



Atlantic Workforce
Partnership

Partenariat pour la
main-d'oeuvre de l'Antique



Employment and
Social Development Canada

Emploi et
Développement social Canada

Cook (2015 AACCS) Level 1 Exam Breakdown

Section #	Section	Questions on Exam
Sect 1	Introduction to the Cooking Industry	4
Sect 2	Personal Hygiene and Kitchen Sanitation	6
Sect 3	Health and Safety	5
Sect 4	Tools and Equipment	4
Sect 5	Weights and Measures	4
Sect 6	Cooking Principles	6
Sect 7	Receiving and Storage	4
Sect 8	Vegetables and Fungi	7
Sect 9	Potatoes	8
Sect 10	Pulses, Grains and Nuts	7
Sect 11	Pastas and Dumplings	7
Sect 12	Fruits	5
Sect 13	Salads	6
Sect 14	Sandwiches	5
Sect 15	Eggs and Dairy Products	6
Sect 16	Introduction to Baking	4
Sect 17	Bread Products	6
Sect 18	Eggs and Breakfast Cookery	6
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Cook Level 1

