



Home Basics with A Culinary Flair

Culinary Application

Read all instructions carefully before completing this form. Please write the name how you want it to appear on the certificate of completion, inshaAllah. (Please print legibly or type)

Date of Exam: _____

Full Name & Kunya: _____

Parent's Name (If applicable) _____

Current Address: _____

City _____ State _____ Zip _____ Country _____

Daytime Phone _____ E-Mail _____ IM _____

Payment:

The Home Basics Culinary Program does not charge you. All fees associated with the program are menu and Instructor related only. These fees are of course non-refundable fees and are by choice only. Send completed application and exam to:

The House of Mecca Sadaqa Group, Inc.
Salafi_academy@yahoo.com (Subject: Home Basics ©)

Instructor student, previous experience with cooking student, No knowledge regarding cooking

Signature _____

Sorry, no cash donations accepted at this time, please forward your donations for students through www.paypal.com and a receipt will be forwarded to you by email! You can make a direct payment/donation for specific students by name online during registration all payments are made out to The House of Mecca Sadaqa Group, Inc. (email us at Salafi_academy@yahoo.com for address information)

PREREQUISITES FOR APPLICATION

1. Primary current activity is culinary/home related.
2. A minimum of one month of home based culinary activity. (Some experience using a stove/knives)
3. Signed Home Basics Program Application

In making this application, I fully understand that it is an application for enrollment purposes only in order to complete registration. I will execute the necessary documents, submit to written examinations and supply further information as determined by the Home Basics Program Certification Instructor. I further understand and, by my signature, subscribe to the Home Basics Student Guide for Ethics with the knowledge that any false statement or misrepresentation that I may make in the course of these proceedings may result in the revocation of this application. I understand to be accepted in the Home Basics With A Culinary Flair Program © that I must successfully complete a written essay and sanitation exam to be enrolled.

Applicant's Signature _____ Date _____

**Test due Date
InshaAllah:
1 week after
registration!**

A professional Syllabus can be found at: **Instructor Use Only**
http://www.nraef.org/pdf_files/SSFESS3e%20Sect04.pdf

The Culinary Examination

The Home Basics Culinary Program is designed to assist the Muslimah in making delightful foods for their family and friends. In order to enter the program you must pass this exam with a 70% or better for children or 90% or better for adults. You will have one week from the date of application to turn in your exam and essay. You may use any resource available to you to find the answers. May Allah grant you success ameen.

You can choose to write your answers directly on the sheet or on a separate piece of paper or email. Have Fun with it!

SANITATION/FOOD SAFETY

1. To assure safety of cooked poultry, the internal temperature should reach approximately
 - A. 150 degrees°F (65 degrees°C)
 - B. 165 degrees°F (74 degrees°C)
 - C. 180 degrees°F (82 degrees °C)
 - D. 200 degrees°F (93 degrees °C)
2. Sanitizing can be achieved by:
 - A. immersing in water at 170°F (77 °C)
 - B. removing all wooden utensils
 - C. washing hands frequently
 - D. removing garbage cans from kitchen area
3. Common contaminants of foods include microorganisms and _____ (name one).
4. ____ **True or False:** During handwashing, foodhandlers must vigorously scrub their hands and arms for two minutes.
5. ____ **True or False:** Gloves should be changed at least every four hours during continual use.
6. ____ **True or False:** A person diagnosed with salmonellas cannot continue to work preparing food while he has the illness.

7. Put the Steps in Order

Put the handwashing steps in order by placing the number of the step in the space provided.

- ___ vigorously scrub hands and arms for at least twenty seconds.
- ___ Wet hands with running water as hot as you can comfortably stand (at least 100°F/38°C).
- ___ Rinse thoroughly under running water.
- ___ Clean under fingernails and between fingers.
- ___ Apply soap.
- ___ Dry hands and arms with a single-use paper towel or warm-air hand dryer.

8. Please point out the mistakes in this paragraph:

Randall is a foodhandler at a deli. It is 7:47 A.M. and Randall has just woken up. He is scheduled to be at work and ready to go by 8:00 A.M. When he gets out of bed, his stomach feels queasy, but he blames that on drinks he consumed the night before. Fortunately, he lives only five minutes from work, but he does not have enough time to take a shower. He grabs the same uniform he wore the day before when he prepped chicken. Randall is wearing several pieces of jewelry from his night out on the town. Randall does not have luck on his side today. En route to the restaurant, his oil light comes on and he is forced to pull off the road and add oil to his car. When he walks through the door at work, he realizes he has left his hat at home. Randall is greeted by an angry manager who puts him to work right away, loading the rotisserie with raw

chicken. He then moves to serving a customer who orders a freshly made salad. Randall is known for his salads and makes the salad to the customer's approval. The deli manager, short staffed on this day, asks Randall to take out the garbage, then prepare potato salad for the lunch-hour rush. On the way back in, Randall mentions to the manager that his stomach is bothering him. The manager, thinking of his staff shortage, asks him to stick it out as long as he can. Randall agrees and heads to the restroom in hope of relieving his symptoms. After quickly rinsing his hands in the restroom, he finds that the paper towels have run out. Short of time, he wipes his hands on his apron. Later, Randall cuts his finger while preparing the potato salad. He bandages the cut and continues his prep work. The manager summons Randall to clean the few tables the deli has made available for customers. Randall puts on a pair of single-use gloves and cleans and sanitizes the tables. When finished, he grabs a piece of chicken from the rotisserie for a snack and immediately goes back to preparing the potato salad because it is almost noon.

