

# Certification Examination for Culinary Medicine Specialists



## Candidate Handbook 2024

Application Deadline*	Testing Window
March 20, 2024	April 20 – May 4, 2024
June 3, 2024	July 13 – July 27, 2024
October 2, 2024	November 2 – November 16, 2024

**\*Applications will not be accepted after 11:59pm Eastern on this date**

Administered by:



1350 Broadway, Suite 800 | New York, NY 10018

[www.ptcny.com/contact](http://www.ptcny.com/contact)

---

## TABLE OF CONTENTS

TABLE OF CONTENTS .....	1
CONTACT INFORMATION.....	2
ATTENTION CANDIDATES.....	2
CERTIFICATION.....	3
THE CERTIFICATION PROCESS.....	3
ELIGIBILITY REQUIREMENTS .....	3
COMPLETION OF APPLICATION .....	4
EXAMINATION ADMINISTRATION AND SCHEDULING.....	5
EXAMINATION FEES .....	10
TEST ACCOMMODATIONS .....	11
PREPARING FOR THE EXAMINATION .....	12
WHAT TO EXPECT AT THE TESTING CENTER .....	13
RULES FOR THE EXAMINATION.....	14
TESTING CONDITIONS OR EXAMINATION FEEDBACK .....	14
REPORT OF RESULTS .....	15
EXAMINATION SECURITY .....	15
ATTAINMENT OF CERTIFICATION & RECERTIFICATION.....	16
REVOCAION OF CERTIFICATION .....	16
CONTENT OF THE EXAMINATION .....	16
CONTENT OUTLINE .....	17
SAMPLE EXAMINATION QUESTIONS.....	18
ONLINE PRACTICE TEST.....	19
REFERENCES.....	20

---

*This Handbook contains necessary information about the Certification Examination for Culinary Medicine Specialists. Please retain it for future reference. Candidates are responsible for reading these instructions carefully. This Handbook is subject to change.*

## CONTACT INFORMATION

<p style="text-align: center;"><b>Professional Testing Corporation (PTC)</b></p> <p style="text-align: center;"><a href="http://www.ptcny.com">www.ptcny.com</a></p> <p style="text-align: center;">(212) 356-0660</p>	<ul style="list-style-type: none"> <li>• Apply for examination</li> <li>• Obtain general application information</li> <li>• Obtain information about testing policies</li> <li>• Transfer to a new Testing Period</li> <li>• Request Test Accommodations</li> <li>• Request Hand Score</li> <li>• Question about score reports</li> <li>• Miscellaneous inquiries</li> </ul>
<p style="text-align: center;"><b>Prometric</b></p> <p style="text-align: center;"><a href="http://www.prometric.com/CCMS">www.prometric.com/CCMS</a></p> <p style="text-align: center;">(800) 741-0934</p>	<ul style="list-style-type: none"> <li>• Schedule test appointment</li> <li>• Reschedule test appointment (within a testing period)</li> <li>• Cancel test appointment</li> <li>• Find directions to test site</li> <li>• Questions regarding testing sites and appointments</li> </ul>
<p style="text-align: center;"><b>Culinary Medicine Specialist Board</b></p> <p style="text-align: center;"><a href="http://www.culinarymedicine.org">www.culinarymedicine.org</a></p> <p style="text-align: center;"><a href="mailto:info@culinarymedicine.org">info@culinarymedicine.org</a></p>	<ul style="list-style-type: none"> <li>• Certification Information</li> <li>• CME Info</li> </ul>

## ATTENTION CANDIDATES

This handbook contains necessary information about the CCMS Certification Examination for Culinary Medicine Specialists. It is required reading for those applying and taking the examination. All individuals applying for the examination must comply with the policies, procedures, and deadlines in this Handbook and attest to this by signing the Candidate Attestation found on the application. Please retain this handbook for future reference. This handbook is subject to change. See [www.ptcny.com](http://www.ptcny.com) for handbook updates.

