of the food item with what?
102. On 1 NAVSUP 1282 (manual) how many total items may be ordered?
103. How many columns are on the NAVSUP 338?
104. How often will the food service officer check the 338?

105. The difference between the 338 food cost and the 1358 stores consumed must not exceed what percent?
106. You should dispose of foods considered hazardous according to what publication?
107. How many typed of transfers are there?
108. Merged returns will be approved in writing by _____ and notify _____ as soon as possible?
109. The sale of food to a private mess will be extended at what price?
110. The sale of galley produced bakery products to a private mess will be extended at what price?
111. Special meals are the only fixed price items posted to which column of the navsup 335?
112. By which day of the month following the reporting period must the NAVSUP 1357 be submitted?
113. The 1357 for the new fiscal year will show what amount on the undeposited sales line?
114. Between 17 and 1804 on the appropriation line of the 1357 what number will be entered?
115. What appendix in the navsup 486 refers to storage life of subsistence?
116. Cash overages or shortages exceeding what amount will be entered on line 4 of the 1357?
117. On a corrected 1357 what will be annotated next to the corrected figures of items that were corrected?
118. If there are no errors in the disbursing officer's certification section what will be entered in place of the disbursing officer's name?
119. How often will a physical inventory of all subsistence items be taken?
120. Food service officers will be expected to maintain an inventory validity of at least ____%.
121. All inventory discrepancies in excess of ____% of total expenditures will be initialed by the food service officer.
122. Inventory adjustments are extended at what price?
123. On the 335 our INV..BF amount is 103 cans, total receipts for the quarter is 24 cans and our total issues is 29 cans. What is our on hand balance?
124. The ending inventory dollar amount must be extended at what price?
125. What type of line will be drawn on each 335 to indicate the record has been closed at the end of the quarter?

126. The summary of issues to the general mess will be extended at what price?
127. When the price adjustment exceeds what percent of stores consumed must an investigation be done?
128. General messes are allowed to carry forward what percent of over/under issue of monetary allowances on the 1358 to the next quarter?
129. If there is an over issue on the 1358 by what day must the 158 be submitted by?
130. Where can you find information to request an assist from your local friendly good looking Navy Food Management Team?
131. Afloat activities should maintain quarterly backup for how long?
132. How many times should the food service officer sign the FSM generated 1334?
133. The storage life of butter prints is approximately how many months?
134. The shelf life for dehydrated shrimp at 70 degrees F. is approximately how long?
135. The term golden grimes is a type of _____.
136. The term “winter nelis” is used to describe a type of _____.

(2) MS ADVANCEMENT – NAVSUP PUBLICATION 486

1. The ship must notify NAVSUP how many days prior to establishing a general mess afloat ?

- a) 60 days
- b) 30 days
- c) 90 days
- d) 120 days

2. The activity must notify NAVSUP how many days prior to establishing a general mess ashore ?

- a) 90 days)
- b) 120 days
- c) 45 days
- d) 60 days

3. Who approves the meal hours ?

- a) Executive Officer
- b) Meal hours are prescribed by NAVSUP P-476
- c) Commanding Officer
- d) Food Service Officer

4. Who assigns the mess deck master at arms ?

- a) Commanding Officer
- b) Ship's Master at Arms
- c) Command Master Chief
- d) Executive Officer (1101.d1)

5. How long is the recommended tour of duty for the mess deck master at arms?

- a) 90 days
- b) 120 days
- c) 145 days
- d) 180 days

6. The _____ representative will assist the food service officer in establishing and maintaining a food handler's training program.

- a) Navy Food Management Team
- b) Medical
- c) Sanitation
- d) Leading MS

7. How often will the medical rep. inspect the food service spaces?

- a) in accordance with the NAVMED P-5010
- b) in accordance with Ch 5 NAVSUP P-486
- c) twice monthly
- d) semi-annually or as prescribed by the local medical authority

8. Temperatures of bulk refrigerated spaces will be taken at least _____ daily.

- a) Once
- b) Three times
- c) Four times
- d) twice

9. Group I. locks consist of _____.

- a) supply department general stores
- b) ships retail/clothing
- c) food service spaces
- d) barber shop/tailor shop/laundry

10. Group II. locks consist of what spaces?

- a) ships retail/clothing
- b) food service spaces
- c) barber shop/tailor shop/laundry
- d) supply department general stores

11. Group III. locks consist of _____.

- a) food service spaces
- b) ships retail/clothing
- c) barber shop/tailor shop/laundry
- d) supply department general stores

12. Group IV. consist of what activities?

- a) food service spaces
- b) ships retail/clothing
- c) supply department general stores
- d) barber shop/tailor shop/laundry

13. The password in FSM can contain up to ____ characters.

- a) six
- b) four
- c) three
- d) nine

14. USNR (TAR) enlisted are required to have a certification.

- a) True
- b) False

15. A supplemental ration allowance is authorized for small ships feeding 149 or less, and this can be found in what publication?

- a) NAVSUP P-486
- b) NAVSUPNOTE 7330
- c) Defense Finance and Accounting's quarterly rates and charges manual
- d) as prescribed by local Commanding Officer

16. The basic food charges and surcharge rates are prescribed by who?

- a) NAVSUP 511
- b) Defense Finance and Accounting
- c) Under Secretary of Defense (Comptroller)
- d) General Auditing Organization

17. Where are the basic charges and surcharge rates published?

- a) Naval message from SUP 511 and NAVSUPNOTE 7330
- b) DFAS monthly rates and surcharges report
- c) NAVSUP P-476 published quarterly
- d) Joint Manual of Financial rates

18. Who assigns the control officer for handling the security of the DD Form 1544?

- a) Food Service Officer
- b) Commanding Officer
- c) Executive Officer
- d) Supply Officer

19. When is the heading of the cash meal payment sheet will be filled out?

- a) after the meal
- b) upon completion of a full sheet
- c) prior to the meal
- d) upon completion of sheet audit

20. The cashier will ensure individuals paying cash for meals will _____ the 1544.

- a) sign
- b) date
- c) check
- d) initial

21. If more than one date is used on one 1544 a _____ line will be drawn to separate the days.

- a) double
- b) single
- c) dotted
- d) squiggly

22. Overages and shortages are entered on line 5 of the 1357 if in excess of _____ dollars.

- a) 10 dollars
- b) 20 dollars
- c) 50 dollars
- d) 5 dollars

23. On the NAVSUP form 1046 the FSO will enter what info in the name block for the patron?

- a) full name, grade, branch of service
- b) full name and grade
- c) grade and branch of service
- d) full name and branch of service

24. The payment for meals on a credit basis will be paid no later than _____ days following the month they were sold.

- a) 5 days
- b) 10 days
- c) 15 days
- d) 20 days

25. DD Form 1544 serial and sheet numbers will be inserted next to the _____ signature in the NAVSUP 470.

- a) auditing personnel's
- b) cashiers
- c) FSO's
- d) Leading MS's

26. What colors are the NAVSUP 1105 available in?

- a) white and pink
- b) blue and green
- c) salmon and yellow
- d) all of the above

27. There is room for how many total people to sign the NAVSUP Form 1291?

- a) 50
- b) 75
- c) 99
- d) 30

28. Who is accountable for the general mess operations?

- a) Leading MS
- b) Supply Officer
- c) Food Service Officer
- d) Executive Officer

29. What is column 7 of the NAVSUP 338?

- a) Lunch/RIK
- b) Breakfast/RIK
- c) Dinner/RIK
- d) Don't know in this or my next life time

30. What is the ration credit % taken for breakfast?

- a) 10%
- b) 35%
- c) 25%
- d) 20%

31. What is the maximum amount of officers that can fit on the left hand side of 1 NAVSUP 1046?

- a) ten
- b) seven
- c) twenty
- d) there is no limit

32. The variation of ration credits due to daily rounding between the monthly 1292 and the 338 will not exceed (plus or minus) _____ credits per month?

- a) 25
- b) 30
- c) 13
- d) 10

33. Who will appoint personnel to an audit board to review the records of the general mess?

- a) Director, Local Finance Office
- b) Commanding Officer of the activity
- c) Supply Officer of the activity
- d) Audit Officer appointed by the Commanding Officer of the activity

34. The audit board will select a random sample of _____ meal pass numbers from the NAVSUP 1291 sheets?

- a) 10
- b) 30
- c) 25
- d) 15

35. How often will the Food Service Officer prepare a 1292 summary?

- a) Prior to submitting 1359
- b) On the 15th of each month
- c) Quarterly
- d) At the end of each month (2305.1)

36. May a NAVSUP Form 1292 be used to document number of persons fed in mass feeding?

- a) yes
- b) no

37. When the ship is leaving port do you take full ration credit?

- a) yes
- b) no
- c) only if full compliment of personnel are on board as determined by the 75% rule

38. Percent of ration credit for night meals is determined by what?

- a) NAVSUP P-476, published quarterly
- b) Commanding Officers order
- c) NAVSUP P-486
- d) NAVSUPNOTE 7330 enclosure (4)

39. Who recommends personnel for advancement?

- a) Leading MS
- b) Watch Captain
- c) Commanding Officer
- d) Food Service Officer

40. What directive would you use to find the sale of meals and surcharge rates?

- a) NAVSUP P-486
- b) NAVSUP P-476
- c) Via Naval message from SUP 511 and NAVSUPNOTE 7330
- d) Defense Finance and Accounting Office monthly BDFA ledger

41. Using regular feeding what percentage of a ration is received for breakfast?

- a) 10%
- b) 35%
- c) 20%
- d) 12%

42. Who authorizes the sale of meals on a credit basis?

- a) FSO
- b) Leading MS
- c) Executive Officer
- d) Commanding Officer

43. What does (BDFFA) stand for?

- a) Basic Daily Food Authorization
- b) Basic Daily Food Allowance
- c) Basic Daily Federal Allowance
- d) Basic Daily Funding Allowance

44. Supplemental allowances are used for submarines and commands that feed less than _____ rations per day.

- a) 100
- b) 149
- c) 75
- d) 200

45. What 2 holidays are authorized a special food allowance?

- a) Thanksgiving/Christmas
- b) Martin Luther King Day/American Indian Day
- c) Valentines/Presidents
- d) Easter/Independence Day

46. The first ___ days of operation a new mess is authorized a special food allowance?

- a) 7 days
- b) 30 days
- c) 10 days
- d) 45 days

47. Claiming ration credit for midrats is authorized.

- a) True
- b) False

48. Who authorizes the issuing of general mess food items for picnic events?

- a) FSO
- b) Executive Officer
- c) Commanding Officer
- d) Supply Officer

49. If the food service officer is being reimbursed funds for coffee issue what price is to be used?

- a) last receipt
- b) fixed price
- c) actual replacement cost
- d) none of the above

50. How many food packets make up one case of abandon ship packets?

- a) 12
- b) 16
- c) 10
- d) 7

51. How often will a physical inventory of all subsistence items be taken?

- a) Within 60 days of last full physical inventory
- b) Within 90 days of last full physical inventory
- c) Each time a discrepancy occurs with the weekly inventories
- d) Change of Command's or change of responsibilities

52. Food service officers will be expected to maintain an inventory validity of at least %.

- a) 90%
- b) 95%
- c) 85%
- d) 98%

53. All inventory discrepancies in excess of % of total expenditures will be initialed by the food service officer.

- a) 5%
- b) 10%
- c) 15%
- d) 20%

54. Inventory adjustments are extended at what price?

- a) replacement price
- b) last receipt
- c) 75% of purchase price
- d) fixed price

55. On the 335 our Inv. BF amount is 103 cans, total receipts for the quarter is 24 cans and our total issues is 29 cans. What is our on hand balance?

- a) 96
- b) 88
- c) 98
- d) 92

56. The ending inventory dollar amount must be extended at what price?

- a) fixed price
- b) catalog price
- c) last receipt
- d) none of the above

57. What type of line will be drawn on each 335 to indicate the record has been closed at the end of the quarter?

- a) single line
- b) double line
- c) dotted line
- d) squiggly

58. The summary of issues to the general mess will be extended at what price?

- a) last receipt
- b) current catalog price
- c) fixed price
- d) replacement cost

59. When the price adjustment exceeds what percent of stores consumed must an investigation be done?

- a) 10%
- b) 5%
- c) 15%
- d) 20%

60. General messes are allowed to carry forward what percent of over/under issue of monetary allowances on the 1358 to the next quarter?

- a) 5%
- b) 8%
- c) 10%
- d) 2%

61. If there is an over issue on the 1358 by what day must the 158 be submitted by?

- a) 1st
- b) 15th
- c) 30th
- d) 5th

62. Where can you find information to request an assist from your local friendly Navy Food Management Team?

- a) Appendix H
- b) NAVSUP P-476
- c) NAVSUPNOTE 7330
- d) NAVSUPINST P-421

63. Afloat activities should maintain quarterly backup for how long?

- a) Until completion of next quarter
- b) 1 year
- c) 60 days
- d) 5 years

64. How many times should the food service officer sign the FSM generated 1334?

- a) once
- b) twice

65. The storage life of butter prints is approximately how many months?

- a) 24 months
- b) 12 months
- c) 48 months
- d) 6 months

66. The shelf life for dehydrated shrimp at 70 degrees F. is approximately how long?

- a) 12 months
- b) 24 months
- c) 18 months
- d) 36 months

67. The term golden grimes is a type of_____.

- a) apple
- b) pear
- c) banana
- d) grape

68. The term "Winter Nelis" is used to describe a type of _____.

- a) apple
- b) pear
- c) banana
- d) grape

(3) MS ADVANCEMENT – NAVSUP Publication 486 2 of 2

1. Drinking water will be charged to the ship's _____?
 - a) OPTAR
 - b) MWR Fund
 - c) Non-Appropriated Subsistence Fund
 - d) None of the above

2. Will the ship carry composite survival food packets on their food service accounts?
 - a) yes
 - b) no

3. A box of 12 MRE's will be priced equal to _____ times the applicable BDFA.
 - a) 2 times
 - b) same as the BDFA
 - c) 4 times
 - d) 3 times

4. What is the name of the NAVSUP P-580?
 - a) Fat, cholesterol and calorie list
 - b) Mess Management Specialist
 - c) Food Service Management
 - d) Mess Deck Master-at-Arms Manual

5. How often is the Navy Food Service (NAVSUP P-476) published?
 - a) monthly
 - b) quarterly
 - c) semi-annually
 - d) bi-weekly

6. 476's should be kept on file for ashore activities for how long?
 - a) minimum one year
 - b) until the next 476 arrives
 - c) two years
 - d) until it exceeds the expiration date posted on the message

7. Who issues instructions which set food service safety precautions, sanitary regulations, and equipment operating instructions?
 - a) Command Safety Officer
 - b) NAVSUP Code 623
 - c) Supply Officer
 - d) Medical Representative

8. When completing the general mess menu (NAVSUP Form 1080) do not include _____.
- a) recipe cards numbers (3006.5)
 - b) ingredients
 - c) preparing time
 - d) none of the above
9. Who certifies the "allowed" block on the NAVSUP Form 1359?
- a) Executive Officer
 - b) Food Service Officer
 - c) Leading MS
 - d) Records Keeper
10. Who takes precautions to prevent contamination, ensures careful inspection of all food prior to preparation & serving?
- a) Watch Captain
 - b) Food Service Officer
 - c) Leading MS
 - d) Medical Representative
11. This person is responsible for foodborne infection resulting from improper or careless preparation, serving, or storage.
- a) Leading MS
 - b) Watch Captain
 - c) Commanding Officer
 - d) Food Service Officer
12. All general messes except those with _____ mess specialist are required to use the (NAVSUP Form 1090).
- a) two
 - b) one
 - c) four or less
 - d) 5 or less
13. Who monitors and records chill and freeze storage areas?
- a) Engineering Department
 - b) Watch Captain
 - c) Leading MS
 - d) JOD/Bulk storeroom custodian

14. How many signatures are required on the 1090 on a relieving day?

- a) three
- b) one
- c) two
- d) none of the above

15. Who is overall responsible for the administration of the general mess?

- a) Food Service Officer
- b) Commanding Officer
- c) Executive Officer
- d) Leading MS

16. The variation of ration credits due to daily rounding between the monthly NAVSUP 1292 and the NAVSUP 338 will not exceed (plus or minus) _____ credits per month?

- a) 5
- b) 10
- c) 13
- d) 18

17. actual prepared on the 1090 is 150 portions of lasagna there was 30 portions leftover and the actual fed was 300, you predicted 310 and were allowed 444 what is your acceptability factor?

- a) 40%
- b) 35%
- c) 65%
- d) 53%

18. Who's responsibility is it to ensure food is prepared and served as close to serving time as possible?

- a) Food Service Officer
- b) Watch Captain
- c) Mess Deck Master at Arms
- d) Leading MS

19. If a patron leaves their name and contact location on the 1343, how long does the Food Service Officer have to reply?

