

Navy Advancement Center
Web site: <http://www.advancement.cnet.navy.mil/>

Advancement Handbook for Mess Management Specialist

**This Advancement Handbook was last revised on: 1 June 2002.
This review resulted in numerous changes to the technical content. Discard
previous versions and use this copy only.**

PREFACE

The purpose of the Advancement Handbook is to help you focus your preparation for Navywide advancement-in-rating examinations. The bibliographies (BIBs) together with this handbook form a comprehensive examination study package. Since this handbook provides skill and knowledge components for each paygrade of the Mess Management Specialist rating, it helps you concentrate your study on those areas that may be tested. This feature will help you get the most out of your study time.

Each page in Parts 1 through 4 of this Advancement Handbook presents general skill areas, specific skill areas, the knowledge factors associated with each skill area, the pertinent references that address each skill, and the subject areas that may be covered on the examination. The skill statements describe the skills you are expected to perform for each paygrade. The skill statements are cumulative; that is, you are responsible for the skills for the paygrade you are competing for, your present paygrade, and all paygrades below.

Although this handbook is very comprehensive, it cannot cover all the tasks performed in the rating. As a result, the advancement examinations may contain questions more detailed than described in the “*Exam Expectations*” section of the skill areas.

Remember that advancement competition is keen, so your keys to advancement include not only comprehensive advancement examination study but also sustained superior performance.

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Part 1

Advancement Handbook for MS3

Advancement Handbook for MS3

<i>General MS Skill Area</i>	Food Preparation
<i>A skill</i> you are expected to perform from the General Skill Area above:	Estimate required food quantities and adjust recipes
<i>Knowledge</i> you should have to perform this skill:	Convert recipes using the AFRS and Food Preparation Worksheet
<i>References</i> you should study to gain the knowledge you need to perform this skill:	<ul style="list-style-type: none"> • AFRS • NAVSUP P-486, Chap. 3
<i>Exam Expectations.</i> These are subject areas you should know to help you answer exam questions correctly:	You can expect questions on the use of the AFRS and the Food Preparation Worksheet (NAVSUP 1090); standard weights and measures; and recipe conversions based on portions to prepare, limited ingredient, and desired yield.

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<i>General MS Skill Area</i>	Food Preparation
A <i>skill</i> you are expected to perform from the General Skill Area above:	Prepare and bake dough for bread, pizza, desserts, and deep-fat-fry doughnuts
<i>Knowledge</i> you should have to perform this skill:	For each product, identify <ul style="list-style-type: none"> • Ingredients • Methods of Preparation • Baking techniques • Quality standards
<i>References</i> you should study to gain the knowledge you need to perform this skill:	<ul style="list-style-type: none"> • NAVSUP P-486, Vol. I, Chap. 3 • AFRS • NAVMED P5010-1 • <i>The New Professional Chef</i>, 6th Ed., Chaps. 2, 3, 4, 5, 25, & 28 • <i>The Art and Science of Culinary Preparation</i>, Chaps. 3, 7, 8, 30, 31, 32, & 33
<i>Exam Expectations.</i> These are subject areas you should know to help you answer exam questions correctly:	You can expect questions on mise en place; baking terminology; baking ingredients, their purposes, and how they will affect the finished product; mixing methods; all stages of dough production; good-quality characteristics of the end product and factors affecting these characteristics; and sanitary guidelines involved with dough production.