**ACCESSING CELL PHONES AND ELECTRONIC DEVICES AT ANY TIME WHILE YOU ARE TAKING THE EXAM IS PROHIBITED. YOU CAN ONLY REMOVE SNACKS, DRINKS, MEDICINE OR PERSONAL HEALTHCARE ITEMS FROM YOUR LOCKER- NO BACKPACKS, BAGS, POCKETBOOKS OR CLOTHING CAN BE REMOVED WHILE YOUR EXAM IS IN SESSION.**

---

## CERTIFICATION

The Culinary Medicine Specialist Board has established the Certified Culinary Medicine Specialist (CCMS) designation to identify clinicians who have the comprehensive knowledge of nutrition and culinary techniques to deliver the most informed, practical, and effective nutritional counseling to their patients. Certification as a culinary medicine specialist recognizes physicians, advanced practice registered nurses, nurse practitioners, physician assistants, registered dietitians, pharmacists, certified diabetes educators, and others who demonstrate a competent level of professional practice and conduct. Certification is an indication of current knowledge in a specialized area of practice.

Certification as a culinary medicine specialist provides formal recognition of knowledge and practice in the field by:

1. Formally recognizing those individuals who meet the eligibility requirements of the CCMS program and pass the Certification Examination for Culinary Medicine Specialists.
2. Encouraging continued personal and professional growth as a culinary medicine specialist.
3. Providing a standard of knowledge requisite for certification, thereby assisting in the assessment of culinary medicine specialists.

---

## THE CERTIFICATION PROCESS

To view the CCMS Curriculum and Certification Process please go to [www.culinarymedicine.org](http://www.culinarymedicine.org) > Program details > CCMS Curriculum.

---

## ELIGIBILITY REQUIREMENTS

To be eligible to take the Culinary Certified Medicine Specialist Exam, a candidate must meet the following requirements as of the application deadline indicated on the cover of the handbook:

1. All candidates for certification must be licensed to practice medicine in the United States, Canada, United Kingdom, South Africa, Australia, or New Zealand.
  - **Physicians** — Currently registered as a Doctor of Medicine (MD) or Doctor of Osteopathy (DO). A copy of current license must accompany application.
  - **Nurse Practitioners** — Currently registered as a Nurse Practitioner (NP) in the United States or Canada. A copy of current license must accompany application.
  - **Registered Nurse** — Currently registered as a Registered Nurse (RN) in the United States or Canada. A copy of current license must accompany application.
  - **Physician Assistants** — Currently registered as a Physician Assistant (PA) in the United States or Canada. A copy of current license must accompany application.
  - **Registered Dietitians** — Currently registered as a Registered Dietitian (RD) in the United States or Canada. A copy of current license must accompany application.
  - **Pharmacists** — Currently registered as a Pharmacist (PharmD/RPh) in the United States or Canada. A copy of current license must accompany application.

- **Certified Diabetes Educators (CDEs)** — Currently registered as CDE in the United States or Canada. A copy of current license must accompany application.
- **Optometrists** — Currently registered as an optometrist in the United States or Canada. A copy of current license must accompany application.
- **Masters of Nutrition** – Masters or Doctorate in nutrition either currently in clinical practice or working in academia.

Other nursing professionals may be eligible to pursue the CCMS certification. If you feel that your involvement in nutrition-focused programs is applicable to CCMS, please contact us at [cecilia@culinarymedicine.org](mailto:cecilia@culinarymedicine.org).

2. Complete all available courseware modules including a minimum of 4 hands-on classes, either virtually or live at an approved culinary medicine teaching kitchen event hosted by the Culinary Medicine Specialist Board or at other approved Health Meets Food Partner Site events in the United States.
3. Complete 2 online post-test assessing knowledge based on 2 seminal culinary medicine readings (These do not convey CMEs).
4. Pay the required fees.

---

## COMPLETION OF APPLICATION

### ***Step 1 – Fill Out the Application***

- Go to <http://www.ptcny.com/test-sponsors/CCMS>
  - View testing periods and application deadlines
  - Fill out online application completely and upload supporting documentation.
    - Use your first and last name exactly as it appears on your current driver’s license, passport, state issued non-driver ID or military ID.
    - Applications are not complete until all information, documentation, and payment has been provided.
    - When you start a new application, you will be asked to create a PIN number. This PIN will be used if you need to come back to the application to finish it later. Keep the link to the application and your PIN number for later use.