- a) 48 hours
- b) 24 hours
- c) 36 hours
- d) 5 working days

20. Reports directly to Leading MS on all matters related to financial management?

- a) JOD
- b) Watch Captain
- c) Records Keeper
- d) Leading MS

21. Who samples all food, takes charge and directs all personnel in the galley watch section?

- a) Executive Officer
- b) Galley Watch Captain
- c) Food Service Officer
- d) Leading MS

22. Whose responsibility is it to ensure that items delivered to Navy activities derives from approved sources?

- a) JOD
- b) Authorized Receiving Individual (ARI)
- c) Subsistence Prime Vendor (SPV)
- d) Army Veterinary Inspector

23. Poultry carcass meat, which is free of Newcastle disease, is allowed entry only from what country?

- a) Mexico
- b) Canada
- c) United Kingdom
- d) New Zealand

24. How many digits are in a national stock number?

- a) 3
- b) 9
- c) 4
- d) 13

25. Service designator for pacific fleet operating units is _____.

- a) R
- b) P
- c) PF
- d) PA

26. Recommended internal temperature of ice cream is _____ degrees F, and will not exceed _____ degrees F.

- a) zero & +10
- b) zero & +15
- c) minus 10 & zero
- d) +10 & 32

27. On the 1155 block 8, delivery F.O.B, what does the abbreviation F.O.B.. stand for?

- a) For Official Boarding
- b) Free Overseas Boarding
- c) Free On Board
- d) Free Of Bugs

28. The cost code in block 17 of the 1155 the numbers 73110 represent what type of command?

- a) Afloat OCONUS
- b) Ashore OCONUS
- c) Afloat U.S.
- d) Ashore U.S.

29. Chicken wings in a box labeled chicken breast are considered _____ unsatisfactory food items.

- a) hazardous
- b) non-hazardous

30. The noun name for a Standard Form 364 is _____?

- a) Report of Discrepancy (ROD)
- b) Request for and Results of Tests
- c) Issue/Turn-in of Supplies or Equipment
- d) Request for Expendable Supplies

31. Request for Results of Tests is DD Form _____.

- a) DD Form 1232
- b) DD Form 364
- c) DD Form 200
- d) DD Form 1222

32. Reporting of nonhazardous food items received from commercial sources is conducted using what form?

- a) DD Form 1222
- b) DD Form 200
- c) Standard Form 364
- d) Standard Form 200

33. When an invoice is received from a Navy source containing an error of _____ or more, a corrected invoice will be requested from the issuing activity.

- a) \$5.00
- b) \$20.00
- c) \$50.00
- d) \$100.00

34. What is the first entry on the receipt side of the 367 that is recorded on the first day of the new accounting period?

- a) sheet number
- b) current balance
- c) date and name of person completing form
- d) inventory brought forward

35. Keeping times of semi-perishable food items will be reduced by what amount if storage temperatures are maintained at 90 degrees F.

- a) 10%
- b) 50%
- c) 25%
- d) 75%

36. Keeping times of semi-perishable food items will be increased by what _____ amount if storage temperatures are maintained at 40 degrees F.

- a) 50%
- b) 25%
- c) 100%
- d) 75%

37. A DD Form 200 will be prepared immediately if there is a loss in shipment or shortage in excess of _____ per line item.

- a) \$500
- b) \$250
- c) \$50
- d) \$25

38. The 1334 will be used if physical deterioration does not exceed _____ per line item.

- a) \$750
- b) \$600
- c) \$500
- d) \$250

39. When the total loss exceeds _____ for the same reason the DD 200 must be used.
- a) \$1000
 - b) \$750
 - c) \$500
 - d) \$250
40. Does the appropriation subhead get entered in the lower left corner of block 9 of the DD 200?
- a) yes
 - b) no
41. Who signs in block 9 of the DD 200?
- a) Surveying Officer
 - b) Supply Officer
 - c) The individual in the best position to know what happened to the food items.
 - d) Commanding Officer
42. A copy of all DD 200's must be sent to Type Commander.
- a) true
 - b) false
43. What is column 5 of the NAVSUP Form 338?
- a) Cash day meals
 - b) Cash night meals
 - c) Credit day meals
 - d) Credit night meals
44. What is the name of the NAVSUP Form 1059?
- a) Master Item Inventory List
 - b) Food Item Report/Master Food Code List
 - c) Daily Report of Meals Prepared
 - d) General Mess Menu
45. Reach-in refrigerators used for short term storage of chilled items should be maintained within what temperature range?
- a) 0 and 32 degrees F
 - b) 28 and 42 degrees F
 - c) 31 and 41 degrees F
 - d) 34 and 40 degrees F

46. Transfers are expended at what price?

- a) fixed price
- b) last receipt
- c) price agreed upon between activities
- d) replacement price

47. How many MS's are needed to support a CPO Mess of 150 members?

- a) two
- b) four
- c) one
- d) as many as you can spare because we know the CPO's like service

48. How many food service attendants (FSA) are needed to support 45 CPO's in the CPO mess?

- a) one
- b) two
- c) three
- d) there is no guidance on this issue

49. What is the name of the NAVSUP Form 1359?

- a) Private Mess Summary Document
- b) General Mess Summary Document
- c) Afloat Mess Summary Document
- d) Ashore Mess Summary Document

50. After approval of the DD 200 it must be posted to what side of the NAVSUP Form 367?

- a) reverse
- b) front
- c) expenditure
- d) charged

51. On the NAVSUP 1334 in the item name block you must precede the nomenclature of the food item with what?

- a) FIC
- b) FSN
- c) NSN
- d) Quantity

52. On one NAVSUP 1282 (manual) how many total items may be ordered?

- a) 10
- b) 15
- c) 26
- d) unlimited

53. How many columns are on the NAVSUP 338?

- a) 12
- b) 19
- c) 15
- d) 7

54. How often will the Food Service Officer check the 338?

- a) weekly
- b) daily
- c) monthly
- d) quarterly

55. The difference between the 338 food cost and the 1358 stores consumed must not exceed what percent?

- a) 2% (6103.3)
- b) 5%
- c) 8%
- d) 10%

56. You should dispose of foods considered hazardous according to what publication?

- a) NAVSUP 476
- b) NAVSUP 486
- c) Medical Representative Report
- d) NAVSUP 580

57. How many types of transfers are there?

- a) two
- b) three
- c) four
- d) ten

58. Merged returns will be approved in writing by _____ and notify _____ as soon as possible?

- a) Food Service Officer
- b) Commanding Officer/NAVSUP 51
- c) Executive Officer
- d) FISC

59. The sale of food to a private mess will be extended at what price?

- a) replacement
- b) reduced
- c) fixed
- d) last receipt

60. The sale of galley produced bakery products to a private mess will be extended at what price?

- a) fixed price
- b) last receipt
- c) replacement
- d) reduced

61. Special meals are the only fixed price items posted to which column of the NAVSUP 335?

- a) Other
- b) small
- c) block 89
- d) column n

62. By which day of the month following the reporting period must the NAVSUP 1357 be submitted?

- a) 1st
- b) 5th
- c) 15th
- d) 30th

63. The 1357 for the new fiscal year will show what amount on the undeposited sales line?

- a) 0
- b) balance brought forward from previous FY
- c) amount approved for the 1st quarter of the new FY
- d) amount approved for the new FY

64. Between 17 and 1804 on the appropriation line of the 1357 what number will be entered?

- a) number designated by the Food Service Officer
- b) Julian date
- c) last number of the previous fiscal year
- d) last number of fiscal year

65. What appendix in the NAVSUP 486 refers to storage life of subsistence?

- a) Appendix C
- b) Appendix F
- c) Appendix H
- d) Appendix I

66. Cash overages or shortages exceeding what amount will be entered on line 4 of the 1357?

- a) \$5
- b) \$15
- c) \$25
- d) \$35

67. On a corrected 1357 what will be annotated next to the corrected figures of items that were corrected?

- a) check mark
- b) - dash
- c) * asterisk
- d) # pound sign

68. If there are no errors in the disbursing officer's certification section, what will be entered in place of the disbursing officers name?

- a) "printed name"
- b) "signed"
- c) "approved"
- d) "original approved"

(4) MS ADVANCEMENT – NAVSUP Publication 421

1. What fresh shellfish are only to be procured live?
 - a) Frozen Lobster
 - b) None of the above
 - c) Trout
 - d) Lobster and crabs

2. Fresh eggs should be no older than how many days when received from the vendor?
 - a) 14 days
 - b) 10 days
 - c) 60 days
 - d) 30 days

3. Which FFV should not be stored with dairy products?
 - a) Lettuce, cucumbers, watermelon, and carrots
 - b) Citrus, onions, tomatoes, cabbage, cantaloupe and celery

4. Fresh and processed fresh eggs should be stored at what temperature?
 - a) above 41 degrees
 - b) below 0 degrees
 - c) As close to 32 degrees as possible

5. When loading a reefer box allow _____ from bulkheads and coils, _____ from overhead and _____ from deck to allow for air circulation.
 - a) 6", 24" and 18"
 - b) 2", 8" and 4"
 - c) 1", 6" and 2"

6. Is wooden shelving authorized?
 - a) No, no exceptions. All material must be stainless steel and impervious
 - b) Yes, Only on certain classes of ships, ie Minesweepers

7. How do you determine if pinholes are present in cans?
 - a) Poke a map tack into the suspected area to see if it goes completely through
 - b) Call veterinary inspection personnel to inspect all suspected cans
 - c) Examine against a strong light

8. External mold is common and considered acceptable on what type of meat?

- a) Bratwurst
- b) Bologna
- c) Dry sausage

9. Dull, wilted apples are indicative of what?

- a) Inadequate humidity in storage areas
- b) Apples stored at temperatures too cold
- c) Overripe apples

10. Who establishes sanitary standards for food?

- a) U.S. Army Veterinary Service
- b) Food and Drug Administration
- c) BUMED

11. Standards for food service equipment, utensils and utility standards must conform to requirements set by whom?

- a) NSF, National Sanitation Foundation
- b) NAVSUP Code 51
- c) FDA publication "Food Protein Unicoated"

12. OPNAV 5090.1, GENSPECS Section 593, NAVFAC MO-214, NAVMED P-5010.1, SECNAVINST 6210.2 and NAVSUP P-486 Vol. 1 give guidance on what?

- a) Sanitary Standards of Afloat and Ashore Galley's
- b) Duties and responsibilities of Leading MS personnel
- c) Disposal of garbage and refuse

13. What are the 3 (three) elements for controlling insects and rodents?

- a)
 - 1. Have an approved pest management contractor
 - 2. EPMU certification
 - 3. Use only approved chemicals
- b)
 - 1. Preventing entry
 - 2. Denying harborages, food and water
 - 3. Obtaining professional help at first sign of insects and rodents (2006)

14. What is the definition of a food service facility?

- a) Any permanent structure or location where food is prepared, stored or served
- b) Any establishment where food is processed or consumed
- c) Any structure, vehicle or location where food is prepared, stored or served

15. National Sanitation Foundation (NSF) sets standards for what?

- a) Food service sanitation requirements
- b) Inspection and reporting of meat processing plants
- c) Food service equipment and utensils

16. Equipment surfaces not contacted by food must be cleaned at least how often?

- a) Daily
- b) Monthly
- c) Weekly

17. Proof of initial physical examination can be found where?

- a) In local medical office
- b) Carried on each individual (wallet card)
- c) Members training record

18. Other than initial examination, when will food service personnel report to medical for evaluation?

- a) Annually
- b) Semi-Annually
- c) When ill or having cuts or lesions, or when absent for more than 30 days for any reason

19. FSA's assigned for 30 days must receive how many hours of food service sanitation training?

- a) 40 hours
- b) 20 hours
- c) 4 hours

20. How often should food service personnel brush their teeth?

- a) After each meal
- b) There is no requirement
- c) Twice daily

21. When should can openers be cleaned and sanitized?

- a) After each use period
- b) Both A and C
- c) After each meal

22. What should be done to cans before opening?

- a) Sanitized in low strength chlorine solution
- b) None of the above, there are no requirements.
- c) Wipe all tops

23. How often should the LMS conduct a sanitation inspection tour?

- a) Weekly
- b) Monthly
- c) Once per day or shift

24. A microbe that causes disease in humans is called what?

- a) foodborne illness
- b) foodborne disease
- c) A pathogen

25. Micro-organisms can be controlled by manipulating what 5 (five) factors?

- a)
 - 1. Temperature
 - 2. Time
 - 3. Humidity
 - 4. Ventilation
 - 5. Progressive Cooking
- b)
 - 1. Temperature
 - 2. Moisture
 - 3. PH balance
 - 4. Oxygen
 - 5. Time

26. What are cumulative bacteria?

- a) Bacteria that require the absence of oxygen
- b) Bacteria that accumulate in numbers doubling every 20 minutes
- c) Bacteria that require free oxygen
- d) Bacteria that can exist either with or without oxygen

27. Pastries, custards, salad dressings, meat and meat products are the foods usually associated with what type of foodborne intoxication?

- a) Camphylobacter
- b) E-Coli
- c) Staphylococcus

28. Vibrio parahaemolyticus food poisoning is usually associated with what foods?

- a) Dry sausages
- b) Red Meats only
- c) Seafood, any food cross-contaminated with raw seafood, food rinsed with contaminated sea water

29. Tapeworms are what type of foodborne illness?

- a) Zoonotic diseases
- b) Ingested foodborne illness
- c) Parasitic infection

30. Chinese restaurant syndrome is caused by what agent?

- a) Ciguatera
- b) Monosodium Glutamate (MSG)
- c) Travelers Diarrhea
- d) Staph

31. What is the chemical poisoning associated with silver polish?

- a) Q Fever
- b) None listed
- c) Shigellosis
- d) Cyanide poisoning

32. Ciguatera poisoning is a natural poisoning associated with what?

- a) Tainted Poultry
- b) Small-mouth Bass
- c) Tropical reef fish
- d) Cuban cigars

33. Shigellosis is caused by what?

- a) Any direct or indirect fecal-oral transmission from a carrier
- b) None listed
- c) Ingestion of contaminated corn
- d) Shigella Spiralla virus

34. What causes 'Q' fever?

- a) Cockroaches
- b) Raw milk from infected cows
- c) Rats and Mice
- d) Mosquitoes

35. What are the 4 (four) types of removable soils?

- a) Built up deposits and Dried Deposits
- b) All listed
- c) Thin Film
- d) Fresh soil

36. What is the recommended method for dry cleaning bulkheads and overheads?

- a) Vacuum cleaning
- b) None listed
- c) Duster
- d) High pressure Air

37. How often should Gaylord hoods be cleaned?

- a) minimum bi-monthly
- b) minimum monthly
- c) minimum weekly
- d) minimum daily

38. What stainless steel polishes are approved for use on food contact surfaces?

- a) Bleach
- b) None
- c) Simple Green
- d) General Purpose Cleaner

39. What desserts are authorized for self-serve?

- a) individual servings of pies and cakes
- b) all listed
- c) fruits and gelatins
- d) cookies

40. How often should deep sink and dishwasher thermometers be verified for accuracy?

- a) monthly
- b) as determined by the manufacturers calibration specification
- c) weekly
- d) daily

41. What is the maximum final rinse temperature for a dishwashing machine?

- a) 195 degrees
- b) 212 degrees
- c) 180 degrees
- d) 170 degrees

42. What are the minimum wash and final rinse temperatures for a single temp, single tank dishwashing machine?

- a) wash at 140 degrees, rinse at 165 degrees
- b) 165 degrees for both
- c) wash at 120 degrees, rinse at 170 degrees
- d) wash at 195 degrees, rinse at 185 degrees

43. What is the first item washed in a manual dishwashing procedure?

- a) Cooking utensils
- b) Does not matter
- c) Silverware
- d) Glassware

44. How are utensils decontaminated after having chemical liquid contamination?

- a) Flushed with plenty of fresh water then washed normally with hot soapy water and sanitized in the normal way
- b) Utensils should be taken to the nearest decontamination team for proper decontamination techniques - based upon type of agent used
- c) Immersed for 30 minutes in actively boiling water with 1 c. alkaline detergent added to each 5 gallons of water.
- d) They are thrown away and replaced with plastic utensils

45. What individuals advice must be sought before any attempt is made to decontaminate food suspected of biological contamination?

- a) NBC Officer
- b) Command Decontamination Team
- c) Army Veterinary Inspector
- d) Medical Officer

46. What type of footwear is required in all food service spaces?

- a) rubber boots or rubber clogs
- b) Safety shoes
- c) slip resistant shoes
- d) Dark colored shoes

(5) MS ADVANCEMENT - SANITATION

1. What does the term semi-perishable mean?
2. Leftover food will be used at the next meal period when possible, but in no case will such food be used after how many hours?
3. Who inspects the processed fish and shellfish products the fish and wildlife act provide for?
4. What is a sign of fresh fish?
5. Food that is held longer than 4 hours will be discarded if not held at what temp?
6. What form is used to record the food sanitation report which is recorded twice monthly?
7. What is the allowable temp for a chill box?
8. What is the term for a can with one or both ends slightly bulging but yielding to finger pressure?
9. Who is responsible for procuring, receiving, inspecting and storing food stuff?
10. How often should bulk reefer temp be recorded?
11. How many GI cans does a model field dishwashing unit consist of?
12. Who establishes sanitary standards for food procurement, inspection on delivery, fitness for human consumption, storage and refrigeration, preparation and serving, and disposal of food residue?
13. What is the recommended distance that food service equipment be away from walls, floors, or adjacent equipment at shore stations?
14. How much time is allowed for all violations to be corrected when a sanitary compliance score is 84 or below?
15. What type of food-borne illness is caused by a specific group of organism namely the salmonella and shigella species?
16. What class of frozen sandwich is produced in a commercial frozen food operation in which a central kitchen is designed specifically for mass sandwich production?
17. How often should ice making machines be checked for cockroach infestation?
18. What is the ideal temperature for the storage of fresh eggs?
19. How many hours of initial training must food service workers have if working for longer than 30 days?
20. What is the most common cockroach found indoors?
21. What is the term for a can with both ends bulging and remaining that way?

