The American Meat Science Association (AMSA) Culinary Meat Selection & Cookery Certification verifies individuals possess knowledge and skills needed to thrive within the restaurant and culinary industries.

CERTIFICATION EXAM
The certification exam, tested for on the iCEV platform, consists of 100 questions and assesses knowledge and skills from the following weighted industry standards:

25% Culinary Foundations
20% Meat Science & Food Safety Principles
25% Meat & Poultry Overview
10% Beef Grading Procedures
20% Retail Cut Identification

INDUSTRY STANDARDS BREAKDOWN

CULINARY FOUNDATIONS
- Knife Care & Use
- Knife Sharpening Procedures
- Cutting Techniques
- Mise en place
- Proper Storage Practices

MEAT SCIENCE & FOOD SAFETY PRINCIPLES
- Nutritional Composition of Meat
- Meat Storage & Handling Procedures
- Meat Purchasing Specifications
- Food Microbiology Practices

MEAT & POULTRY OVERVIEW
- Culinary Meat Fabrication Procedures (beef, pork)
- Meat Cookery Techniques
- Culinary Poultry Fabrication Procedures (chicken, duck, turkey)

BEEF GRADING PROCEDURES
- USDA Quality Grading
- USDA Yield Grading

RETAIL CUT IDENTIFICATION
- Beef Retail Cut Identification
- Pork Retail Cut Identification
- Lamb Retail Cut Identification
- Variety Meats Identification
- Poultry Parts & Products Identification

MEETING THE INDUSTRY NEED
- Assesses Competencies Based on Weighted Industry-Valued & Industry-Accepted Standards
- Validates Knowledge & Skills
- Allows Employers to Identify & Connect with Skilled Candidates
- Jump-Starts Individuals' Careers

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EXAMPLE ASSESSMENT QUESTIONS

1. If you cook a steak to an internal temperature of 160°F (71°C), which of the following degrees of doneness should be expected?
   A Rare
   B Medium rare
   C Medium
   D Well done

2. When using the stone sharpener, which side should you first use to sharpen your knife?
   A Fine side
   B Medium side
   C Coarse side
   D It does not matter which side you begin

3. You have received a shipment of frozen chicken breasts and there is the appearance of a white covering on the outside of the breasts. Which of the following could have happened?
   A Leakage in the package
   B Freezer burn
   C Freezer shrink
   D Cold shortening

4. Label the primal cuts of a lamb carcass.

5. Assuming the carcass is A maturity, in which USDA Quality Grade range does the carcass belong?
   A USDA Low Prime to USDA High Prime
   B USDA Low Choice to USDA High Choice
   C USDA Low Select to USDA High Select
   D USDA Low Standard to USDA High Standard

ABOUT THE AMERICAN MEAT SCIENCE ASSOCIATION

The American Meat Science Association is a broad-reaching organization of individuals that discovers, develops and disseminates its collective meat science knowledge to provide leadership, education and professional development. Their passion is to help meat science professionals achieve previously unimaginable levels of performance and reach even higher goals. They accomplish this by fostering a learning community of meat scientists, industry partners, outside thought leaders and other stakeholders who embrace this vision. Its members conduct basic and applied research and education programs in muscle growth and development, meat quality, food safety, processing technology and consumer and marketing issues relevant to the international meat industry.

“For students looking to start a career in the culinary arts, this new certification provides a viable path towards a successful and rewarding career in the culinary industry.”

Deidra Mabry, M.S.
Associate Executive Director
American Meat Science Association

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