### ***Step 2 – Submit Exam Fee and Application for Review***

PTC will send you an email that says that your payment and application have been received and are being reviewed. Please allow up to 10 business days for review.

### ***Step 3 – Receive Application Status Update***

- After your application is reviewed PTC will update you with another email.
  - **REOPENED FOR MORE DOCUMENTS**
    - This means we are missing the required documentation. Follow the directions in the email.
    - Applications that are incomplete as of 14 days before the start of the testing window will be refunded minus the administration fee (see fees page 10).

○ **REJECTED**

- This means you are not eligible to take the exam. The reason will be explained in the email.
- Rejected applications will be refunded minus the administration fee (see fees page 10).

○ **APPROVED**

- This means your application is approved. You will move on to Step 4.

**Step 4 – Receive Scheduling Authorization and Schedule Testing Appointment**

- Approved candidates will receive an email with their Scheduling Authorization, within 11 weeks before the start of the testing window. Scheduling Authorization emails come from notices@ptcny.com. Do not lose this email.
- If you don't receive your Scheduling Authorization email 3 weeks before the start of your testing window, contact PTC.

The Scheduling Authorization includes important information including:

- Your PTC Candidate ID number
- Instructions on how to make your Exam appointment with Prometric.

**Applicants who are not approved to sit for the examination or whose applications are incomplete 21 days prior to the first day of the testing window will receive a refund of their application fee minus the \$75 administrative fee. Refunds will be processed approximately 30 days after the end of the testing period.**

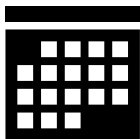
---

## EXAMINATION ADMINISTRATION AND SCHEDULING

The Certification Examination for Culinary Medicine Specialists is administered during an established two-week testing window on a daily basis, excluding holidays, at computer-based testing centers or via live remote proctoring managed by Prometric.

### Scheduling Examination Appointment at the Testing Center

Follow the steps on your Scheduling Authorization to schedule your examination appointment with Prometric.



- Appointment times are first-come, first-served, so schedule your appointment as soon as you receive your Scheduling Authorization.
- **Candidates who wait until the last minute run the risk of missing out on their preferred date, time, and/or testing center. Candidates unable to schedule an appointment will forfeit their fees.**

After you make your test appointment, Prometric will send you a confirmation email with the date, time, and location of your exam. Check this confirmation carefully and contact Prometric at (800) 741-0934 if you do not receive this email confirmation or if there is a mistake with your appointment.

**Note: International candidates may also schedule, reschedule, or cancel an appointment online at <http://www.prometric.com/CCMS>.**

## Scheduling a Remotely Proctored Examination Appointment

If you prefer to test via live remote proctoring in your home or another quiet distraction-free location you must provide:

- a computer
- a camera
- a microphone
- a stable internet connection

Please see our Live Remote Proctoring FAQs for more info: <https://ptcny.com/remotely-proctor-faq/>

- It is the candidate's responsibility to be sure their equipment and workspace meet all of the requirements for Live Remote Proctoring.

If a candidate makes an appointment for remote proctoring and is unable to test due to not meeting technical requirements or physical requirements of the workspace, the candidate will forfeit their examination fees and will need to follow the transfer policies in place for their exam. Please see your exam's transfer policies on page 9.

### **IMPORTANT!**

You **MUST** present your current driver's license, passport, or U.S. military ID at the test center or the live remote proctor on screen. Expired, temporary, or paper driver's licenses will **NOT** be accepted.

The first and last name on your Scheduling Authorization **MUST** exactly match the first and last name on your photo ID. **Fees will not be refunded for exams missed because of invalid ID.**