22. What products are acceptable for use if the cans have Flippers, springers, and swellers?
23. What official must inspect all meats, meat products, and poultry products intended for interstate shipment?
24. Leftovers from a meal, when they are to be reused, should be placed in a shallow container with a depth no greater than?
25. How many hours after removal from a freezer should frozen sandwiches be consumed?
26. What describes a can with flat ends, one end of which may be forced into a convex position when the other end is brought down sharply on a flat surface?
27. What state in order to be acceptable must fresh crustaceans be in?
28. How is semi-perishable food processed?
29. How must wooden utensils be cleaned after each meal period?
30. What are most food-borne infections traced to?
31. What is the allowable temp for thaw boxes?
32. How far beyond the termination of the dispenser mechanism do the single service dispenser tubes on bulk milk containers be cut with a sanitized cutting instrument?
33. What type of materials are food contact surfaces made of?
34. What should be done after each meal period with cloths, towels, and dishmops used in dishwashing?
35. What temp should galley spaces onboard ship be maintained at?
36. Enameled utensils or containers are prohibited in food service facilities due to the possibility of what type of poisoning?
37. What type of poisoning can result when acid food or drink are prepared and stored in a galvanized container?
38. What is the maximum time a class II sandwich may remain in the freezer?
39. What is the maximum number of flatware per cylinder allowable in the automatic dishwasher?
40. What should the temp of the water used during scrapings and pre-flushing be?
41. What is the temp required for manually washing dishes?
42. What is the temp of sanitizing water for the automatic dishwasher?

43. What is the preferred chemical sanitizer for food service equipment shipboard?
44. What temp must milk be delivered at?
45. Utensils used to dispense frozen desserts including spoons spatulas, dippers and scoops should be rinsed between servings in running water or in potable water which is changed how often?
46. How many days and at what temp are eggs considered to be fresh?
47. How long and what temperature should utensils be soaked, while in the washrack?
48. What thickness is frost or glaze not allowed to exceed on the interior surface or on the refrigeration coils?
49. What type of eggs will be utilized when preparing French toast?
50. Scrambled eggs will be cooked until there is no visible liquid and prepared in quantities not to exceed?
51. What is the maximum allowable time potentially hazardous food items may remain within danger zone (between 41 and 140 degrees)?
52. Leftovers will be placed in shallow containers not to exceed how many inches deep?
53. Unsliced bulk meat items prepared within the facility that have been covered and placed directly from cooking to refrigeration are to be served or disposed of within how many hours of preparation?
54. Potentially hazardous food that has been cooked and then refrigerated and which is reheated for hot holding must be reheated so that all parts of the food reach?
55. What happens to food items remaining on the salad bar after the meal period?
56. How often should physical examinations for all food service workers be conducted?
57. How many hours of training must food service attendants assigned to food service for less than 30 days receive?
58. How often must a food service sanitation instructor who is at least an E5 requalify?
59. When the sanitation compliance score on the NAVMED 6240/1 is less than Satisfactory, the Medical department representative must do what?
60. Food borne intoxication's are a direct result of what?
61. How often must wooden meat blocks and cutting boards be cleaned?
62. What continues to be one of the problems encountered in mass feeding operations?
63. What are the three basic types of food-borne illness?

64. How may cadmium poisoning take place?
65. How may cyanide poisoning take place?
66. What causes fluoride poisoning?
67. What causes methyl chloride poisoning?
68. What is the most commonly reported food intoxication?
69. Where is staphylococcus germ found?
70. What are the foods most associated with outbreaks of staphylococcus?
71. Who conducts all food service sanitation training?
72. What four factors cause most food-borne disease outbreaks?
73. What is the term VECTOR?
74. Who is responsible for taking the necessary precautions to make sure food served is free from radioactive contamination?
75. When must personnel repeat physical exams?

(6) MS ADVANCEMENT - RECEIPT, INSPECTION & STOWAGE

1. Authorized receiving personnel must conduct which of the following functions at time of receipt?

- a) sign and date the document
- b) circle that quantity accepted (unit of issue)
- c) inspect commercial sources for count, condition and identity
- d) all of the above

2. What does the acronym FIFO mean?

- a) forced issue food out
- b) first in first out
- c) field inspected food objects
- d) none of the above

3. Which of the following individuals are ultimately responsible for ensuring products received from suppliers conform to all conditions of the contractual documents?

- a) Army Veterinary Service Inspector
- b) Leading MS
- c) JOD
- d) FSO

4. Which of the following individuals are responsible for the food safety and product compliance evaluations?

- a) Army Veterinary Service Inspector
- b) leading MS
- c) JOD
- d) FSO

5. Whose responsibility is it to ensure that items delivered to Navy activities derive from sanitarily approved sources?

- a) Army Veterinary Inspector
- b) FSO
- c) FISC
- d) Subsistence Prime Vendor (contractor)

6. Food Service Officers will contact which of the following for advice on any suspected wholesomeness issues?

- a) Army Veterinary Inspector
- b) Environmental Preventive Medicine Unit
- c) Medical Corpsman
- d) Contracting Officer

7. Delivery vehicles will be inspected by receiving personnel to ensure which of the following contractual conditions are met?

- a) clean, sanitary and equipped with lift gate
- b) maintaining appropriate temperatures
- c) closed to protect from environmental conditions
- d) all of the above

8. Are substitutions for ordered items authorized by the contract?

- a) yes
- b) no
- c) yes, if reduction in price is stated

9. What does the "identity" portion of the receipt inspection mean?

- a) verify item ordered
- b) verify style ordered
- c) verify grade ordered
- d) all of the above

10. Subsistence items with 16 months or more normal shelf life must have how many months remaining shelf life upon receipt?

- a) 10 months
- b) 14 months
- c) 12 months
- d) 6 months

11. Subsistence items having less than 12 months normal shelf life must have how much remaining shelf life upon receipt?

- a) 50%
- b) 60%
- c) 80%
- d) 75%

12. The "Quantity" portion of a receipt inspection entails what requirements by the receiving personnel

- a) correct number of cases were delivered
- b) correct number of cans, bottles, packages, lbs. etc.. were delivered
- c) correct number of pallets were delivered
- d) correct number of items based upon unit of issue were delivered

13. The "Quality/Condition" inspection upon receipt must include, but not limited to, what conditions?
- a) marking
 - b) temperature of frozen and/or chill items
 - c) age (date of pack)
 - d) b and c
14. Frozen food items will be delivered with an internal temperature not exceeding:
- a) -10 degrees
 - b) 10 degrees
 - c) 0 degrees
 - d) 32 degrees
15. Items requiring chilled conditions will be delivered with internal temperatures between:
- a) 32 - 40
 - b) 31 - 41
 - c) 32 -45
 - d) none of the above
16. The recommended temperature for ice cream is ____degrees, however, it will not exceed ____degrees
- a) 0 and 15
 - b) -5 and 0
 - c) -10 and 0
 - d) -10 and 15
17. Who is the final authority to accept or reject nonconforming deliveries that exhibit no unwholesomeness issues?
- a) Army Veterinary Inspector
 - b) Contracting Officer
 - c) Leading MS
 - d) FSO
18. Authorized returns include all of the following except:
- a) products shipped in error
 - b) under-ordered products in new condition
 - c) products damaged in shipment
 - d) products that do not meet prescribed temperature requirements

19. Authorized replacements which are needed for immediate use will be provided by the Subsistence Prime Vendor (SPV)

- a) within 72 hours
- b) within 36 hours
- c) same day
- d) within 24 hours

20. Upon delivery, inspection and acceptance of provisions from SPV, the receiving personnel will

- a) circle the quantity received (unit of issue)
- b) sign and date the invoice
- c) line out and correct any differences in quantity
- d) all of the above

21. Latent defects are those

- a) defects created during stowage of products
- b) defects created only by extremes in temperatures
- c) defects affecting packaging materials
- d) defects noted after receipt and acceptance of products

22. Meat or meat food products delivered under contract within the United States will not be accepted unless

- a) it bears a stamp or label of the Department of Agriculture
- b) it is approved by Army Veterinary Service Inspector
- c) it is approved by Navy Medical Authorities
- d) it is listed on the SPV catalog

23. The bulk room custodian upon receiving copies of receipt documents will stamp his/her copy of the receipt document to accept responsibility on all receipt documents

- a) true
- b) false

24. Non hazardous food items are those items that

- a) do not meet minimum desired standards
- b) may constitute a health hazard if consumed
- c) possess defects which may affect intended use
- d) a and c only

25. Examples of nonhazardous/unsatisfactory food items are

- a) chicken wings labeled breasts
- b) deviations in quantity
- c) swollen cans of beans
- d) a and b only

26. Reporting of nonhazardous food items received from commercial sources is conducted using which of the following forms

- a) SF 364
- b) SF 335
- c) DD Form 200
- d) DD Form 1222

27. Hazardous food items are those food items that

- a) certainly, possibly or suspected to cause harm
- b) contain foreign objects or insects
- c) exhibit offensive odors, colors, or other evidence of spoilage
- d) all of the above

28. ALFOODACT is a quarterly publication published by NAVSUP more commonly call the NAVSUP P-476

- a) True, it provides information pertinent to Navy Food Service Operations
- b) False, it is a message identifying hazardous food products known to be in the DOD food supply system

29. All items in stowage will be inspected regularly for signs of

- a) damage
- b) spoilage
- c) insect or rodent infestation
- d) all of the above

30. Spaces should be provided between stacks, floors and walls to promote

- a) maximum ventilation
- b) easier access to pilfer
- c) justification for more space
- d) all of the above

31. Citrus fruits, onions, tomatoes, cabbages, cantaloupes, and celery should not be stored with eggs or butter because

- a) higher risk of damage to eggs and butter
- b) eggs and butter absorb odors and turn them to flavors
- c) storage temperatures are not compatible with eggs and butter
- d) eggs and butter have high fat content and will spoil faster

32. Tight storerooms containing FF&V above 40 degrees Fahrenheit can produce high levels of what dangerous chemical compound

- a) carbon monoxide
- b) carbon dioxide
- c) carbon compounds
- d) carbon composites

33. Storage temperatures of frozen food items will not exceed

- a) 10 degrees
- b) -10 degrees
- c) 0 degrees
- d) 5 degrees

34. Reach-in refrigerators used for short term storage of chilled items should be maintained with a temperature range of

- a) 34 to 40 degrees
- b) 31 to 41 degrees
- c) 36 to 45 degrees
- d) 26 to 32 degrees

35. High temperature storage of semi-perishable food items

- a) encourage bacteria and mold growth
- b) encourage rodent and/or insect infestation
- c) accelerate chemical changes affecting quality or wholesomeness
- d) all of the above

36. When an overage in shipment occurs from a commercial vendor, you should take which of the following actions?

- a) record the actual quantity received
- b) record only the requested quantity but accept all items
- c) prepare a dummy invoice to reflect actual amount received
- d) return any excess quantities to the vendor

37. When would you issue new stock when older stock is still present?

- a) when issuing food items to a private mess
- b) when transferring food items to another activity
- c) when preparing for a holiday or special meal with VIP's
- d) when newer stock shows signs of deterioration or spoilage

38. What action should you take when food items have exceeded their normal shelf life?

- a) conduct an investigation to determine the cause
- b) inspect for spoilage, leakage, or other damage
- c) promptly issue for use
- d) survey and expend from the records

39. Spoilage or damaged food items can be eliminated by taking which of the following precautions?

- a) inspection for quality at receipt
- b) proper storage and handling
- c) maintenance of required temperatures
- d) all of the above

40. You should dispose of food considered hazardous according to

- a) Navy and Marine Corps Records Disposition Manual
- b) Navy Occupational Safety and Health Program Manual for Forces Afloat
- c) NAVMED P-5010
- d) NAVSUP P-486

41. Food items must be date stamped and color coded for what purpose?

- a) to indicate the date and the meal they are to be used for
- b) to make future inventories easier
- c) to indicate the food items have been inspected and passed
- d) to make sure the oldest stock is used first

42. Regardless of the source and prior inspections, you are required to inspect all food items at receipt to determine

- a) they conform to the specifications of the purchase document
- b) they conform to the specifications of the USDA
- c) the specified name brands have been received
- d) the specified quantities have been received

43. When you procure meats, fruits and vegetables in foreign waters, which of the following statements describes an applicable rule?

- a) there are no restrictions as long as the food items conform to Navy specifications
- b) the quantities taken on board are consumed completely before arrival in home waters
- c) there must be an immediate need and an urgent requirement for the food items procured
- d) the supplies must have been delivered to a point of first receipt by the U.S. Government

44. The form of meat classified as fabricated is correctly described by which of the following

- a) artificial meat products fabricated from other foods
- b) meats that have been either partially or completely boned, trimmed, and portion-cut
- c) meat that does not conform to the specifications of the armed forces
- d) meat not requiring inspection by the USDA

45. The USDA stamp is placed on the carcasses of meat to indicate which of the following conditions

- a) meat originated in the U.S.
- b) meat delivered under contract met all the terms of the contract
- c) meat is graded as being prime or choice
- d) meat is free from disease and meets sanitary requirements

(7) MS ADVANCEMENT - FOOD SERVICE EQUIPMENT AND SAFETY

1. You should observe which of the following safety precautions before attempting to operate any food service equipment?

- a) know the telephone numbers and the methods of reporting emergencies
- b) know the location of all safety and emergency switches
- c) determine the location of the fire extinguishers
- d) each of the above

2. As a general precaution, how should nonessential equipment operation be handled in the event of continuous ship movement?

- a) caution should be exercised during operation
- b) rings and watches should be removed and any loose clothing eliminated
- c) equipment should only be operated if it is permanently mounted
- d) machine operation should be discontinued and equipment turned off

3. You are required to perform which of the following tasks before any major cleaning evolution involving electrical equipment?

- a) tag out the equipment according to the tag out bill
- b) notify the medical department so they can supervise the evolution
- c) notify you supervisor of the scheduled evolution
- d) attend safety training provided by the ship's safety officer

4. You should use what type of water to recharge the vacuum system of the electrical steam jacketed kettle?

- a) mineral
- b) regular tap
- c) distilled
- d) condensed

5. When you are operating a steam jacketed kettle, which of the following actions can have dangerous consequences?

- a) filling the kettle 3/4 full
- b) closing the safety valve when you are turning on the steam
- c) cleaning the kettle with boiling water
- d) using the faucet at the bottom of the kettle to remove gravies or sauces

6. The safety valve on the steam jacketed kettle is installed to accomplish what purpose?

- a) add more heat to the kettle during cooking
- b) remove residual water from the steam within the kettle
- c) prevent the kettle from overheating
- d) keep the kettle from exploding by releasing excess steam pressure

7. Before starting griddle cleaning procedures, you must perform which of the following preparation tasks?

- a) use a cellulose sponge to dry up any liquid
- b) remove any grease traps and empty any grease
- c) get a container of hot soapy water for cleaning
- d) secure electrical power at the main source of power

8. When it is necessary to melt solid fat in the deep fat fryer, you should follow which of the following procedures?

- a) set the thermostat at the temperature prescribed in the Armed Forces Recipe Service
- b) check the temperature of the fat frequently during the melting process with a hand thermometer
- c) make sure the fat covers the uppermost coil at all times and the temperature is no more than 200 degrees while the fat is melting
- d) have a person standing by with a PKP extinguisher

9. You should never exceed what maximum temperature in a deep fat fryer?

- a) 380 degrees
- b) 400 degrees
- c) 425 degrees
- d) 450 degrees

10. Frying foods containing excess moisture in a deep fat fryer will produce which of the following results?

- a) cause the grease to overheat
- b) cause the grease to smoke heavily
- c) cause the grease to boil over
- d) cause the grease to become rancid

11. How should you extinguish a fire in the deep fat fryer when the automatic fire extinguisher fails to set off automatically or manually?

- a) use water
- b) smother the fire with the deep fat fryer cover
- c) use a CO2 extinguisher
- d) use a PKP extinguisher

12. When mixing ingredients in an electric food mixer, you should never fill the mixing bowl beyond what level?

- a) 3/8 full
- b) 1/2 full
- c) 2/3 full
- d) 3/4 full

13. Which of the following procedures should you perform first when operating the automatic feed meat slicing machine?

- a) set the dial for the desired thickness
- b) set the machine on automatic
- c) place the meat in the carriage and adjust the clamp
- d) turn on the power to the machine

14. If there is no safety valve to relieve steam pressure after cooking has been completed, what procedure should you follow before opening the steamer door?

- a) wait until the pressure gauge reads 2 psi
- b) wait until no condensate appears in the drain pipe
- c) unlatch the door and wait 1 minute
- d) wait 2 minutes before opening the door

15. Filters for the filter type ventilator hood must be cleaned at what minimum frequency?

- a) once a day
- b) once a week
- c) twice a week
- d) once a month

16. In later model ventilator hoods equipped with auto cleaning capabilities, the thermostat switch located in the exhaust ductwork operates a magnetic trip inside the fire damper control box when the temperature reaches 250 degrees. When this occurs, what will the resulting actions be?

