CULINARY SPECIALIST THIRD CLASS ADVANCEMENT PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

https://culinary3rdclassadv.examzify.com

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright 1

Table of Contents 2

Introduction 3

How to Use This Guide 4

Questions 5

Answers 8

Explanations 10

Next Steps 15

SAMPLE

Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

SAMPLE

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

SAMPLE

Questions

SAMPLE

1. What does the term julienne cut describe?

A. Shredded strips

B. Thin sliced cuts (carrots)

C. Ground grains

D. Large dice

2. How often is NAVSUP NOTE 7330 published?

A. Weekly

B. Monthly

C. Annually

D. Quarterly

3. Which of the following is NOT a type of inventory in the P-486 system?

A. Audit

B. Spot

C. Breakout

D. Storeroom

4. What is the safe minimum internal temperature for pork?

A. 140F for 15 seconds

B. 150F for 15 seconds

C. 160F for 15 seconds

D. 145F for 15 seconds

5. Who handles financial reports and returns?

A. Executive Officer

B. Leading Culinary Specialist

C. Records Keeper

D. Food Service Officer

6. Which role writes instructions for GWC on 1090?

A. Executive Officer

B. Records Keeper

C. Food Service Officer

D. Leading Culinary Specialist

SAMPLE

7. Which cooking method is best for tenderizing tough cuts of beef?

A. Roasting
B. Grilling
C. Steaming
D. Braising

8. What is the safe minimum internal temperature for ground beef?

A. 150F for 15 seconds
B. 155F for 15 seconds
C. 165F for 15 seconds
D. 165F for 10 seconds

9. Cook On Watch refers to which assignment?

A. Oversees entire galley operations
B. Assigned to work center/division
C. Plans menus
D. Maintains equipment

10. Which term refers to cutting into very small pieces?

A. Mince
B. Dice Cut
C. Slice Cut
D. Cube Cut

SAMPLE

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What does the term julienne cut describe?

A. Shredded strips

B. Thin sliced cuts (carrots)

C. Ground grains

D. Large dice

Julienne describes long, slender strips. When you julienne a carrot, you cut it into uniform matchstick-sized pieces in a uniform thickness and length—about 1/8 inch thick and 1–2 inches long—so they cook evenly and look neat. This is different from shredding, which makes wispy pieces, from grinding, which isn't a cutting method at all, and from large dice, which are much bigger cubes. The idea behind julienne is producing thin, slender cuts, like carrot sticks, that cook quickly and present cleanly.

2. How often is NAVSUP NOTE 7330 published?

A. Weekly

B. Monthly

C. Annually

D. Quarterly

Quarterly. NAVSUP notes are typically issued four times a year, providing a steady cadence for updates to policies and procedures. This timing lets NAVSUP incorporate changes from new guidance while avoiding the instability of frequent revisions. It also aligns with common Navy administrative cycles, giving commands a predictable schedule for training and implementation. Weekly or monthly updates would be too disruptive for unit operations, and annual updates would lag behind current guidance.

3. Which of the following is NOT a type of inventory in the P-486 system?

A. Audit

B. Spot

C. Breakout

D. Storeroom

In the P-486 system, inventory types refer to how or where counts are performed. Storeroom inventory covers the routine counting of items kept in storage. Spot inventory is a quick, targeted check of specific items to verify accuracy. Breakout inventory occurs when items are drawn from bulk stock and counted as they're separated for use. Audit, however, is a verification activity used to confirm that records match physical stock, not a category of inventory to be counted. So audit isn't a type of inventory in this system; the others are.

SAMPLE

4. What is the safe minimum internal temperature for pork?

A. 140F for 15 seconds

B. 150F for 15 seconds

C. 160F for 15 seconds

D. 145F for 15 seconds

Cooking pork safely means reaching a temperature where pathogens are effectively killed while keeping the meat tender. The minimum safe internal temperature for pork is 145°F, and holding the meat at that temperature for 15 seconds ensures the center has reached a safe level, not just the outer edges. Lower temperatures like 140°F aren't reliably safe, while higher temperatures such as 150°F or 160°F cook the meat more than necessary and can dry it out. So, 145°F for 15 seconds is the best balance of food safety and quality.

