

Professional Cook 1

CERTIFICATE OF QUALIFICATION EXAM BREAKDOWN

The following table shows the number of questions per General Area of Competency (GAC) and Competency on the *Professional Cook 1 Certificate of Qualification Exam*.

Number of questions on each exam: 100

Certificate of Qualification GAC/Competency	#
A. OCCUPATIONAL SKILLS	16
A1. Trade Knowledge	1
A2. Safety Standards	4
A3. Sanitary Standards	4
A4. Production Procedures	2
A5. Menu Planning	2
A6. Ordering and Inventory	1
A7. Ingredients and Nutritional Properties	2
B. STOCKS, SOUPS AND SAUCES	14
B1. Stocks	4
B2. Thickening and Binding Agents	2
B3. Soups	3
B4. Sauces	5
C. VEGETABLES AND FRUITS	8
C1. Vegetables	5
C2. Fruit	3
D. STARCHES	8
D1. Potatoes	3
D2. Pasta and Farinaceous Products	3
D3. Rice, Grains and Legumes	2
E. MEATS	15
E1. Cut and Process Meats	5
E2. Cook Meats	10

Certificate of Qualification GAC/Competency	#
F. POULTRY	10
F1. Cut and Process Poultry	4
F2. Cook Poultry	6
G. SEAFOOD	10
G1. Cut and Process Seafood	3
G2. Cook Fish	4
G3. Cook Shellfish	3
H. GARDE MANGER	6
H1. Dressings, Condiments and Accompaniments	2
H2. Salads	2
H3. Sandwiches	2
I. EGGS, BREAKFAST COOKERY, AND DAIRY	5
I1. Egg Dishes	2
I2. Breakfast Accompaniments	1
I3. Dairy Products and Cheeses	2
J. BAKED GOODS AND DESSERTS	7
J1. Principles of Baking	2
J2. Pastries	1
J3. Desserts	1
J4. Quick Breads	1
J5. Cookies	1
J6. Yeast Products	1
K. BEVERAGES	1
K1. Beverages	1
Total:	100