- a) the fire damper slams shut and the blower shuts down only
- b) the fire damper slams shut and PKP is released only
- c) the fire damper slams shut, the blower shuts down, and PKP is released
- d) the fire damper slams shut, the blower shuts down, and water is released

17. The quantity of vegetables loaded into the vegetable peeler should not exceed what percentage of the total hopper capacity?

- a) 44
- b) 55
- c) 66
- d) 77

18. Which equipment is equipped with a safety device that automatically stops the machine when the cover is raised?

- a) meat saw
- b) meat chopper
- c) meat slicer
- d) meat tenderizer

19. You must maintain the wash water in single tank dishwashing machines within what specific temperature range?

- a) 95-125 degrees
- b) 110-125 degrees
- c) 130-140 degrees
- d) 140-160 degrees

20. What operating feature(s) other than an extra tank is/are added to a triple tank dishwashing machine to differentiate its capabilities from those of a double tank machine?

- a) a prewash feature
- b) different temperature requirements for the wash and rinse cycles
- c) both a and b
- d) different temperature requirements for sanitizing cycle

21. For a double tank dishwashing machine, what are the minimum (a) wash and (b) rinse time intervals?

- a) (a) 20 seconds (b) 10 seconds
- b) (a) 20 seconds (b) 20 seconds
- c) (a) 40 seconds (b) 10 seconds
- d) (a) 40 seconds (b) 20 seconds

22. Steam tables most commonly found in most general and private messes today are what type?

- a) those with water compartments heated by steam coils and 40 psi or less
- b) those with steam heated water compartments and dish warmers
- c) those with water compartments heated by immersion electric heating elements
- d) those with water compartments and dish warmers

23. You are required to defrost a refrigerator at which of the following times?

- a) before receiving a major breakout
- b) when you notice a bad odor
- c) when ice formation reaches 3/16th of an inch thickness
- d) when ice formation reaches 1/4 of an inch thickness

24. What is the specific holding temperature range for the refrigerated milk dispenser?

- a) 38 to 44 degrees
- b) 36 to 45 degrees
- c) 32 to 45 degrees
- d) 32 to 40 degrees

25. You should sanitize the soft serve ice cream machine at what specific times?

- a) after each use only
- b) after each use and at the end of the day
- c) before and after each use
- d) each day

(8) MS ADVANCEMENT - MESS DECK MASTER AT ARMS

1. Dinnerware and silverware should be inventoried on a _____.

- a) weekly basis
- b) daily basis
- c) bi-weekly basis
- d) monthly basis

2. The importance of personal hygiene cannot be overemphasized in food service. In addition to the 1000 hours daily inspection, mess cooks should be mustered and inspected prior to commencing work.

- a) True
- b) False

3. The Mess Deck Master at Arms must ensure that the mess cooks eat at the prescribed times in order to _____.

- a) be on their duty stations during the serving of the meal
- b) commence clean up as soon as the meal secures
- c) have enough time for briefing and break before beginning work
- d) both a and b above

4. In accordance with NAVSUP P-520, how often do you de-stain the coffee urn?

- a) everyday
- b) twice a week
- c) once a month
- d) weekly

5. The Mess Deck Master at Arms is responsible for ensuring that an accurate headcount is taken by _____.

- a) a hand (reciprocating) counter
- b) counting the number of trays used
- c) counting the patrons on the mess decks
- d) both a and b

6. The dishwashing machine should be cleaned _____.

- a) at the end of each day
- b) before use each day
- c) at the end of each meal
- d) both b and c

7. Which of the following methods in teaching will aid the mess cooks in how to do a specific task or to operate or clean a piece of equipment?

- a) prepare the trainee (tell him how to do the job)
- b) Demonstrate the correct technique (show him how to do the job)
- c) Have him perform under supervision while explaining to you what he is doing
- d) all of the above

8. Steel wool in place of stainless steel metal sponges may be used in all food service spaces when authorized by the leading MS.

- a) True
- b) False

9. The following are some suggested inspection techniques, except _____.

- a) muster mess cooks at the designated time(s)
- b) inspect each person to ensure cleanliness and neatness
- c) ensure food service hats are correctly worn to prevent hair from falling on food
- d) ensure mess cooks are not in white trousers

10. As Mess Deck Master at Arms, you are directly responsible to the

- a) Commanding Officer
- b) Ship's Chief Master at Arms
- c) Food Service Officer or his designated representative
- d) Executive Officer or his designated representative

11. Mess cooks are enlisted members detailed to the general mess or duty in which of the following capacity(ies)?

- a) Serving of food on the serving line
- b) cleanliness and sanitation of the spaces and equipment
- c) loading and unloading supplies for the general mess
- d) all of the above

12. Follow-up training is conducted to improve on the job performance.

- a) False
- b) True

13. Your duties and responsibilities are as follows except _____.

- a) in charge of all spaces and equipment in the dining area, serving line and scullery
- b) muster mess cooks daily, and thoroughly inspect for personal neatness and cleanliness
- c) assist Ship's Master at Arms force in processing report chits and mustering of restricted personnel
- d) in conjunction with medical, administer a training program for mess cooks in sanitation, scullery operation and food handling

14. What publication provides the MDMAA with professional guidance for effectively motivating and directing mess cooks in the performance of their duties?

- a) NAVSUP P-421
- b) NAVSUP P-476
- c) NAVSUP P-485
- d) NAVSUP P-520

15. As Mess Deck Master at Arms, you can excel as a supervisor and can earn respect and cooperation of supervisors, peers, and mess cooks by_____.

- a) knowing your job and performing it effectively
- b) leading and guiding mess cooks, not driving them
- c) setting a good example and having the right attitude
- d) all of the above

(9) MS ADVANCEMENT-MESS COOK

1. Which of the following personnel should be asked to insure that right portions are served?

- a) Watch Captain
- b) FSO
- c) JOD
- d) Messdeck MAA

2. If a person does a good job as a mess cook, he will perform in a similar manner when rated.

- a) True
- b) False

3. Washing hands after using the head _____.

- a) is mandatory
- b) is suggested
- c) is a good idea
- d) doesn't matter

4. The dishwashing machine should be thoroughly cleaned after each meal.

- a) True
- b) False

5. To keep food hot on the serving line, the water in the steam table should be kept at what temperature?

- a) 120 - 140
- b) 140 -160
- c) 160 - 180
- d) 180 - 200

6. The milk tubes should be cut at what length below the metal dispensing mechanisms?

- a) 1/6 of an inch
- b) 1/4 of an inch
- c) 1 inch
- d) 2 inches

7. When the temperature of the working spaces reaches 100 degrees or above, whom do you need to notify?

- a) CO
- b) A-Gang
- c) FSO
- d) Medical Officer or Representative

8. Areas that are often overlooked in cleaning the non-carbonated beverage dispenser are the _____.

- a) base of the dispenser (legs)
- b) dispensing valve opening
- c) spray arms
- d) Both A and B

9. Communicable disease onboard should be reported to _____.

- a) Medical
- b) Naval Hospital
- c) FSO
- d) Leading MS

10. In accordance with NAVSUP P-520, how often do you destain the coffee urn?

- a) weekly
- b) everyday
- c) twice a week
- d) once a month

11. The non-carbonated beverage dispenser should be disassembled and thoroughly cleaned _____.

- a) once a day
- b) at the end of the week when it is empty
- c) after each meal
- d) after the evening meal

12. When serving fried chicken, asparagus, broccoli, and corn on the cob, the best serving utensil to use is a _____.

- a) spoon
- b) tongs
- c) ladle
- d) spatula

13. During the meal the mess cook assigned responsibility for the bulk mild dispenser must ensure that he/she _____.

- a) replenishes milk containers as necessary
- b) keeps bowls or catch trays clean
- c) wipes up spills immediately
- d) all of the above

14. What should you wear when cleaning with hot water or strong detergents?

- a) aprons
- b) disposable plastic gloves
- c) clean dungarees
- d) rubber gloves

15. The garbage/trash containers should be emptied and thoroughly cleaned _____.

- a) after each meal/use
- b) after the end of the working day
- c) twice a day
- d) weekly

16. What is the maximum depth to which leftovers should be stored in refrigerator containers?

- a) 1 inch
- b) 2 inches
- c) 3 inches
- d) 4 inches

17. All mess cooks must be on their assigned duty station at least 5 minutes prior to serving time.

- a) True
- b) False

18. During dishwashing, the sanitizing sink compartment should be maintained at _____.

- a) 180 and utensils immersed in water for at least 1 minute
- b) 185 and utensils immersed in water for 30 seconds
- c) 170 and utensils immersed in water for 30 seconds
- d) 160 and utensils immersed in water for 2 minutes

19. Steel wool in place of stainless steel metal sponges may be used in foodservice spaces.

- a) True
- b) False

20. Prior to defrosting the refrigerated milk dispenser, the mess cooks must keep in mind which of the following?

- a) remove milk containers and place under refrigeration while defrosting
- b) turn off electric power supply
- c) not to use metal objects to dislodge ice
- d) all of the above

21. The mess deck tables and chairs should be cleaned _____.
- a) before and after each meal
 - b) before breakfast and after each meal
 - c) after each meal
 - d) at least twice daily
22. What must be done prior to cleaning or servicing all electrical equipment?
- a) use plenty of hot soapy water
 - b) disassemble all moving parts
 - c) disconnect the electric power
 - d) none of the above
23. Prior to use of the soft-serve ice cream machine, dip each part in sanitizing solution, reassemble machine and place remainder of sanitizing solution in the hopper. Move switch to the position and turn on for one minute. Drain completely. The soft serve ice cream machine is now ready for use.
- a) True
 - b) False
24. The final rinse temperature of the dishwashing machine should be?
- a) 120 - 140
 - b) 140 - 160
 - c) 160 - 180
 - d) 180 - 195
25. Which of the following plays an important role in providing excellent food service for the crew?
- a) Your attitude
 - b) personal appearance
 - c) concern for your customers
 - d) each of the above
26. Prior to operating any piece of equipment related to the mess cook's job, they must insure that _____.
- a) they read, understand and comply with the posted operating instructions and safety precautions
 - b) the engineering department is notified
 - c) the FSO is around to watch
 - d) the medical department is notified
27. Refrigerated milk dispensers temperature range should be _____.
- a) 38 - 44
 - b) 36- 40
 - c) 40 - 50

d) 32 - 40

28. How many pieces of silverware are required in each cylinder for machine washing?

- a) max. 15
- b) max. 20
- c) max. 12
- d) max. 10

29. If a cloth urn bag is used for brewing coffee, it should be _____.

- a) rinsed in hot, soapy water and air dried
- b) rinsed in cold water and air dried
- c) rinsed in clear hot water and placed in clean cold water
- d) none of the above

30. Never permit the trash/garbage container to be left outside the scullery to indicate that patrons should empty his/her trash.

- a) True
- b) False

31. Refrigerated milk dispenser should be defrosted when the ice reaches a thickness of 1/8 inch.

- a) True
- b) False

32. Protein foods should be considered unsafe for human consumption if they are held at temperatures between 40 and 140 degrees Fahrenheit for more than _____.

- a) 1/2 hour
- b) 1 hour
- c) 2 hours
- d) 4 hours

33. The mess cooks performance is critical to the effective operation of the food service division and an essential factor relating to the _____.

- a) health and morale of the crew
- b) mission of the ship
- c) both a and b
- d) none of the above

34. Detergent (general purpose) may be used for hand dishwashing and on all stainless steel surfaces in the galley and messdecks.

- a) True
- b) False

35. Which of the following should be accomplished prior to serving the meal?

- a) clean all areas and equipment
- b) post/update current menu at the entrance to the serving line
- c) set the tables with napkin dispensers, salt/pepper shakers etc..
- d) all of the above

36. Decks should not be swept during the serving or preparation of food as dust particles rise in the air and will fall on food and tables.

- a) True
- b) False

37. How frequently should napkin dispensers and salt and pepper shakers be emptied and placed into the dishwashing machine?

- a) weekly
- b) daily
- c) monthly
- d) after each meal

38. Ensure that sanitized cooking utensils are promptly stored by which of the following?

- a) Do NOT allow the cooking utensils to come in contact with your clothing while transporting them to the storage area
- b) avoid handling the cooking surface as much as possible
- c) store them face down to prevent dust/dirt from accumulating
- d) all of the above

39. The mess cooks should always present a neat appearance to the dining patrons.

- a) True
- b) False

(10) MS ADVANCEMENT - RECIPE CARD QUESTIONS

1. WHEN PREPARING ORANGE CAKE WHAT TYPE OF CAKE MIX IS USED ?
2. WHAT IS THE NAME OF THE CAKE WITH VINEGAR AND SALAD OIL ADDED ?
3. WHAT TYPE OF FROSTING IS USED FOR GERMAN CHOCOLATE CAKE ?
4. WHAT TYPE OF CAKE IS BAKED IN A LOAF PAN ?
5. VELVET POUND CAKE IS MADE WITH WHAT TYPE OF CAKE MIX ?
6. WHAT KIND OF CAKE MIX IS USED IN PREPARING FLORIDA LEMON CAKE ?
7. BOSTON CREAM PIE IS A VARIATION OF WHAT TYPE OF CAKE ?
8. SYRIAN BEEF STEW HAS WHAT TYPE OF BEANS IN IT ?
9. HOW MANY BATCHES IS 100 PORTIONS OF BEEF SUKIYAKI PREPARED IN ?
10. WHAT RECIPE IS PREPARED WITH A MIXTURE OF THINLY SLICED OVEN ROAST AND SPAGHETTI NOODLES ?
11. BEEF AND CORN PIE IS PREPARED WITH WHAT TYPE OF BEEF ?
12. WHAT TYPE OF CHILI IS BAKED WITH A CORNBREAD MIXTURE ON TOP ?
13. CHUCK WAGON STEW IS PREPARED WITH A MIXTURE OF GROUND BEEF AND _____.
14. BEEF CORDON BLEU IS DREDGED IN _____ BEFORE ADDING TO THE MILK AND BREAD CRUMBS ?
15. GROUND BEEF CORDON BLEU IS WRAPPED IN WHAT KIND OF CHEESE ?

16. WHAT IS THE LAST INGREDIENT ADDED TO LASAGNA BEFORE BAKING ?
17. MEAT LOAF IS SLICED INTO HOW MANY SLICES PER LOAF?
18. WHAT TYPE OF BEANS ARE USED TO PREPARE CHALUPA ?
19. HOW MANY SHEET PANS ARE USED TO PREPARE 100 PORTIONS OF MEATBALLS FOR SPAGHETTI AND MEATBALLS ?
20. WHAT TYPE OF CHICKEN IS USED IN PREPARING CHICKEN TETRAZZINI ?
21. HOW LONG IS SAVORY BAKED CHICKEN MARINATED ?
22. WHAT TYPE OF CHICKEN IS BAKED IN A ROASTING PAN SMOTHERED WITH RICE ?
23. WHAT TYPE OF DRESSING IS USED ON CHIPPER PERCH ?
24. FOR MORE INTENSE FLAVOR SAUERBRATEN MAY BE MARINATED FOR _____ HOURS.
25. WHAT KIND OF BEANS ARE IN THREE BEAN SALAD ?
26. WHAT TYPE OF DRESSING IS IN FRIJOLE SALAD ?
27. WHAT KIND OF SALAD HAS A COMBINATION OF CHICKEN, DICED AVOCADO AND BLUE CHEESE IN IT ?
28. PERFECTION SALAD USES WHAT FLAVOR OF GELATIN ?
29. WHAT IS THE OPTIONAL INGREDIENT IN CHILI CON CARNE ?
30. WHAT TYPE OF JUICE IS USED IN ZERO SALAD DRESSING ?

31. _____ SALAD DRESSING HAS BEETS AND HARD COOKED EGGS IN IT.
32. HOW THICK ARE BAKING POWDER BISCUITS ROLLED ?
33. AT LEAST HOW LONG MUST PIE DOUGH BE REFRIGERATED BEFORE ROLLING ?
34. WHAT TYPE KIND OF GELATIN IS USED IN GOLDEN GLOW SALAD ?
35. PIE DOUGH SHOULD BE ROLLED TO WHAT THICKNESS BEFORE PLACING IN PIE TINS ?
36. THE DOUGH FOR THE TOP CRUST OF A DOUBLE CRUST PIE SHOULD WEIGH HOW MUCH ?
37. THE DOUGH FOR THE BOTTOM CRUST OF A DOUBLE CRUST PIE SHOULD WEIGH HOW MUCH ?
38. THE DOUGH FOR A SINGLE CRUST PIE SHOULD WEIGH HOW MUCH ?
39. HOW MUCH LARGER THAN THE PAN SHOULD THE DOUGH BE ROLLED FOR PIES ?
40. WHEN RECONSTITUTING 1 CAN OF BEEF OR CHICKEN BASE, HOW MUCH WILL IT YIELD ?
41. HOW MUCH WILL 1 POUND OF SIFTED FLOUR MEASURE ?
42. A TILT FRYER SHOULD BE PREHEATED HOW LONG BEFORE USE ?
43. THE TEMPERATURE DIAL RANGE ON A TILT FRIER IS BETWEEN _____ AND _____ DEGREES.
44. WHAT TYPE OF SALAD DRESSING IS USED IN REUBEN SANDWICHES?
45. WHAT TYPE OF DRESSING IS USED IN PASTA SALAD ?

