

Cook (2024 AACs) Level 1 Exam Breakdown		
Section #	Section	Questions on Exam
Sec 1	Introduction to the Cooking Industry	4
Sec 2	Personal Hygiene, Kitchen Sanitation and Food Safety	5
Sec 3	Health and Safety	5
Sec 4	Tools and Equipment	4
Sec 5	Weights and Measures	4
Sec 6	Cooking Principles	4
Sec 7	Receiving and Storage	4
Sec 8	Vegetables and Fungi	5
Sec 9	Potatoes	5
Sec 10	Pulses, Grains, Seeds and Nuts	5
Sec 11	Dry Pasta and Noodles	6
Sec 12	Fruits	5
Sec 13	Salads	5
Sec 14	Sandwiches	5
Sec 15	Eggs, Dairy and Alternative Products	5
Sec 16	Introduction to Baking	4
Sec 17	Bread Products	5
Sec 18	Egg and Breakfast Cookery	6
Sec 19	Stocks and Broths	6
Sec 20	Fin Fish I	5
Sec 21	Introduction to Poultry	3
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