

Foundations Edition 2
Level 1 Exam Blueprints

Topic	Number of Exam Items
1 Chapter 1: Welcome to the Industry	3
2 Chapter 2: Career Opportunities	3
3 Chapter 3: Professional Expectations	3
4 Chapter 4: Communication Skills	3
5 Chapter 5: Beginning Your Career	3
6 Chapter 6: Introduction to Food Safety	6
7 Chapter 7: Hygiene and Cleanliness	6
8 Chapter 8: The Safe Flow of Food	6
9 Chapter 9: Risk Management	3
10 Chapter 10: Workplace Safety Procedures	4
11 Chapter 11: Foodservice Equipment	5
12 Chapter 12: Knives and Smallwares	6
13 Chapter 13: Kitchen Basics	6
14 Chapter 14: Culinary Math	5
15 Chapter 15: Salads	5
16 Chapter 16: Sandwiches and Pizza	3
17 Chapter 17: Stocks, Sauces, and Soups	6
18 Chapter 18: Cooking Methods	7
19 Chapter 19: Introduction to Baking	4
20 Chapter 20: Principles of Great Service	4
21 Chapter 21: Front-of-House Basics	5
22 Chapter 22: Introduction to Management	4
Grand Total	100

Foundations Edition 2
Level 2 Exam Blueprint

Topic	Number of Exam Items
1 Chapter 1: Introduction to Marketing	4
2 Chapter 2: Menu Management	4
3 Chapter 3: Eggs and Dairy Products	7
4 Chapter 4: Breakfast Cookery	3
5 Chapter 5: Fruits	5
6 Chapter 6: Vegetables	6
7 Chapter 7: Potatoes, Grains, and Pasta	7
8 Chapter 8: Introduction to Cost Control	4
9 Chapter 9: Food Costing	5
10 Chapter 10: Labor Costing	3
11 Chapter 11: Purchasing	6
12 Chapter 12: Building Successful Teams	4
13 Chapter 13: Sustainability	4
14 Chapter 14: Introduction to Nutrition	4
15 Chapter 15: Building Healthful Menus	4
16 Chapter 16: Meat	5
17 Chapter 17: Poultry	5
18 Chapter 18: Seafood	4
19 Chapter 19: Yeast Breads	4
20 Chapter 20: Cakes and Pies	5
21 Chapter 21: Desserts	4
22 Chapter 22: Plating and Garnishing	3
Grand Total	100