46. WHAT SANDWICH IS DIPPED INTO AN EGG AND MILK MIXTURE BEFORE GRILLING ?
47. HOW LONG MUST THE PUMPKIN PIE MIXTURE BE REFRIGERATED BEFORE ADDING THE EGGS ?
48. WHICH APPLE PIE HAS RAISINS IN THE MIXTURE?
49. WHAT ARE THE 4 INGREDIENTS IN PIE DOUGH?
50. WHAT ARE THE 4 VEGETABLES IN CHICKEN ALA KING?
51. WHAT ADDITIONAL INGREDIENTS ARE ADDED TO ONION SOUP TO MAKE IT FRENCH ONION SOUP?
52. WHICH NAVY SOUP HAS APPLES IN IT?
53. LOGGING SOUP IS A COMBINATION OF WHAT 2 CONDENSED SOUPS?
54. WHAT FLAVOR OF DEHYDRATED SOUP IS USED TO MAKE SPANISH SOUP?
55. THE SPAGHETTI FOR CREOLE SOUP IS BROKEN INTO _____ INCH PIECES.
56. FROZEN VEGETABLES SHOULD BE PREPARED IN _____ PORTION BATCHES.
57. SPROUTS SUPERBA USES WHAT TYPE OF CONDENSED SOUP?
58. WHAT IS THE MAIN VEGETABLE USED IN RATATOUILLE?
59. BROCCOLI PARMESAN USES WHAT FLAVOR CONDENSED SOUP?
60. WHAT BROCCOLI RECIPE CALLS FOR COOKED EGGS AND BREAD CRUMBS?
61. BREAD CRUMBS MAY BE USED TO MAKE CLUB SPINACH. TRUE OR FALSE

62. WHAT DOES THE ABBREVIATION A.P. STAND FOR?

63. WHAT DOES THE ABBREVIATION E.P. STAND FOR?

64. HOW MANY TEASPOONS ARE IN 1 GALLON?

65. WHAT IS THE ONLY EDIBLE PART OF THE SCALLOP? (MESS SPECIALIST RATE TRAINING MANUAL)

(11) MS ADVANCEMENT – FOOD SERVICE FORMS

- __ 1. NAVSUP FORM 367 (A) EXPENDITURE LOG
- __ 2. NAVSUP FORM 335 (B) MENU DRAFT
- __ 3. NAVSUP FORM 338 (C) RATION AND SALES REPORT
- __ 4. NAVSUP FORM 1282 (D) CASH MEAL PAYMENT BOOK
- __ 5. NAVSUP FORM 1334 (E) FINANCIAL LIABILITY INVESTIGATION OF PROPERTY LOSS
- __ 6. NAVSUP FORM 1080 (F) RECAPITULATION OF MEAL RECORD
- __ 7. NAVSUP FORM 1090 (G) MEAL SIGNATURE RECORD
- __ 8. NAVSUP FORM 1092 (H) MEAL PASS
- __ 9. NAVSUP FORM 1046 (I) SUBSISTENCE LEDGER
- __ 10. NAVSUP FORM 1336 (J) FOOD PREPARATION WORKSHEET
- __ 11. NAVSUP FORM 1357 (K) FOOD ITEM REQUEST/ISSUE DOC
- __ 12. NAVSUP FORM 1358 (L) FOOD ITEM REPORT/MASTER FOOD CODE LIST
- __ 13. NAVSUP FORM 1105 (M) CASH RECEIPT BOOK
- __ 14. NAVSUP FORM 1291 (N) GM CONTROL RECORD
- __ 15. NAVSUP FORM 1292 (O) REQUISITION LOG
- __ 16. NAVSUP FORM 470 (P) UNSATISFACTORY MATERIAL REPORT
- __ 17. NAVSUP FORM 1059 (Q) GENERAL MESS DINING FACILITY MENU
- __ 18. NAVSUP FORM 1359 (R) GM OPERATING STATEMENT
- __ 19. STANDARD FORM 364 (S) SALE OF GM MEALS
- __ 20. DD FORM 200 (T) REQUISITION/INVOICE/SHIPPING
- __ 21. DD FORM 1149 (U) RECORD OF RECEIPTS & EXPEND
- __ 22. DD FORM 1608 (V) GENERAL MESS SUMMARY DOCUMENT
- __ 23. DD FORM 1544 (W) REPORT OF DESCREPANCY

(12) MS ADVANCEMENT - FOOD SAFETY/HACCP TRAINING EXAM

1. Critical control points (CCPs) are food handling procedures where a loss in control may result in an unacceptable health risk.

TRUE FALSE

2. Which of the following is not a CCP?

- A) Chilling a piece of meat that has just been cooked.
- B) Checking the temperatures of a refrigerator where milk and other dairy products are stored.
- C) Mopping the floor.
- D) Keeping soup/chili at or above 140° while holding on the serving line.

3. An eighteen-pound roast beef has just been cooked to an internal temperature of 175°. It needs to be chilled and stored in the refrigerator for later use. The BEST way to assure that it chills quickly enough is to...

- A) Put it in the freezer whole and go home for the night
- B) Cut it into 3-inch thick pieces to ensure rapid cooling, monitor and record temperature decline on HACCP form to make sure food is cooled to < 70° F in 2 hours and to < 41° F in 4 additional hours.
- C) Monitor its internal temperature every 30 minutes and record on the HACCP form.
- D) Both A and B

4. Which of the following items should be recorded on the HACCP form daily?

- A) Freezer and refrigerator temperatures
- B) Internal temperatures of cooking and cooling meats
- C) Temperatures of chili and soup on the serving line
- D) Concentration of sanitizing solution
- E) All of the above

5. How long can a hazardous food be left in the danger zone of 42-139° before it must be discarded?

- A) 4 hours total including all phases of preparation
- B) Until it smells bad
- C) It depends on how hot it was cooked

6. If a problem is found during HACCP monitoring, the employee should...

- A) Throw away the food involved but don't tell anyone because the Public Health inspectors will get mad.
- B) Note the problem and write down how the problem was fixed in block 12 of the HACCP form
- C) Just serve the food anyway and hope that nobody gets sick from it.

7. How hot should pork be cooked before serving?
- A) 145°
 - B) 155°
 - C) 150°
8. How hot should poultry be cooked?
- A) 155°
 - B) 160°
 - C) 165°
9. How hot should water be to wash dishes by hand with soap?
- A) 160°
 - B) 171°
 - C) 190°
10. All CCPs that apply to a food facility should be documented daily.
- TRUE FALSE
11. What does sanitize mean?
- A) To clean thoroughly
 - B) To remove all debris
 - C) To clean and remove all disease producing organisms
12. If you feel sick before going to work or while at work you should..
- A) Work slowly
 - B) Go home
 - C) Tell your supervisor
 - D) Keep working
13. Food preparation tables must have the following done after each meal period:
- A) Wash with hot, soapy water
 - B) Wash with plain water
 - C) Wipe with a clean dry cloth
 - D) Wash with hot, soapy water and sanitize
14. How often should you sanitize a cutting board?
- A) Daily
 - B) Every 12 hours
 - C) Before and after each use
 - D) Weekly

15. We can keep flies, roaches and rodents out of our kitchens by...

- A) Keeping kitchens clean
- B) Covering the food
- C) Repairing the screens and doors
- D) All of the above

16. You should always inspect every delivery even if the Food Inspectors already did?

TRUE FALSE

17. How should potentially hazardous foods be thawed?

- A) In a refrigerator at 41° F
- B) As part of the cooking process
- C) At room temperature as long as the surface temperature does not exceed 41°
- D) All of the above

18. Previously prepared foods should always be reheated to at least _____ before serving.

- A) 140° F
- B) 200° F
- C) 165° F

19. Potentially hazardous foods (leftovers) should be used within 3 days, but must be used or discarded within 7 days.

TRUE FALSE

20. Water in the final rinse section of the multi-tank mechanical dishwasher should be _____ F in order for dishware to be sanitized.

- A) 180 - 194°
- B) 170° or higher
- C) 75 - 120°

21. Equipment can be sanitized by using a chemical sanitizer of 100ppm chlorine.

TRUE FALSE

22. Wipe cloths used for food contact surfaces such as work tables and counter tops must be stored in a sanitizing solution of 100ppm chlorine when not in use.

TRUE FALSE

23. For the chemical dishwashing method (three compartment sink handwashing), dishware must be submerged in a chlorine sanitizing solution for no less than _____

- A) 1 minute
- B) 10 seconds
- C) 5 minutes
- D) 30 minutes

24. Cold potentially hazardous foods should always be stored in a refrigerator at a temperature of...

- A) 28 - 41°F
- B) 41 - 140°F
- C) 140° or less
- D) 165° or more

MS ADVANCMET - VOCABULARY

A

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| ABAISSSE | A piece of dough rolled to required size, ready for use. |
| ABAISSER | To Roll (Pastry) |
| ABATS | Offal or variety meats such liver, hearts, tripe, etc. |
| BATIS | (deVolaille) Poultry trimmings such as necks and other External parts. |
| ABRICOT | Apricot |
| AGITER | To stir |
| AGNEAU | Lamb |
| AIGREFIN | Haddock |
| AIGUILLETES | Meat, Fish, Poultry cut into Fine strips. |
| AIL | Garlic |
| AILERONS for | Chicken supreme to which wing bone is left attached, also commonly used winglets of chicken |
| AIRELLE ROUGE | Cranberry |
| AJOUTER | To add (an ingredient when cooking) |
| A'LA | In the style, e.g. a'la Francaise, in the French manner. |
| A'LA CARTE from the | Literally "from the card". The menu which list the entire resources of the kitchen and from the customer can compose his own menu as distinct set, "Table D'hôte" meal. |
| A'LA DENTE' pasta | Literally "to the bite". Usually used in reference to slightly undercooked or vegetables. |
| A'POINT | Literally "to the point". Usually used in reference to meat cooked medium. |
| ALLUMETTES | Strips cut to match in size. (commonly for potatoes) |
| ALOYAU | Sirloin of beef (Contrefilet) |
| AMALGAMER | To mix together several ingredients. |

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| AMOURETTES | Pieces of marrow from the spinal bone of an OX or Calf. |
| ANGELIQUE | Anchovy |
| ANGELIQUE | Angelica |
| ANGLAIS (A' L') | 1. English style, plainly cooked, e.g. boiled, deep fried, plainly roasted. 2. Egg and bread crumbing for deep frying. 3. Eggs, oil and seasoning beaten together. |
| ANGULLE | EEL |
| ANIS | Aniseed |
| ANNOUCEUR | Expediter |
| APPAREIL | A mixture of various ingredients assembled to prepare a dish. Hence, the appariel a soufflé' (ingredients and materials for soufflé' making,) etc. |
| AROMATES | Sweet smelling Herb's, spices and flavorings |
| ARRETER | To stop (in cooking by, for example, adding cold water. |
| ARROSER | To sprinkle or baste. |
| ARTICHUAT | Globe artichoke |
| ASPERGE | Asparagus |
| ASPIC | A gelatin or calf's feet preparation for dressing cold dishes. |
| ASSAISONNER | To season |
| ASSIETTE | Plate or dish |
| ASSIETTE ANGLAISE | Dish of assorted cold meats |
| AUBERGINE | Eggplant |
| AU BLEU when | Terms used to describe mode of cooking fish.(especially trout and carpe) live, in plain court bouillon (q.v.) |
| AU FOUR | "Literally" in the oven", hence baked (e.g. pommes au four-baked jacket potatoes) |

B

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| BABA | A light sponge cake leavened with yeast, usually containing currants and normally served soaked in rum flavored syrup. |
| BAIN MARIE avoided. | A double sauce pan for slow cooking and when direct boiling is to be avoided. |
| are | Also a container for boiling water in which smaller pans and their contents are kept hot. |
| BALLOTINE | Meat, usually chicken or larger game birds, boned and stuffed. |
| BAR (Loup de Mer) | Bass |
| BARDES (de Larde) birds | Thin slices of back fat or bacon cut to required size for covering game prior to roasting. |
| BARON | Of mutton or lamb, the saddle with legs attached; of beef, double sirloin. |
| BARQUETTE | A small boat-shaped pastry or a mold of the same shape. |
| BASILIC | BASIL |
| BATONETTE | Stick (commonly denotes small stick vegetable garnish). |
| BATTERIE de CUISINE | Kitchen Equipment |
| BAVAROIS | “Bavarian Cream”, a dessert made principally with egg, gelatin, cream. |
| BECASSE | Woodcock |
| BECASSINE | Snipe |
| BÉCHAMEL | The basic savory milk sauce, a white sauce, one of the foundation sauces. |
| BEIGNET | A fritter |
| BETTERRAVE | Beetroot |
| BURREE | Buttered, basted or sprinkled with butter. |
| BUERRE MANIE | Butter worked to a blend with flour and used for thickening sauces. |
| BIEN CUIT | Well or thoroughly cooked. |
| BIFTECK | Steak |

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| BISCOTTE | Rusk |
| BISQUE Horard | A type of thickened soup normally made from shellfish, e.g. Bisque d' (Lobster soup) |
| BLANC | Water thickened with flour and water paste and acidulated with lemon juice(used to cook vegetables such as Jerusalem artichokes to keep them white.) |
| BLANC D' OEUF | White of egg |
| BLANCHIR | To blanch or parcook. |
| BLANQUETTE | A white stew of white meat such as veal and being made from cubes of meat trimmed free of bone. |
| BLEU | Blue (when applied to grilled meat such as steak, very rare). |
| BLINIS | Yeast-leavened flour, water and egg pasta, cooked pancake style and served hot with caviar. |
| BOEUF | Beef |
| BOMBES | Originally bomb-shaped ices now commonly made in shell -shaped mold. |
| BORDURE | Border, usually decorative, e.g. a bordure of pommes Duchess. |
| BOUCHEES | Small puff pastry patty cases usually stuffed with chopped poultry, fish or meat dressed in sauce. |
| BOUDIN, NOIR | Blood sausage or black pudding |
| BOUILLABAISSE | A fish stew, a specialty of the Marseilles region. |
| BOUILLIR, BOUILLI | To boil, boiled. |
| BOUILLON | Clear meat stock or soup |
| BOULANGER | Baker |
| BOUQUET GARNI | A small bundle of kitchen Herb's such as bay leaf, thyme, parsley tied within strips of celery or leak. |
| BOURGEOIS | Dish prepared in "bourgeois" style, methods originating from French family cookery. |

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| BOUTONS sprouts. | (de BRUXELLES). Buttons (of Brussels), poetic menu term for brussel |
| BRAISER | To braise, to cook slowly in a braisiere after being sealed in fat. |
| BRAISIERE | Braising dish |
| BRIDER | To truss, (poultry) with needle and string. |
| BRIOCHE | Yeast-leavened dough |
| BROCHETTE | Skewer |
| BRUNOISE | A garnish (usually vegetables) cut into a fine diced |
| BRUT | Coarse |
| BRUXELLOISE (A'LA) | In the Brussels style. |

C

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| CABILLAUD | Codfish Quail |
| CANAPÉS appetizers, | Pieces of toasted or fried bread or pastry garnished and served as Hors D' Oeuvre or snacks. |
| CANARD | Duck |
| CANARD SAUVAGE | Wild duck |
| CANDIR | To candy (fruit or candied fruit). |
| CANETON | Duckling (male) |
| CARAMEL | Last stage in cooking sugar when it reaches brown stage. |
| CARAMELIZER | To caramelize, i.e. to cook sugar until is colored. |
| CARBONNADE | Stewed or braised meat. Commonly steak cooked with beer. |
| CARCASSE | Carcass (poultry) without its meat, also bony structure of shellfish. |
| CARMINE | Red coloring |
| CAROLINE | Small appetizers made from choux paste and savory filling. |
| CARPE | Carp |

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| CARRE | Rack of lamb (or veal), i.e. the small “square” (hence the name) joint cut from the best end and consisting only of joined cutlets trimmed of chine bone. |
| CARRELET | Flounder |
| CARTOUCHE | A greased round of paper for covering meat dishes cooked in casseroles. |
| CASSEROLE | Fireproof dish, hence the name of dishes cooked in casseroles. |
| CASSIS | Black currant (and black currant liqueur) |
| CASSOLETTES | Small casseroles for individual portions, thus hot savories (hors d’ oeuvre) of small, round casserole shape. |
| CASSOULET | Type of braised dish featuring haricot beans often served with pork, mutton or grouse. |
| CAYENNE | A very hot, red pepper. |
| CELERI | Celery |
| CELERI RAVE | Celeriac or celery root. A turnip-like rooted celery. |
| CEPE | Edible fungus, kind of yellowish flap mushrooms. |
| CERFEUIL | Chervil |
| CERISE | Cherry |
| CERVELLE | Brain |
| CHAMPIGNON | Mushrooms |
| CHANTERELLES | Mushrooms (Cantharellus variety) |
| CHANTILLY | Cream whipped with a little sugar. |
| CHAUD-FROID | Cooked food served cold, usually coated with a cold sauce. |
| CHAPELURE | Fine bread crumbs made by crushing oven dried slices of bread. |
| CHAPON | Capon (castrated cockerel); also used to describe bread crust, rubbed with garlic and boiled in soup. |
| CHARCUTIER | Pork butcher and sausage maker. |
| CHARTREUSE | Molds made of bavarois-type mixtures and garnished and decorated. |