## Test Center or Live Remote Proctoring: What's the Difference?

	Test Center Exam	Live Remote Proctored Exam
<b>Additional cost</b>	No	No
<b>ADA Accommodations offered</b>	Yes	Yes – Extra time and private room accommodations only
<b>Breaks allowed</b>	Unscheduled breaks are permitted, however the exam timer will continue counting down.	No breaks are permitted. Candidates must NOT leave camera view until the exam has ended.
<b>Equipment needed</b>	None – Computer provided at test center	Candidate provides their own laptop or desktop computer to take the exam. The computer must have: <ul style="list-style-type: none"> <li>• Webcam</li> <li>• Microphone</li> <li>• Secure, reliable internet</li> </ul> For complete requirements: <a href="http://www.prometric.com/proproctorcandidate">www.prometric.com/proproctorcandidate</a>
<b>Testing space needed</b>	None – testing space provided by the test center	Candidates must test alone at a desk or table in a room with a door and no distractions or interruptions. Other people or pets are not permitted in your testing area.
<b>Check-in procedure</b>	Candidates must show their current Government-issued photo ID; walk through a metal detector or be wanded by staff; and roll up sleeves and turn out pockets for a visual inspection.	Prior to check-in, the candidate's equipment needs to pass a compatibility check.  During check-in, candidates must show their current Government-issued photo ID; perform a 360° scan of the room using their camera; and roll up sleeves and turn out pockets for a visual inspection.
<b>Monitoring</b>	Proctors monitor candidates through video and physical walkthroughs in the testing room.	Remote proctors monitor candidates through video and audio, as well as ProProctor security software.

*This information is provided as a courtesy summary and may not represent full requirements or specifications for in-person testing or live remote proctored testing. For Live Remote Proctored FAQs, visit <https://ptcny.com/remote-proctor-faqs/>*



## Rescheduling Examination Appointments within a Testing Period

Candidates can reschedule their examination appointments within the same testing period as long as the request is submitted within the timeframe described below. Reschedule within the permitted time frame by calling or going to the Prometric website: [www.prometric.com/CCMS](http://www.prometric.com/CCMS).

Time Frame	Reschedule Permitted?	Stipulations
Requests submitted 30 days or more before the original appointment	Yes	None
Requests submitted 29 to 5 days before the original appointment	Yes	Candidate must pay Prometric a rescheduling fee of \$50.
Requests submitted less than 5 days before the original appointment	No	Candidates who do not arrive to test for their appointment will be considered a no-show and all their examinations fees will be forfeited. Candidates will need to reapply and pay full examination fees for a future testing period.

## Transferring to a New Testing Period

Candidates unable to take the examination during their scheduled testing period may request a **ONE-TIME** transfer to a future testing period. **There is a transfer fee of \$205.00.** After you have transferred once by paying the \$205.00 fee, you will need to pay the full examination fee in order to transfer a second time; so, ***please plan carefully.***

**Please note:** requests to transfer to a new testing period must be received within 30 days of your originally scheduled testing period.

Candidates wishing to transfer to a new testing period need to follow the steps below.

1. Go to <http://secure.ptcny.com/apply>; click “Start New Application.”
2. Choose CCMS in the first drop-down menu; then choose the new examination period in the second drop down menu and fill out the rest of the information on the page.
3. Fill out the application making sure you answer yes to the question asking if you are transferring.
4. When you have finished the application, click “Submit Transfer Request.”
5. PTC Support will send you an email letting you know your transfer application was approved and that you can log back into your application and pay the one-time \$205.00 transfer fee.

Call 212-356-0660 if you have any questions regarding the transfer process.

If candidates are unable to attend the examination on the date for which they registered and elect not to transfer to another testing period, the application will be closed and all fees will be forfeited. There will be no refund of fees.

The transfer fee is based on costs and is not punitive in nature. The transfer fee must be paid at the time the request is approved.

Note: Transferring your Examination only refers to instances when a candidate is unable to take their exam during a testing period for which they have already applied. Candidates who did not pass their examination and are retaking the examination need to pay the full Examination Fee.

### Failing to Report for an Examination



If you fail to report for an examination, you will forfeit all fees paid to take the examination. A completed application form and examination fee are required to reapply for the examination.