5. Who handles financial reports and returns?

A. Executive Officer

B. Leading Culinary Specialist

C. Records Keeper

D. Food Service Officer

Handling financial documents is primarily a records management responsibility within a culinary operation. The Records Keeper specializes in organizing and maintaining official records, including financial reports, returns, receipts, and related documentation. This role ensures accuracy, proper filing, easy retrieval for audits, and compliance with policies and regulations. Other roles—such as someone overseeing operations, cooking, or service—may encounter finances, but they aren't tasked with maintaining financial records. Therefore, the Records Keeper is the person designated to handle financial reports and returns.

6. Which role writes instructions for GWC on 1090?

A. Executive Officer

B. Records Keeper

C. Food Service Officer

D. Leading Culinary Specialist

In a galley, the person who drafts the day-to-day work instructions for the galley work center recorded on form 1090 is the Leading Culinary Specialist. This role is the senior enlisted supervisor in the culinary department and is responsible for supervising all kitchen operations, training the crew, and issuing standard operating procedures and job instructions. Because these instructions guide how the crew actually performs tasks, assigns duties, and maintains safety and quality in the galley, they are written by the supervisor who oversees that work center on a regular basis. The Executive Officer oversees the ship's overall operations and policy, not the specific, day-to-day guidance of the galley crew. The Records Keeper handles documentation and filing rather than creating the operational instructions. The Food Service Officer provides policy and oversight for food service but relies on the galley supervisor to draft the practical instructions used by the team. The Leading Culinary Specialist, as the on-site supervisor, is the one who translates policy into concrete, actionable instructions for the galley work center and records them on form 1090.

SAMPLE

7. Which cooking method is best for tenderizing tough cuts of beef?

A. Roasting

B. Grilling

C. Steaming

D. Braising

Tough cuts of beef owe their firmness to collagen in the connective tissue, which needs slow, moist heat to break down. Braising achieves this by cooking the meat in a small amount of liquid, covered, at a low temperature for a long time. The moist environment keeps the meat from drying and lets heat penetrate deeply, slowly converting collagen into gelatin and turning the meat tender and flavorful, with a rich sauce from the braising liquid. This approach works especially well for cuts like chuck, brisket, and shank. In contrast, roasting and grilling rely on dry heat and high temps for shorter times, which don't effectively break down collagen in tougher cuts. Steaming provides moisture but typically lacks enough time and liquid to tenderize large beef pieces and develop the same depth of flavor. So, braising is the best method for tenderizing tough beef cuts.

8. What is the safe minimum internal temperature for ground beef?

A. 150F for 15 seconds

B. 155F for 15 seconds

C. 165F for 15 seconds

D. 165F for 10 seconds

Ground beef safety hinges on destroying bacteria that can be distributed throughout the meat during grinding. Because grinding mixes any surface contamination into the interior, the only reliable way to ensure safety is to bring the internal temperature to a level that quickly neutralizes those pathogens. That level is 160°F (71°C), and the meat should be held at that temperature for a short time—typically 15 seconds—to ensure the pasteurization effect throughout the product. Lower temperatures, like 150°F or 155°F, don't provide the same safety margin for ground beef, since pathogens aren't reliably eliminated at those temperatures. Higher temperatures, such as 165°F, will certainly render the meat safe, but they aren't necessary to achieve safety; 160°F is the standard minimum. The key idea is to reach 160°F internally to ensure the beef is safe to eat.

9. Cook On Watch refers to which assignment?

A. Oversees entire galley operations

B. Assigned to work center/division

C. Plans menus

D. Maintains equipment

Cook On Watch means you are assigned to a specific work center or division to perform duties at that station during your watch. In the galley, duties are organized by stations or sections, so being on watch places you at your designated station to handle production and service for that period. This focuses on day-to-day activities at a particular area rather than overall galley supervision, menu planning, or equipment maintenance, which are handled at different levels or roles.

SAMPLE

10. Which term refers to cutting into very small pieces?

A. Mince

B. Dice Cut

C. Slice Cut

D. Cube Cut

Mince means cutting food into very small pieces. The goal is to produce tiny, fine pieces that blend flavor evenly into a dish and cook quickly and uniformly. This contrasts with slicing, which makes thin, broad pieces; dicing or cubing, which produce small cube-shaped chunks that are still visibly distinct rather than finely minced. Mince is commonly used for ingredients like garlic, onions, herbs, or meat when you want texture to be almost dissolved into the dish and for sauces or fillings where a delicate, evenly distributed flavor is important.

SAMPLE

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

https://culinary3rdclassadv.examzify.com

We wish you the very best on your exam journey. You've got this!

SAMPLE