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| CHATEAUBRIAND | Double steak cut from the head or thick end of the beef fillet or undercut. |
| CHEF d CUISINE | <ol style="list-style-type: none"> 1. Tournant (Swing Cook) 2. Saucer (Sauce Cook) 3. Rotisseur (Roast Cook) 4. Grillardin (Broiler Cook) 5. Entremetier (Vegetable Cook) 6. Potager (Soup Cook) 7. Buffetier (Pantry Cook) 8. Restaurateur (Short-order Cook) 9. Embrocheur (Spit-Roast Cook) 10. Trancheur (Carver Cook) 11. Friturier (Fry Cook) 12. Poissonnier (Fish Cook) 13. Garde-Manger (Cold cook) (Garde means watcher) (Manger means food) 14. Confissier (Candy Cook) 15. Pâtissier (Pastry Cook) 16. Boulanger (Baker) 17. Boucher (Butcher) |
| CHEMISER | To line a mold with a thin layer of a substance such as jelly, aspic or ice cream. |
| CHEVREUIL | Venison |
| CHICOREE | Endive |
| CHIFFONADE | Leaf vegetables cut into thin ribbons, cooked in butter for a soup or sauce garnish. |
| CHINOIS | <ol style="list-style-type: none"> 1. A conical strainer 2. A type of small preserved orange. |
| CHIPOLATA | A type of sausage |
| CHOUROUTE | Sauerkraut, cabbage pickled by special process involving fermentation. |
| CHOU | <ol style="list-style-type: none"> 1. Cabbage 2. A type of pastry made with eggs used for eclairs, profiteroles, etc. |
| CHOU-FLEUR | Cauliflower |
| CHOU-FRISE | Curly kale |
| CHOUX de BRUXELLES | Brussels sprouts |

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| CHOU de MER | Sea Kale |
| CISELER | To slice finely (particularly lettuce) |
| CLARIFICATION broth. | A mixture of meat, vegetables and egg white used to clarify stocks and |
| CLARIFIER whites. | To clarify or clear liquids, e.g. consommé with minced raw beef and egg |
| CLOUTER | To pierce meat or poultry with small holes and insert pieces of bacon, truffle, etc. |
| COCOTTE | A small oven proof glazed dish |
| COEUR | Heart, hence coeur de laitue, etc., heart of lettuce |
| COLIN | Hake, a member of the cod family |
| COLLER | To thicken a sauce |
| COLLET | Neck of Veal |
| COMMIS | A professional assistant in the kitchen or dining room. |
| COMPOTE | Stewed fruit |
| CONCASSER | To chop roughly (commonly tomatoes) |
| CONCOMBRE | Cucumber |
| CONDENSER | To condense, to reduce, e.g. by boiling and evaporating. |
| CONFIR | To preserve by coating in sugar (e.g. confits of almonds or fruits) |
| CONFITURE | Jam |
| CONTRE-FILET | That part of the boned sirloin which faces the fillet. |
| COQ | Cock |
| COQUILLE | A shell, usually a scallop shell, hence a dish cooked and served in a shell. |
| COQUILLE ST. JACQUES | A scallop |
| CORBEILLE | Basket |
| CORDE | Rubbery condition of pastry when worked too much and too quickly and gluten has been developed. |

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| CORDON dish. | Literally “Ribbon”. Usually refers to a thread of sauce poured around a dish. |
| CORDON BLEU | 1. Literally “Blue Ribbon” 2. A meat preparation containing ham and cheese. |
| CORSER | To flavor and enrich |
| COTE | A side of meat. A piece of meat with the ribs attached. |
| COTELETTE | Cutlet |
| COULIBIAC de SAUMON | A method of cooking salmon in brioche paste. |
| COUPEAUX | Parings |
| COUPER | To cut |
| COUPE | A steamed goblet, glass or bowl. |
| COURGETTE | A vegetable. (Zucchini) |
| COURT BOUILLON fish. | A light stock of water, vinegar or wine, Herb’s and seasoning for poaching fish. |
| CRABE | Crab |
| CREME | Cream |
| CREME PATISSIER | A custard- like filling cream. |
| CREPES | Very thin pancakes |
| CREPINE | Part of pig’s intestines (Pig’s caul) used as casing for sausage and forcemeat. |
| CREPINETTES | Individual portions of meat, chicken or pork enveloped in crepine. |
| CREVETTE (Rose) | Prawn |
| CREVETTE (Grise) | Shrimp |
| CROISSANTS | Crescent shaped rolls |
| CROMESQUIS | (Kromeski) A type of deep fried croquette. |

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| CROQUETTE | Minced or ground food stuffs, e.g., potato (or blends of food stuffs, e.g., ham and chicken) molded, egg and crumbed and deep fried. |
| CROUSTADES | Pastry crust |
| CROUTES | Fried bread used for dishing small roast game birds, tournedos, etc. |
| CROUTONS | Fried pieces of bread of various sizes and shapes served as accompaniments to soups. |
| CRU | Raw |
| CUIRE | To cook |
| CUISINIER | A cook |
| CUISSON | 1. The natural juices of meat or natural cooking liquor exuded as a result of cooking. 2. Cooking time |
| CUISSE (AND CUISSOT) | Rump of beef |

D

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| DARNE | A slice. Usually a thick middle cut of large fish, as salmon. A fish steak. |
| DARIOLES | Small molds of baba mold shape. |
| DEBARRASSER | To clear away. |
| DEBRIDER | To remove trussing string after cooking. |
| DEBRIS | Remains, trimmings, pickings. |
| DECORER | To decorate. |
| DECOUPER | To cut (pastry and cake edges) |
| DEGLACER | To dilute (with wine, stock, etc.) the pan residue after cooking |
| DEGRAISSER | To remove the grease from stews, stocks, sauces, etc. |
| DELICES | Menu term to describe fine pieces of fish or meat without bone, i.e., a picturesque term for fillets. |
| DEMI-GLACE | Half glaze. Brown sauce. |
| DEMITASSE | A small cup (literally a 'half cup') |

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| DEPILER | To remove hairs and bristles (by scalding) |
| DEPOUILLER | To remove scum from surfaces of liquid during cooking. |
| DES | Dice |
| DESOSSER | To bone or fillet. |
| DESPUMATE | To boil out sauce. |
| DESSECHER | To dry. |
| DIABLOTINS browned. | Small pieces of Gnocchi or croutons sprinkled with grated cheese and |
| DINDE | Turkey |
| DINDONNEAU | Young turkey |
| DORER | To gild |
| | 1. To brush with egg wash or milk before baking. |
| | 2. To color by frying or brushing with fat and placing under salamander. |
| DRESSER | To dress (a dish for service)Chopped shallots and mushrooms cooked in butter. |

E

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| ECARLATE (A L') | Red (or scarlet) jelly napped over salted cooked meat such as ox tongue. |
| ECHALOTTE | Shallot |
| ECLAIRS and | Choux pastry baked in thick fingers, filled with cream or creme passtissier covered with chocolate or icing. |
| ECREVISSE | Crayfish |
| ECUMER | To remove scum from the surface of stock. |
| EMINCER | To mince, to cut as finely as possible. |
| EGOUTTER | To drain, strain off liquid. |
| EN | In, served in elgian endive. A plant of the chicory family. |

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| EN PAPILOTTE | In paper. Mode of cooking (particularly fish in greased paper). |
| EN TASSE | In cup |
| ENTIER | Whole |
| ENTRECOTE | Steak cut from the countrefilet of beef. |
| ENTRECOTE MINUTE | Very thin entrecote steak flattened for quick cooking. |
| ENTREE | Classically, a principle course of meat or offal preceding the roast at luncheon or dinner. In America, commonly used in reference to the main course. |
| ENTREMETS | Sweets, also (now less commonly) dressed vegetables, egg dishes, savories and farinaceous products. |
| ENTREMETIER | Cook who deals with vegetables, starches, and egg dishes. |
| ENVELOPE | To wrap |
| EPAULE | Shoulder |
| EPERLAN | Smelt |
| EPIGRAMME | (d'AGNEAU) A portion of lamb consisting of a cutlet and a piece of breast cut to cutlet shape and size, cooked, egg and crumbed, and sautéed. |
| EPINARDS | Spinach |
| EPLUCHER | To peel, trim and core fruit and vegetables. |
| ESCALOPE | A thin slice of meat |
| ESCARGOT | Snail |
| ESPAGNOLE | Basic brown sauce. |
| ESTOUFFADE | Pot roasted or baked in casserole. |
| ESTRAGON | Tarragon |
| ESTURGEON | Sturgeon |
| ETUVER | To cook slowly under cover with a minimum of added liquid. |
| EXPRIMER | To squeeze out. |

F

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| FAGOT | Faggot (of herb), bouquet garni |
| FAIRE LEVER | To cause to rise (e.g., leaven with yeast) |
| FAISON | Pheasant |
| FARCE | Stuffing of forcemeat |
| FARCIR (FARCI) | To stuff (stuffed) |
| FARINER | To dust or to coat with flour |
| FAUX-FILET | Sirloin boned out and with fillet removed (as contrefilet) |
| FECULE | Potato or starch flour used for thickening gravies, etc. |
| FENOUIL | Fennel |
| FEUILLETAGE | Puff pastry |
| FICELLE | String (used for trussing) |
| FILET removed | Fillet. The most delicate cut of meat, poultry, etc., or the flesh of fish from the bone. |
| FILET MIGNON | Small cuts of tenderloin |
| FINES HERBS | Finely chopped tarragon, chervil, chives parsley mixed together. |
| FLAMBER | 1. To flame, i.e. to finish cooking by soaking the food in a spirit such as brandy and igniting. 2. To pass a bird through the flame to singe off hair, etc. |
| FLAN | 1. Open tart 2. A molded custard |
| FLANCHET | Beef flank |
| FLETAN | Halibut or flounder |
| FLEURONS | Small fancy puff pastry shapes (usually crescent shaped) |
| FLUTE | Long, thin roll of crisp French bread of flute shape. |
| FOIE | Liver |

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| FOIE GRAS | Fat liver from specially reared geese. |
| FONCER | To line the bottom of a cooking dish with bacon, etc., or the bottom of a mold with paste. |
| FONDANT | A kind of icing sugar. |
| FONDS | 1. (DE CUISINE) Basic stocks 2. Bottoms of artichoke bottoms. Food items in a softened or melted state such as cheese fondue. |
| FONTAINE | The well or hole made in a dry flour etc., before adding liquid to make pastry. |
| FOUETTER | To whip or whisk. |
| FOURRER | To fill or to coat with sugar and cream. |
| FRAISE | Strawberry |
| FRAMBOISE | Raspberry |
| FRANGIPANE CREAM | A custard-like pastry cook's cream. |
| FRAPPE | Iced |
| FRAPPER | To ice |
| FRIANDISES | Dainty items of food, particularly sweet, petit fours (q.v.) |
| FRICANDEAU DE VEAU | Roast leg of veal A white stew of white meats such as veal or chicken differing from the blanquette in that bone may be present with the meat. |
| FRIRE | To fry |
| FRIT | Fried |
| FRITURE | Deep frying pan |
| FUMER (FUME) | To smoke, (smoked) |
| FUMET | Concentrated stock or essence particularly used of concentrated fish stock. |

G

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| GALANTINES | A preparation of stuffed chicken, pork and veal in the form of a large roll usually glazed with chaud-froid sauce and decorated. |
| GARBURE | A thick soup of vegetables |
| GARDE-MANGER | The larder |
| GARNIR (GARNI) | To garnish (garnished) |
| GARNITURE | To garnish or surrounding dressing of a dish. |
| GATEAU | A decorated cake |
| GAUFRETTE | Wafer biscuit served with ices and other sweet dishes. |
| GELEE | Jelly |
| GENOISE thick. | A paste of sugar, eggs, butter and flour usually baked about 1-3/4 inch |
| GIGOT | Leg (of lamb or mutton) |
| GLACE | 1. Frozen or glazed 2. ice cream |
| GLACE DE VIANDE | Meat glaze or extract, usually made by reducing meat stock to a dark, thick semi-liquid. |
| GLACER | 1. To freeze or chill. 2. To glaze or cook in such a way as to acquire a rich, shiny surface. a) For meats and poultry, by perpetually basting with own liquor. b) For vegetables, by cooking until liquor is absorbed and a shiny coating remains. c) By coloring under salamander or hot oven. d) Painting hot and cold dishes with concentrated glazes or coating with aspic. e) Sweets glazed with icing, fruit and sugar purees, etc. |
| GNOCCHI | Dumplings or paste (usually semolina or flour) of walnut size. |
| GOUJON | A finger shaped piece of fish, meat or vegetable. |

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| GRATIN salamander. | Browned surface of foods formed by coking in hot oven or under |
| GRATINER | To brown a dish sprinkled with bread crumbs and /or grated cheese under a salamander or in the oven. |
| GRILLER (GRILLE) | To broil (broiled) |
| GROSEILLE | Currant |

H

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| HACHER | To chop finely |
| HACHIS | Mince, e.g. m hachis de boeuf, minced beef. |
| HARENG | Herring |
| HARICOT | Bean |
| HARICOT VERT | Green bean |
| HATELET pieces. | A skewer, particularly a decorative silver skewer used in mounting buffet |
| HOMARD | Lobster |
| HOR d' OEUVRE | The first course or appetizer |
| HUITRE | Oyster |

I

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| INFUSION | Infusion made by pouring boiling water on aromatic vegetable substances such as tea, mint, etc. |
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J

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| JAMBE | Leg (uncooked)- shank |
| JAMBON | Smoked leg of pork |
| JARDINIERE | A garnish of mixed vegetables. |
| JARRET (DE VEAU) | Knuckle or shin (of veal) |
| JAUNE D'OEUF | Yolk of egg |

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| JULIENNE | Garnish (of meat, vegetables, etc.) cut into fine strips. |
| JUS | Juice |
| JUS LIE' | Thickened natural juices. |

L

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| LAITUE | Lettuce |
| LAMPROIE | Lamprey |
| LANGOUSTE | Spiny lobster |
| LANGUE | Tongue |
| LAPIN | Rabbit |
| LARD | Bacon or salt, fat pork |
| LARDER | To lard, i.e., to thread strips of fat with a larding needle into lean meat. |
| LARDONS | Strips of pork back fat or bacon used for larding. Also used generally for small pieces of bacon. |
| LAURIER | Bay leaf |
| LIAISON | A thickening or binding agent, commonly egg yolk and cream or butter to thicken soups and sauces. |
| LIE | Slightly thickened. |
| LIER | To thicken (usually with fecule or egg) |
| LIEVRE | Hare |
| LIMANDE | Dab, lemon sole |

M

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| MACEDOINE | Diced, mixed fruits or vegetables |
| MACERER | To macerate, to leave in prolonged contact such as soaking or fruit in liquors. |
| MADELEINE | Small cake baked in a small, scallop shaped shell mold. |
| MAIGRE | Lean (repas maigre--lenten meal without (meat) |

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| MAIS | Maize, sweet corn. |
| MAITRE D' HOTEL | Dining room manager |
| MANIE | (BEURRE MANIE) Manipulated (butter worked to a cream with the spatula, with flour added if for thickening.) |
| MAQUEREAU | To manipulate, particularly to work butter with a spatula. |
| MARINADE | Blend of liquids and flavorings used in marinating. |
| MARINER | To marinate, to steep meat or game to become tender or flavored in, for example, seasoned and flavored oil, wine or vinegar. |
| MARMITE | Earthenware stockpot. |
| MARITE, LA PETITE | A type of consomme cooked and served in a small earthenware pot with meats and vegetables. |
| MARRON | Chestnut |
| MASQUER | To coat or mask with sauce, jelly, etc. |
| MEDAILLONS | Round, medal shaped pieces of, for example, meat or meat preparation. |
| MELANGER | To mix two or more ingredients together. |
| MENTHE | Mint |
| MERLAN | Whiting |
| MERLUCHE | Hake |
| MEUNIERE | A method of cooking in which the article is dredged in flour and shallow fried in butter. |
| MIGNONETTE | 1. Small slices of meat. 2. Whole peppercorn roughly ground |
| MIJOTER | To simmer very slowly |
| MIREPOIX | A flavoring base to soups and sauces made by shallow-frying cubed ham or bacon scrapes, vegetables and herbs. |
| MODELER | To model (in paste, sugar, etc.) |
| MOELLE | Marrow from a beef shin bone. |

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| MOLLET | Soft boiled egg |
| MONTER | The beating of cream, egg whites, etc. |
| MONTER au BEURRE | To enrich a sauce or reduction by dropping in small pieces of butter and tossing to blend. |
| MORILLES | Morels, a fungus |
| MORTIFIER | To hang game, meat, etc., to become tender and flavorsome. |
| MOULE | Mussel |
| MOULIN | Mill. Commonly to denote pepper grinder. |
| MOUSSE prepared in | Literally froth or foam, hence sweet or savory dish of that character molds for service for several covers. |
| MOUSSELINE | <ol style="list-style-type: none"> 1. Smaller-sized mousse-type preparation, usually individual sized portions and commonly served hot. 2. A sauce (Hollandaise blended with whipped cream). |
| MOUTON | Mutton |
| MULET | Mullet |
| MUR | Ripe |
| MURE | Blackberry or mulberry |
| MYTILLE | Blueberry |

N

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| NAPPE | A stage reached in the cooking of sugar or sugar preparations, the large thread stage. |
| NAPPER | To coat with sauce, aspic, etc. |
| NAVARIN | A type of brown, lamb stew. |
| NAVET | Turnip |
| NOISETTE | <ol style="list-style-type: none"> 1. Hazelnut 2. A boneless delicate portion such as a cutlet trimmed of bone and excess fat. |