## EXAMINATION FEES

Fee Type	Amount	Details
Application Fee	US \$425.00	<ul style="list-style-type: none"> <li>• Non-refundable</li> <li>• Non-transferable</li> <li>• Includes testing center fees</li> <li>• Includes non-refundable \$75 administrative fee</li> </ul>
Transfer Fee (Moving to a new testing window; see page 8)	US \$205.00	<ul style="list-style-type: none"> <li>• <b>Applies to candidates who need to move to a new testing period</b></li> <li>• Must submit new application &amp; fee to PTC</li> </ul>
Rescheduling Fee (29-5 days prior to scheduled appointment; see page 7)	US \$50.00	<ul style="list-style-type: none"> <li>• <b>Applies to candidates who need to move their appointment within their current testing period or change their appointment to live remote proctoring (or vice versa)</b></li> <li>• Payable directly to Prometric</li> <li>• Reschedule with Prometric online or over the phone</li> </ul>



- **There will be no refund of fees unless applicants are ineligible for the examination.**
- **Ineligible candidates will be refunded their fees minus an administrative fee.**
- **No refunds will be issued for applying for the incorrect examination or testing period, for failing to make an examination appointment, or for failing to appear at your scheduled appointment.**

**Please be advised: Prometric does not have the authority to grant transfers to another testing period or refunds.**

---

## TEST ACCOMMODATIONS

CMSB and PTC support the intent of and comply with the Americans with Disabilities Act (ADA) and will take steps reasonably necessary to make certification accessible to persons with disabilities covered under the ADA. According to the ADA, an individual with a disability is a person who has a physical or mental impairment that substantially limits a major life activity (such as seeing, hearing, learning, reading, concentrating, walking) or a major bodily function (such as neurological, endocrine, or digestive system).

The information you provide and any documentation regarding your disability and test accommodations is confidential and is not included in scoring or reporting.

All approved testing accommodations must maintain the psychometric nature and security of the examination. Accommodations that fundamentally alter the nature or security of the exam will not be granted.

To request test accommodations, follow these 4 steps:

1. Download the Request for Test Accommodations Form, available from [www.ptcny.com](http://www.ptcny.com) or by calling PTC at (212) 356-0660.
2. Complete Test Accommodations Form with your doctor/healthcare professional.
3. Upload the completed and signed Test Accommodations Form with the online exam application.
4. Submit fully both the Test Accommodations Form and the application at least 8 weeks prior to the start of your chosen testing period.

### NOTES:

- Only those requests made and received on the official Request for Test Accommodations Form will be reviewed.
- All requests must be made at the time of application. Accommodations cannot be added to an existing exam appointment.
- If you miss the 8-week deadline, you may not be able to test during your chosen testing period and you will be subject to rescheduling or transfer fees.
- Do not go to [www.prometric.com](http://www.prometric.com) or contact Prometric to request test accommodations as they are not authorized to approve accommodations. All requests for test accommodations must be submitted on the PTC Request Form.
- If you need to use your cell phone or another electronic device to monitor a medical condition, such as diabetes, please be sure to include this on Part 1 of the Request for Test Accommodations Form so that we can notify Prometric in advance.
- Only pre-approved test accommodations will be permitted on the day of the examination. Test center personnel are not authorized to make any changes to the test accommodations on the day of the testing session and any such change may result in your examination score being canceled.

---

## PREPARING FOR THE EXAMINATION

- Check your driver's license, passport, non-driver state issued ID or U.S. Military ID.
  - Is it expired?
  - Does the first and last name on your ID match the first and last name on your Scheduling Authorization email?
  - Proctors at the Prometric testing center will refuse admission to candidates with expired ID, IDs with names that do not match their records, and temporary paper IDs. Candidates will be marked as no-shows and will forfeit their exam fees.
- Check your PTC Scheduling Authorization email and Prometric Appointment Confirmation email to make sure everything is accurate (i.e., your first and last name, exam name, appointment date, time and location).
- Make yourself familiar with the location of your test center and parking options and check the weather and traffic conditions before you leave for the test center. Allow plenty of time as late arrival may prevent you from testing.
- In the event of inclement weather, check the Prometric website for site closures: <https://www.prometric.com/closures>
- Prometric's website provides information on what you can expect on your test day, including a walkthrough of check in and security procedures: <https://www.prometric.com/test-center-security>.
- This Handbook provides the Content Outline for the Examination (see appendix). Use this to help you start studying for the examination.
- Review What to Expect at the Test Center and Rules for the Examination on the next pages before your appointment.