9. Which of the following personal behaviors can contaminate food?

- A. Touching a pimple
- B. Nose picking
- C. Touching hair
- D. All of the above

10. After you have washed your hands, which of the following items should be used to dry them?

- A. Your apron
- B. A common cloth
- C. Single-use paper towels
- D. A wiping cloth

Bonus Questions: You can answer these to substitute for what you may have missed above inshaAllah.

1. Which of the following is the proper procedure for washing your hands?

- A. Run hot water (at least 100°F [38°C]), moisten hands and apply soap, vigorously scrub hands and arms, apply sanitizer, dry hands.
- B. Run hot water (at least 100°F [38°C]), moisten hands and apply soap, vigorously scrub hands and arms, rinse hands, dry hands.
- C. Run cold water (at least 41°F [5°C]), moisten hands and apply soap, vigorously scrub hands and arms, rinse hands, dry hands.
- D. Run cold water (at least 41°F [5°C]), moisten hands and apply soap, vigorously scrub hands and arms, apply sanitizer, dry hands.

2. Which foodhandler is least likely to contaminate the food she will handle?

- A. A foodhandler who keeps her fingernails long
- B. A foodhandler who keeps her fingernails short
- C. A foodhandler who wears false fingernails
- D. A foodhandler who wears nail polish

3. Hands should be washed after which of the following activities?

- A. Touching your hair
- B. Using a handkerchief
- C. Eating
- D. All of the above

NUTRITION

1. One tablespoon of butter has _____ cholesterol than one egg yolk

- A. more
- B. less
- C. the same amount of
- D. None of the above

2. The carbohydrate found in milk is _____.

FOOD CHEMISTRY

1. In preparing potatoes for mashing, a little _____ in the cooking water can help prevent discoloration caused by hard water or stem end blackening

- A. sugar
- B. vinegar
- C. baking soda
- D. olive oil

BAKING

1. High-protein flour is best for

- A. pie crust
- B. bread
- C. biscuits and muffins
- D. delicate cakes

2. The graying on the surface of improperly stored chocolate is called _____.

FOOD IDENTIFICATION

1. The cherimoya (or custard apple) tastes like

- A. apple and pear
- B. mango and almonds
- C. kiwi and starfruit
- D. pineapple, papaya and banana

ESSAY QUESTIONS

For this mini-exam, choose one (or two, if you wish the practice) from this list of five.

1. Define the differences between cleaning and sanitizing your kitchen, giving methods for caring for tableware, equipment, and cutting boards.
2. Discuss the differences between saturated, unsaturated, and polyunsaturated fats. Mention possible dietary effects.
3. Describe the process of deglazing.
4. Define E-Coli and how it has an effect on the food market.
5. Explain the process of making a loaf of bread from scratch.

When you first open the exam, the length may seem daunting, but you have a full week to complete it.

It is suggested that you make a first pass through the exam, answering all questions about which you feel fairly sure of your answers. Skip the ones about which you are uncertain; you'll have plenty of time to return to them later.

Then read through the essay questions, choosing which one (or maybe two) you wish to answer. Begin to outline your answers on scratch paper (which you can refer to later) to make sure you have enough information for your answer. (Remember, the goal is to be brief but factual.)

Then return to the beginning of the test to reconsider the questions you regarded as difficult. Don't be afraid to make a guess and do some research. There is usually at least one answer you'll know to be clearly incorrect. A wrong guess among the others does not count against you. Return to the essay questions, finalizing your answers on the test paper. Be sure to mark the two essays you consider the strongest as #1 and #2. Try for your clearest handwriting.

Lastly, make one final pass through the exam to make sure you didn't miss any questions, particularly checking that you did not accidentally overlook a whole page that might have stuck to the one previous.

Above all, relax! The vast majority of applicants (over 90 per cent) pass the test on the first try. (And many say they had fun doing it!)

For more help please call Saddiqua at 404-399-0151 or visit <http://www.thmsadaqagroup.org/homebasics.htm> to view the study guide.

Home Basics With A Culinary Flair Program© Student Agreement



I _____ am a Muslimah 13 years of age or older.

I acknowledge that it is the right of my Muslim sisters, that I greet them with the salaams. At no time, even if there is some discrepancy with my Muslim sister will I display any disrespect towards her inshaAllah. If during my attendance with this class I find that my stay is disagreeable I have every right to leave and report any findings of unislamic content to the instructor. I as a student will commit myself to learning the content that is presented to me during my class sessions. I will take what I have learned and try to implement that into my schedule to the best of my ability. I will continue to practice on my own or with study partners' new recipes as they are introduced. I further submit that during class I will follow the instruction given even if I think I know a better way, and I realize that my suggestions will be acknowledged if submitted.

As a student I fully understand that lateness is an inconvenience to my instructor, my classmates, and me; and I am committed to arriving at least 5 minutes earlier, than the scheduled class inshaAllah. Our class is a short period of two hours; that will not be extended into overtime unless absolutely necessary. I understand that my absence from class will drop my grade one letter grade for each absence. After three absences I will have reach a point of pass/fail for the course, it would at that time be my responsibility to shape up or ship out. May Allah protect me from that ameen

As a student I may be assigned duties such as (sous chef, recipe organizer, exam administrator, student teacher, etc...) for a day. I may be asked to prepare menus, or recipe cards for the entire class. I may also be called on for assistance to the instructor at anytime. I submit that I will follow these simple guidelines and assist my sisters in doing the same whenever possible.

Lastly, I am fully aware that this course will require the purchase of food items from my own spending source and that THM is not responsible for the purchase of any food items needed to prepare any dish that is suggested or chosen for the entire course inshaAllah. Reimbursement request will not be honored.

Student's Signature _____ Date _____

If the student is under the age of 13 please sign below.

Parent's Signature _____ Date _____