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| NOIX de VEAU | Bottom round |
| NOQUES | (au Parmesan) Light, nut-sized preparation of egg, butter, and flour (nutmeg flavored) They are poached and served with grated Parmesan cheese and Beurre Noisette. |
| NOUGAT | A sugar confection containing nuts. |
| NOUILLES | Noodles |

O

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| OIE | Goose |
| OIGNON | Onion |
| OIGNON CLOUTE | Onion studded with cloves |
| OIGNON NOUVEAU | Spring onion, scallions |
| OSEILLE | Sorrel |

P

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| PAILLES | Straws (hence pommes pailles, deep fried straw potatoes) |
| PAILLETES | Cheese straws |
| PANADA | A binding agent of flour, butter and water. To coat with bread crumbs |
| PANNEQUETS | Pancakes |
| PANURE | As chapelure (q.v.) fine crumbs from oven-dried breads. |
| PAPILLOTES | Paper case, en papillote-- cooking in paper wrapping. |
| PAPRIKA | Red, but mild, Hungarian pepper |
| PARER | To pare (vegetables), to trim (meat, etc.) to remove irregularities of shape or waste matter. |
| PARFUMER | To impart bouquet by addition of aromatic herbs, etc. |
| PARURES | Parings or trimmings either cooked or raw |
| PASSER | (Passer au Tamis) To strain through a sieve. |
| PASSER a'1 ETAMINE | To pass through tammy cloth |
| PASSER A'1 OEUF | To dip in egg (prior to crumbing) |

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| PASTILLAGE | Confectionary pastes of sugar and gum used in modeling. |
| PATE | Paste or pastry |
| PAUPIETTES | Thin flattened slices if meat, fish etc., and rolled. |
| PAYSANNE | A garnish of mixed vegetables of small tri- angular- shaped slices. |
| PECHE | Peach |
| PELAMIDE | Pilchard |
| PERCHE | Perch |
| PERDREAU | Partridge |
| PERSIL | Parsley |
| PERSIL HACHE' | Chopped parsley |
| PERSILLE | Sprinkled with chopped parsley (hence pommes persillees-boiled potatoes) |
| PETIT FOURS | Small sweetmeats, tiny, glazed cakes, biscuits, dipped fruits, etc., accompanying the dessert course. |
| PETIT POIS | Peas |
| PIECE MONTEE | A decorative centerpiece used on buffets. |
| PIED | Foot |
| PIEDS de Veau | Calf's feet |
| PIEDS de Porc | Pig's feet |
| PILAW, PILAFF | 1. a method of cooking rice 2. A middle Eastern rice dish |
| PIMET | Pimento |
| PINCER | To pinch pastry together |
| PINTADE | Guinea fowl |
| PIQUER | To insert small pieces of fat for other flavoring agents into meat or vegetables. |

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| PLAQUE A ROTIR | Roasting pan |
| PLAT | Plate or dish |
| PLAT de CUISSE | Silverside of beef round |
| PLAT DRESSE | Dressed or decorated dish |
| PLAT du JOUR | Dish of the day (specialty of the day) |
| PLIER | To fold |
| PLONGEUR | Pot washer |
| PLUCHER | To peel |
| POCHER | To poach, etc., to cook in liquid, simmering but not boiling. |
| POELER | A method of oven cooking similar to braising or pot roasting. |
| POINTE | 1. Tip (of a knife or of asparagus) 2. Tiny quantity, particularly of strong aromas such as cayenne or garlic. |
| POIRE | Pear |
| POIREAU | Leek |
| POITRINE | Breast, hence also brisket |
| POIVRADE | Flavored with pepper |
| POIVRE | Pepper |
| POJARSKI | Minced veal shaped as a chop. |
| POMME | Apple. Also used in menus and in kitchen as short for pomme de terre. |
| POMME de TERRE | Potato |
| PORC | Pork |
| POTAGE | SOUP |
| POTIRON (COURGE) | Pumpkin |
| POULAEDE | POULARDINE Young, fat chicken. |

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| POULE | Hen |
| POULET | Young chicken |
| POULET d'INDE | Young turkey |
| POUSSIN | Spring chicken |
| PRALINE | Toasted almonds in caramelized sugar, flavoring with toasted almonds poned to paste form. |
| PRE-SALE | Refers to lamb or mutton raised in french seacoast areas and deemed of high quality. |
| PRINTANIER | Garnish of mixed spring vegetables cut to various shapes and sizes. |
| PROFITEROLES | Choux paste usually in small or medium small shapes. When tiny used in soup garnish, when larger, filled with cream and covered with chocolate (or chocolate sauce) such as dessert. |
| PRUNEAU | Plum |
| PUREE | Mashed or sieved vegetables, fruit, etc. |

Q

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| QUARTIER | Quarter. To divide or cut in quarters. |
| QUENELLES | Small spoon-fashioned mousses of fish or meat. |
| QUICHE | Savory flan of egg, cream and various garnishes. |

R

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| RADIS | Radish |
| RAFFINER, RAFFINE | To refine, refined |
| RAFRAICHIR | To refresh, commonly by plunging into cold water or surrounding with ice. |
| RAGOUT | A type of savory stew |
| RAIE | Skate |
| RAIFORT | Horseradish |
| RAMEQUIN | A tartlet of cheese and also a type of dish for serving savories, etc. |

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| RAVIOLI | A form of Italian pasta, small diamond or square-shaped pieces with savory stuffing. |
| RECHAUFFE | Reheated |
| RECHAUFFE | To reheat |
| RECHERCHE | Out of the ordinary, uncommonly fine. |
| RECTIFIER | To correct or make a change (seasoning, shape, etc.) |
| REDUCTION | The result of reducing. |
| REDUIRE | To reduce. Stocks, sauces, etc., are reduced by evaporation through cooking. |
| REVENIR | To fry quickly to color. |
| RIS de VEAU | Sweetbreads |
| RISOTTO (RIZOTTO) | Italian rich dish |
| RISSOLER | To give brown color |
| RIZ | Rice |
| ROBE | Dress, thus “en robe”, literally “in dress” or to denote in jacket—jacket potatoes, or items covered in pastry. |
| ROGNON | Kidney |
| ROGONNADE | (de Veau) Saddle (of veal) complete with kidneys. |
| ROQUEFORT | A blue french cheese. |
| ROTIR, ROTI | To roast, roasted (the roast course on a menu) |
| ROTISSEUR | Roast, cook |
| ROUGET | Red mullet |
| ROUX | Thickening agent made of flour and fat. |
| ROYALE | A kind of unsweetened or savory custard cut into various shapes and used as a garnish. |

S

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| SABAYON | A whipped Italian dessert of Marsala, sugar and egg yolks. |
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| SAIGNANT | Rare |
| SAISIR | To seal (meat) surface by fierce cooking. |
| SALAMANDRE | Top fired grill or glazer |
| SALE | Salted |
| SALPICON | A mixture of various ingredients usually diced poultry or same or ham or tongue and mushrooms in sauce. |
| SAUCER | To sauce, to cover with sauce. |
| SAUCISSES | Sausages |
| SAUGE | Sage |
| SAUMON | Salmon |
| SAUTER | Literally to jump. In cooking by tossing in hot fat in a saute pan. |
| SAUTEUSE | Shallow pan with sloping sides. Vegetable stew pan. |
| SAUTOIR | A shallow pan with straight sides |
| SAVARIN | Light yeast sponge (as baba mixture without currants). Usually baked in ring mold. |
| SAVARIN MOLD | A circular ring or crown-shaped mold. |
| SEL | Salt |
| SELLE | Saddle (selle d agneau-- saddle of lamb) |
| SOIGNE | Well done, prepared with care. |
| SORBET | Sherbet, flavored water ice. |
| SOUBISE | A thick sauce preparation of onions and rice stewed in butter. |
| SOUCHET | A brown fish stew garnished with julienne of vegetables. |
| SOUFFLE | A light sponge confection either sweet or savory owing its risen form to egg. |
| SPATULE | Spatula, a flat spoon or knife |
| SUPREME | 1. The best part or fillet of meat, game or poultry or fish, e.g., the wing and breast of chicken with bone removed. |

2. Used to describe a fine, white sauce made from cream. Cream and egg thickened chicken stock.

T

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| TAMISER | To sieve, to tammy, to strain |
| TAMPON | A bed of rice or vegetables on which meat, etc., is placed. |
| TASSE | Cup, hence EN TASSE--served in a cup |
| TENDRE de TRANCHE | Topside of beef |
| TERRINE | Earthenware cooking vessel and hence designated of pate cooked in a terrin. |
| TETE (DE Veau) | Head (calf's head) |
| THON | Tuna fish |
| TIMBALE | A deep, straight sided circular dish or mold. |
| TOMATE | Flavored with tomato or tomato puree. |
| TOMBER A' GLACE | Reduce to a glaze |
| TOPINAMBOUR | Jerusalem artichoke |
| TOURNE | Turned, e.g., when sauce, soup, stock has soured or when mayonnaise or hollandaise separates out of cooking. |
| TOURNEDOS thin | A small steak consisting of a fairly thick, neat round slice from the tail or end of beef fillet, grilled or sautéed and served as an entree. |
| TOURNER | To turn, to shape vegetables with a knife. Also to turn sour. |
| TRANCHE | A slice |
| TRANCHER | To carve or slice. |
| TRANCHEUR | Carver |
| TRANCHE GRAS | Thick end of beef flank. |
| TRAVAILLER | To work, to manipulate or kneed |
| TRUFFE | Truffle, a delicate fungus which grows underground. |

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| TRUITE | Trout |
| TRUITE SAUMONEE | Salmon trout |
| TURBAN | Dishes molded into turban shape, usually fillets of fish, poultry or game. |
| TURBOTIERE | Turbot kettle |

V

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| VANNER | To blend by stirring with a spoon or spatula until cooled to ensure smoothness and prevent formation of surface skin. |
| VEAU | Veal |
| VELOUTE sauce. | Literally ‘velvet’ but used to denote smooth, thick-textured white soup or sauce. |
| VIENNOISE, A’LA | In Viennese style |
| VOL AU VENT | Puff pastry case |
| VOLAILLE | Poultry |

W

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| WATERZOI | A type of fish stew, usually fresh-water fish such as carp, eel, perch, pike, etc. Can also be prepared from chicken. |
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Z

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| ZESTE | French for “peel” the exterior, colored, flavored part of the skin of lemon, orange, tangerine, etc. |
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(1) MS ADVANCEMENT – GENERAL QUESTIONS SOLUTIONS

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1. 30 days (1004)
2. 90 days (1005.2g)
3. commanding officer (1100)
4. executive officer (1101.d1)
5. 120 days (1101.d1)
6. medical (1102)
7. in accordance with the navmed p-5010 (1102)
8. twice (1200.2.1)
9. supply department general stores (1201.2.a)
10. food service spaces (1201.2.b)
11. ships retail/clothing (1201.2.b)
12. barber shop/tailor shop/laundry (1201.2.c)
13. six (1302.3)
14. true (2003.1.1g)
15. navsupnote 7330 (2501.4)
16. under secretary of defense(compcontroller) (2200.1)
17. naval message from sup 511 and navsupnote 7330 (2200)
18. commanding officer (2201.1.b2)
19. prior to the meal (2201.4.a)
20. sign (2201.1.4.b)
21. double (2201.1.4.c)
22. five dollars (2201.1.5)
23. full name,grade,branch of service (2201.2)
24. fifteen days (2201.2.c)
25. cashiers (2202.2.e)
26. white,blue,pink,green,salmon,yellow (2302.1)
27. 50 (appendix c-13)
28. food service officer (1104)
29. breakfast/rik (2403.3.a)
30. 20% (2500.1)
31. seven (appendix c-8)
32. 13 (2305.2)
33. commanding officer of the activity (2307.1)
34. 25 (2307.3)
35. at the end of each month (2305.1)
36. yes (2303.6.a)
37. yes (2400.1)
38. navsupnote 7330 enclosure (4) (2600.1)
39. food service officer (1104)
40. via naval message from sup 511 and navsupnote 7330 (2200.1)
41. 20% (2500.1)
42. commanding officer (1100)
43. basic daily food allowance (2501.1)
44. 149, navsupnote 7330 (2501.4)

45. thanksgiving/christmas (2501.3.b)
46. 30 days (2501.3.g)
47. false (2600.2)
48. commanding officer (2601.1)
49. last receipt (2602)
50. 16 (2604.1)
51. optar (2604.1)
52. no (2604.3)
53. 4 times (2605.6)
54. fat,cholesterol and calorie list (3000)
55. quarterly (3003.1)
56. minimum one year (3003.2)
57. supply officer (1103)
58. recipe cards numbers (3006.5)
59. executive officer (1101)
60. leading ms (1106)
61. food service officer (1104)
62. one (3101.1)
63. jod/bulk storeroom custodian (1107.3)
64. three (3101.4.b)
65. commanding officer (1100)
66. 13 (2305.2)
67. 40%
68. leading ms (1106)
69. 48 hours(3202.2.e)
70. records keeper (1107.2)
71. galley watch captain (1107.1)
72. subsistence prime vendor (5100.4)
73. canada (4102.2.d)
74. 13 (5300.2.c.)
75. r (4202.2.15)
76. minus 10 & zero (5103.4)
77. free on board (4202.2.8)
78. ashore u.s. (4202.2.17)
79. non-hazardous (5300.1.a)
80. report of discrepancy(rod) (5300.2.b)
81. dd form 1222 (5301.3.b)
82. standard form 364 (5300.2)
83. \$5.00 (5401.2)
84. inventory brought forward (5403.3.b)
85. 50% (5705.5)
86. 100% (5705.5)
87. \$50 6000.5.a)
88. \$500(\$1000 dollars for lhd/cv/cvn) (6000.5.b)
89. \$500(\$1,000 dollars for lhd/cv/cvn)(6000.5.b)
90. yes (6001.7.a, block 9)
91. the individual in the best position to know what happened to the food items.(6001.7.a, block 9)
92. true (6001.8.f)

93. cash night meals (page 7-54, figure 7-29)
94. food item report/master food code list (7103.1)
95. 34-40 degrees f (5703)
96. last receipt (6204)
97. two (486 vol ii, 4001)
98. three (486 vol ii, 4001)
99. general mess summary document (7001)
100. expenditure (6001.9, figure 6-10)
101. fic (6002.1)
102. 26 (appendix c, page c-12)
103. 19 (appendix c, page c-4)
104. daily (2500.1)
105. 2% (6103.3)
106. navsup 486 (5301.2)
107. two (6200)
108. commanding officer/navsup 51 (7303)
109. last receipt (6302.4)
110. fixed price (6302.5)
111. other (6206)
112. fifth (7001.2)
113. zero (7001.2)
114. last number of fiscal year (7002.1)
115. appendix f
116. \$5 (7002.3)
117. * (7006.2)
118. "signed" (7006.2)
119. within 90 days of last full physical inventory (7100.3)
120. 95% (7101)
121. 5% (7103.1)
122. fixed price (7103.1)
123. 98
124. last receipt (7103.20)
125. double line (7201)
126. fixed price (7202.2)
127. 10% (7203.6)
128. 2% (7202.11)
129. 5th (7001.2 & 7300)
130. appendix h
131. one year (appendix a, page a-10)
132. once (6002.1)
133. 48 months (appendix f)
134. 36 months (appendix f)
135. apples (appendix f)
136. pear (appendix f)

(2) MS ADVANCEMENT-P 486 PART 1 SOLUTIONS

1. b) 30 days
2. a) 90 days)
3. c) Commanding Officer
4. d) Executive Officer (1101.d1)
5. b) 120 days
6. b) Medical
7. a) in accordance with the NAVMED P-5010
8. d) twice
9. a) supply department general stores
10. b) food service spaces
11. b) ships retail/clothing
12. d) barber shop/tailor shop/laundry
13. a) six
14. a) True
15. b) NAVSUPNOTE 7330
16. c) Under Secretary of Defense (Comptroller)
17. a) Naval message from SUP 511 and NAVSUPNOTE 7330
18. b) Commanding Officer
19. c) prior to the meal
20. a) sign
21. a) double
22. d) 5 dollars
23. a) full name,grade,branch of service
24. c) 15 days
25. b) cashiers
26. d) all of the above
27. a) 50
28. c) Food Service Officer
29. b) Breakfast/RIK
30. d) 20%
31. b) seven
32. c) 13
33. b) Commanding Officer of the activity
34. c) 25
35. d) At the end of each month (2305.1)
36. a) yes
37. a) yes
38. d) NAVSUPNOTE 7330 enclosure (4)
39. d) Food Service Officer
40. c) Via Naval message from SUP 511 and NAVSUPNOTE 7330
41. c) 20%
42. d) Commanding Officer
43. b) Basic Daily Food Allowance
44. b) 149
45. a) Thanksgiving/Christmas
46. b) 30 days
47. b) False

- 48. c) Commanding Officer
- 49. a) last receipt
- 50. b) 16
- 51. b) Within 90 days of last full physical inventory
- 52. b) 95%
- 53. a) 5%
- 54. d) fixed price
- 55. c) 98
- 56. c) last receipt
- 57. b) double line
- 58. c) fixed price
- 59. a) 10%
- 60. d) 2%
- 61. d) 5th
- 62. a) Appendix H
- 63. b) 1 year
- 64. a) once
- 65. c) 48 months
- 66. d) 36 months
- 67. a) apple
- 68. b) pear

(3) MS ADVANCEMENT-P 486 PART 2 SOLUTIONS

1. a) OPTAR
2. b) no
3. c) 4 times
4. a) Fat, cholesterol and calorie list
5. b) quarterly
6. a) minimum one year
7. c) Supply Officer
8. a) recipe cards numbers (3006.5)
9. a) Executive Officer
10. c) Leading MS
11. d) Food Service Officer
12. b) one
13. d) JOD/Bulk storeroom custodian
14. a) three
15. b) Commanding Officer
16. c) 13
17. a) 40%
18. d) Leading MS
19. a) 48 hours
20. c) Records Keeper
21. b) Galley Watch Captain
22. c) Subsistence Prime Vendor (SPV)
23. b) Canada
24. d) 13
25. a) R
26. c) minus 10 & zero
27. c) Free On Board
28. d) Ashore U.S.
29. b) non-hazardous
30. a) Report of Discrepancy (ROD)
31. d) DD Form 1222
32. c) Standard Form 364
33. a) \$5.00
34. d) inventory brought forward
35. b) 50%
36. c) 100%
37. c) \$50
38. c) \$500
39. c) \$500
40. a) yes
41. c) The individual in the best position to know what happened to the food items.
42. a) true
43. b) Cash night meals
44. b) Food Item Report/Master Food Code List
45. d) 34 and 40 degrees F
46. b) last receipt
47. a) two

- 48. c) three
- 49. b) General Mess Summary Document
- 50. c) expenditure
- 51. a) FIC
- 52. c) 26
- 53. b) 19
- 54. b) daily
- 55. a) 2%
- 56. b) NAVSUP 486
- 57. a) two
- 58. b) Commanding Officer/NAVSUP 51
- 59. d) last receipt
- 60. a) fixed price
- 61. a) Other
- 62. b) 5th
- 63. a) 0
- 64. d) last number of fiscal year
- 65. b) Appendix F
- 66. a) \$5
- 67. c) * asterisk
- 68. b) "signed"

(4) MS ADVANCEMENT – P421 SOLUTIONS

1. d) Lobster and crabs
2. d) 30 days
3. b) Citrus, onions, tomatoes, cabbage, cantaloupe and celery
4. c) As close to 32 degrees as possible
5. c) 1", 6" and 2"
6. b) Yes, Only on certain classes of ships, ie Minesweepers
7. c) Examine against a strong light
8. c) Dry sausage
9. c) Overripe apples
10. c) BUMED
11. c) FDA publication "Food Protein Uncoded"
12. c) Disposal of garbage and refuse
13. b) 1. Preventing entry
2. Denying harborages, food and water
3. Obtaining professional help at first sign of insects and rodents (2006)
14. c) Any structure, vehicle or location where food is prepared, stored or served
15. c) Food service equipment and utensils
16. c) Weekly
17. c) Members training record
18. c) When ill or having cuts or lesions, or when absent for more than 30 days for any reason
19. c) 4 hours
20. c) Twice daily
21. b) Both A and C
22. c) Wipe all tops
23. c) Once per day or shift
24. c) A pathogen
25. b) 1. Temperature
2. Moisture
3. PH balance
4. Oxygen
5. Time
26. d) Bacteria that can exist either with or without oxygen
27. c) Staphylococcus
28. c) Seafood, any food cross-contaminated with raw seafood, food rinsed with contaminated sea water
29. c) Parasitic infection
30. b) Monosodium Glutamate (MSG)
31. d) Cyanide poisoning
32. c) Tropical reef fish
33. a) Any direct or indirect fecal-oral transmission from a carrier
34. b) Raw milk from infected cows
35. b) All listed
36. a) Vacuum cleaning
37. d) minimum daily
38. b) None
39. b) all listed
40. a) monthly
41. a) 195 degrees

- 42. b) 165 degrees for both
- 43. d) Glassware
- 44. c) Immersed for 30 minutes in actively boiling water with 1 c. alkaline detergent added to each 5 gallons of water.
- 45. d) Medical Officer
- 46. b) Safety shoes

(5) MS ADVANCEMENT – SANITATION SOLUTIONS

1. A) Item is canned, dried, dehydrated
2. A) 36 hours
3. A) USDC
4. A) Bright red gills, prominent eyes and firm elastic flesh
5. A) Below 40 degrees or above 140 degrees
6. A) NAVMED 6240/1
7. A) 33-36 degree
8. A) Springer
9. A) Supply Officer
10. A) Twice daily
11. A) Five
12. A) Bureau of Medicine and Surgery (BUMED)
13. A) 6 inches
14. A) 7 days
15. A) Food-borne infection
16. A) class three
17. A) Frequently. 1/4 of all machines must be inspected weekly for bacteria
18. A) 32 degrees
19. A) 6 hours
20. A) German cockroach
21. A) Sweller
22. A) Coffee and molasses
23. A) USDA
24. A) 3 inches
25. A) 5 hours
26. A) Flipper
27. A) Alive state
28. A) canned, dried, dehydrated
29. A) wooden utensils are prohibited
30. A) Poor refrigeration, disregard of time and temp requirements food prepared too far in Advance
31. A) 36-38 degrees
32. A) 1/4 inch
33. A) NSF approved imperious, smooth, corrosion resistant
34. A) they are prohibited
35. A) 80 degrees or below
36. A) Antimony
37. A) Zinc
38. A) 15 days
39. A) 15 Navsup P-520
40. A) 110-120 degrees
41. A) 95-125 degrees
42. A) 180-195 degrees
43. A) Chlorine-iodine solution
44. A) 40 degrees or below
45. A) 3 hours
46. A) 30 days, 32 degrees
47. A) one full minute/100 to 140 degrees

48. A) 1/4 inch
49. A) Pasteurized frozen table eggs, pasteurized dehydrated eggs
50. A) 3 qt.
51. A) 4 hours
52. A) 3 inches
53. A) 60 hours
54. A) 165 degrees
55. A) they are discarded
56. A) 1. replacement, 2. after 30 days absence, 3. after SIQ
57. A) 3 hours
58. A) Every three years
59. A) Notify the Commanding Officer and recommend facility immediately cease food Production
60. A) Poisonous waste being produced by the bacteria
61. A) They are no longer authorized
62. A) outbreak of food-borne illness
63. A) natural and chemical food poisoning food intoxication food infection
64. A) if chilled acid foods or drinks are allowed to stand in cadmium-plated metal containers before they are served (illness may strike 10 to 15 minutes after the food is eaten)
65. A) If silverware is not properly washed and sanitized after detarnishing metal polishes
66. A) sodium fluoride- a substance often used to get rid of waterbugs or cockroaches (it is a white powder than can easily be mistaken for powdered milk)
67. A) leaking mechanical refrigerators
68. A) staphylococcus
69. A) in the throat, on the skin in pimples and boils, and in great abundance in the postnasal drip of people recovering from colds
70. A) pork products and fowl
71. A) IDC, PMT, EHO, E-5's and above who graduate from sanitation IT school
72. A)
 1. preparations of food too far in advance
 2. poor refrigerators of food
 3. careless handling of food
 4. failure of personnel to follow proper personal hygiene habits
73. A) it is used to refer to all insects, rodents and related animals that are significantly related to the transmission of disease to man act as intermediate hosts or reservoirs of disease
74. A) Supply Officer
75. A) When away from duty for 30 days

(6) MS ADVANCEMENT – RECEIPT, INSPECTION & STOWAGE SOLUTIONS

1. d) all of the above
2. b) first in first out
3. d) FSO
4. a) Army Veterinary Service Inspector
5. d) Subsistence Prime Vendor (contractor)
6. a) Army Veterinary Inspector
7. d) all of the above
8. b) no
9. d) all of the above
10. c) 12 months
11. d) 75%
12. d) correct number of items based upon unit of issue were delivered
13. d) b and c
14. b) 10 degrees
15. a) 32 - 40
16. c) -10 and 0
17. d) FSO
18. b) under-ordered products in new condition
19. c) same day
20. d) all of the above
21. d) defects noted after receipt and acceptance of products
22. a) it bears a stamp or label of the Department of Agriculture
23. a) true
24. d) a and c only
25. d) a and b only
26. a) SF 364
27. d) all of the above
28. b) False, it is a message identifying hazardous food products known to be in the DOD food supply system
29. d) all of the above
30. a) maximum ventilation
31. b) eggs and butter absorb odors and turn them to flavors
32. b) carbon dioxide
33. c) 0 degrees
34. a) 34 to 40 degrees
35. d) all of the above
36. d) return any excess quantities to the vendor
37. d) when newer stock shows signs of deterioration or spoilage
38. b) inspect for spoilage, leakage, or other damage
39. d) all of the above
40. d) NAVSUP P-486
41. d) to make sure the oldest stock is used first
42. a) they conform to the specifications of the purchase document
43. c) there must be an immediate need and an urgent requirement for the food items procured
44. b) meats that have been either partially or completely boned, trimmed, and portion-cut
45. d) meat is free from disease and meets sanitary requirements

(7) MS ADVANCEMENT – FOOD SERVICE EQUIPMENT AND SAFETY

1. d) each of the above
2. d) machine operation should be discontinued and equipment turned off
3. a) tag out the equipment according to the tag out bill
4. c) distilled
5. b) closing the safety valve when you are turning on the steam
6. d) keep the kettle from exploding by releasing excess steam pressure
7. d) secure electrical power at the main source of power
8. c) make sure the fat covers the uppermost coil at all times and the temperature is no more than 200 degrees while the fat is melting
9. c) 425 degrees
10. c) cause the grease to boil over
11. d) use a PKP extinguisher
12. b) 1/2 full
13. c) place the meat in the carriage and adjust the clamp
14. d) wait 2 minutes before opening the door
15. b) once a week
16. d) the fire damper slams shut, the blower shuts down, and water is released
17. c) 66
18. d) meat tenderizer
19. d) 140-160 degrees
20. a) a pre-wash feature
21. b) (a) 20 seconds (b) 20 seconds
22. c) those with water compartments heated by immersion electric heating elements
23. d) when ice formation reaches 1/4 of an inch thickness
24. d) 32 to 40 degrees
25. d) each day

(8) MS ADVANCEMENT - MESS DECK MASTER AT ARMS SOLUTIONS

1. a) weekly basis
2. a) True
3. d) both a and b above
4. d) weekly
5. d) both a and b
6. c) at the end of each meal
7. d) all of the above
8. b) False
9. d) ensure mess cooks are not in white trousers
10. c) Food Service Officer or his designated representative
11. d) all of the above
12. b) True
13. c) assist Ship's Master at Arms force in processing report chits and mustering of restricted personnel
14. d) NAVSUP P-520
15. d) all of the above

(9) MS ADVANCEMENT-MESS COOK SOLUTIONS

1. a) Watch Captain
2. a) True
3. a) is mandatory
4. a) True
5. d) 180 - 200
6. b) 1/4 of an inch
7. d) Medical Officer or Representative
8. d) Both A and B
9. a) Medical
10. a) weekly
11. c) after each meal
12. b) tongs
13. d) all of the above
14. d) rubber gloves
15. a) after each meal/use
16. c) 3 inches
17. a) True
18. c) 170 and utensils immersed in water for 30 seconds
19. b) False
20. d) all of the above
21. b) before breakfast and after each meal
22. c) disconnect the electric power
23. a) True
24. d) 180 - 195
25. d) each of the above
26. a) they read, understand and comply with the posted operating instructions and safety precautions
27. d) 32 - 40
28. a) max. 15
29. c) rinsed in clear hot water and placed in clean cold water
30. a) True
31. b) False
32. d) 4 hours
33. c) both a and b
34. b) False
35. d) all of the above
36. a) True
37. a) weekly
38. d) all of the above
39. a) True

(10) MS ADVANCEMENT – RECIPE CARD SOLUTIONS

1. YELLOW CAKE MIX
2. EASY CHOCOLATE CAKE
3. COCONUT PECAN FROSTING
4. POUND CAKE
5. YELLOW CAKE MIX
6. YELLOW CAKE MIX
7. YELLOW CAKE MIX
8. GREEN BEANS
9. 2 BATCHES
10. BEEF YAKISOBA
11. GROUND BEEF
12. CHILI CON QUISTADOR
13. BEANS W/TOMATO SAUCE(PORK -N- BEANS)
14. INSTANT POTATO GRANULES
15. SWISS CHEESE
16. PARMESAN CHEESE
17. 13
18. PINTO BEANS
19. 3
20. CANNED BONED CHICKEN
21. 30 MINUTES
22. CHICKEN VEGA
23. FRENCH
24. 24 HR
25. GREEN, WAX, KIDNEY
26. FRENCH
27. COBB SALAD
28. LEMON GELATIN
29. CUMIN
30. TOMATO
31. CHIFFINADE
32. 1/2 INCH
33. 1 HOUR
34. LEMON GELATIN
35. 1/8 INCH
36. 7 OUNCES
37. 7 1/2 OUNCES
38. 7 1/2 OUNCES
39. 1 INCH
40. 6 GALLONS
41. 1 QUART
42. 12 MINUTES
43. 200 DEGREES-400 DEGREES
44. 1000 ISLAND DRESSING
45. ITALIAN DRESSING
46. MONTE CRISTO

47. 1 HOUR
48. FRENCH APPLE PIE
49. FLOUR, SALT, WATER, SHORTENING
50. PEPPERS, PIMENTOS, CELERY, ONIONS
51. PARMESAN CROUTONS, WORCESTERSHIRE SAUCE
52. MULLIGATAWNY(CHICKEN VEGETABLE)
53. BEEF VEGETABLE, BEAN W/BACON
54. ONION
55. 2
56. 50
57. CREAM OF MUSHROOM
58. EGG PLANT
59. CREAM OF CHICKEN
60. POLONAISE
61. FALSE, CRACKERS ONLY
62. AS PURCHASED
63. EDIBLE PORTION
64. 768

****BONUS****

65. ADDUCTOR MUSCLE

(11) MS ADVANCEMENT – FOOD SERVICE FORMS SOLUTIONS

- | | |
|--------------------------------|--|
| U 1. NAVSUP FORM 367 | (A) EXPENDITURE LOG |
| I 2. NAVSUP FORM 335 | (B) MENU DRAFT |
| N 3. NAVSUP FORM 338 | (C) RATION AND SALES REPORT |
| K 4. NAVSUP FORM 1282 | (D) CASH MEAL PAYMENT BOOK |
| A 5. NAVSUP FORM 1334 | (E) FINANCIAL LIABILITY INVESTIGATION OF PROPERTY LOSS |
| Q 6. NAVSUP FORM 1080 | (F) RECAPITULATION OF MEAL RECORD |
| J 7. NAVSUP FORM 1090 | (G) MEAL SIGNATURE RECORD |
| B 8. NAVSUP FORM 1092 | (H) MEAL PASS |
| S 9. NAVSUP FORM 1046 | (I) SUBSISTENCE LEDGER |
| O 10. NAVSUP FORM 1336 | (J) FOOD PREPARATION WORKSHEET |
| C 11. NAVSUP FORM 1357 | (K) FOOD ITEM REQUEST/ISSUE DOC |
| R 12. NAVSUP FORM 1358 | (L) FOOD ITEM REPORT/MASTER FOOD CODE LIST |
| H 13. NAVSUP FORM 1105 | (M) CASH RECEIPT BOOK |
| G 14. NAVSUP FORM 1291 | (N) GM CONTROL RECORD |
| F 15. NAVSUP FORM 1292 | (O) REQUISITION LOG |
| M 16. NAVSUP FORM 470 | (P) UNSATISFACTORY MATERIAL REPORT |
| L 17. NAVSUP FORM 1059 | (Q) GENERAL MESS DINING FACILITY MENU |
| V 18. NAVSUP FORM 1359 | (R) GM OPERATING STATEMENT |
| W 19. STANDARD FORM 364 | (S) SALE OF GM MEALS |
| E 20. DD FORM 200 | (T) REQUISITION/INVOICE/SHIPPING |
| T 21. DD FORM 1149 | (U) RECORD OF RECEIPTS & EXPEND |
| P 22. DD FORM 1608 | (V) GENERAL MESS SUMMARY DOCUMENT |
| D 23. DD FORM 1544 | (W) REPORT OF DISCREPANCY |

(12) MS ADVANCEMENT – FOOD SAFETY/HACCP SOLUTIONS

1. TRUE
2. C) Mopping the floor.
3. B) Cut it into 3-inch thick pieces to ensure rapid cooling, monitor and record temperature decline on HACCP form to make sure food is cooled to < 70° F in 2 hours and to < 41° F in 4 additional hours.
4. E) All of the above
5. A) 4 hours total including all phases of preparation
6. B) Note the problem and write down how the problem was fixed in block 12 of the HACCP form
7. B) 155°
8. C) 165°
9. A) 160°
10. TRUE
11. C) To clean and remove all disease producing organisms
12. C) Tell your supervisor
13. D) Wash with hot, soapy water and sanitize
14. C) Before and after each use
15. D) All of the above
16. TRUE
17. A) In a refrigerator at 41° F
18. C) 165° F
19. TRUE
20. A) 180 - 194°
21. TRUE
22. TRUE
23. A) 1 minute
24. A) 28 - 41°F