### Testing via Live Remote Proctoring

- Be sure to check your system compatibility BEFORE you schedule and again before your appointment.
- The check in process is about 30 minutes long and is not factored into your appointment. Be sure to log into ProProctor to start your exam at least 30 minutes prior to your appointment time.
- Candidates are not permitted to take a break during the examination and must stay within camera view at all times.
- **CANDIDATES MUST VERBALLY NOTIFY THE PROCTOR BEFORE LEAVING CAMERA VIEW.** Failure to do so may result in termination of your examination and nullifying scores.
- **No scratch paper is allowed.** Be sure your workspace is clear of any extra items and electronic devices except for your government issued photo ID.
- Read the Live Remote Proctoring FAQs here: <https://ptcny.com/remote-proctor-faqs/>

---

## WHAT TO EXPECT AT THE TESTING CENTER

- Candidate Check-In
  - Candidates will be asked to:
    - present their IDs.
    - empty and turn out their pockets.
    - walk through a metal detector or get “wanded”.
  - Eyeglasses, jewelry, and other accessories will be inspected.
    - Jewelry other than wedding and engagement rings is prohibited.
    - Leave these at home or place them in your locker.
  - Religious headwear may be worn into the testing room; however, it is subject to inspection by test center staff.
  - Prometric provides lockers to store purses, backpacks, mobile phones, jackets, food, drinks and medical supplies.
  - Water in a clear plastic containers (no labels) may be brought into the testing room.
- During the Exam
  - No breaks are scheduled during the exam.
  - Candidates are only permitted to leave the testing room to use the restroom or access food, drink, or medicine from their assigned locker. The exam timer will NOT be paused.
  - Smoking is prohibited at the testing center.
  - All examinations are monitored and may be recorded in both audio and video format.
- Keep in mind:
  - Other exams will be administered at the same time as your examination.
  - You may hear ambient noises such as typing, coughing, or people entering and exiting the testing room that cannot be avoided.
  - Prometric is unable to provide a completely noise-free environment.
  - Headphones may be requested to minimize the impact of ambient noise.
  - Proctors will periodically walk through the testing room as part of their monitoring process.
  - See [Prometric’s website](#) for more information about what to expect on testing day.

---

## RULES FOR THE EXAMINATION

Read the information below carefully. You are responsible for adhering to the examination rules while at the testing center.

⇒ DO NOT BRING

These items are strictly prohibited at the testing center. Leave these items in your car or your assigned locker.

- Cell phones and all other electronic devices
- Watches
- Jackets/coats/bulky clothing such as sweatshirts
- Hats (except hats worn for religious reasons)
- Jewelry, including watches and wearable technology.



⇒ You may NOT access the following at any time during your exam or breaks: papers, books, any reference materials; electronic devices including your cell phone. Candidates may access the following items from their locker: snacks, drinks, medicine, or other personal healthcare items.

⇒ No questions concerning content of the examination may be asked during the examination session. Carefully read the directions that are provided on screen at the beginning of the examination session.

⇒ You are prohibited from leaving the testing room while your examination is in session, except for going to the restroom. Candidates who do go to their lockers or the restroom will need to repeat the security screening before being permitted to reenter the testing room. **Candidates who leave the center will have their examinations terminated.**

⇒ See [Prometric's statement on Test Center Security](#) for more information.

Contact PTC at (212) 356-0660 or [www.ptcny.com/contact](http://www.ptcny.com/contact) with any questions about the Examination Rules.

**Irregular or improper behavior that is observed, made apparent by statistical analysis, or uncovered by other means before, during or after the examination will be considered a violation of these rules and may constitute grounds for invalidation of a candidate's examination. CMSB will initiate an investigation and request suitable analyses and appropriate documentation.**

---

## TESTING CONDITIONS OR EXAMINATION FEEDBACK

Any candidate who feels that the examination effort was negatively impacted by the test center conditions should notify the proctor immediately. The situation should also be reported to PTC at [www.ptcny.com/contact](http://www.ptcny.com/contact) within 15 days of the test appointment. Any comments about the test itself should also be reported to PTC at [www.ptcny.com/contact](http://www.ptcny.com/contact) within 15 days of the test appointment.

---

## REPORT OF RESULTS

PTC will email candidates a score report approximately four to six weeks after the close of the testing period which will state whether they have officially passed or failed the examination. Scores on the major areas of the examination and on the total examination will also be reported. Successful candidates will also receive certificates from the board. Failure to receive the report of the results should be reported to the Professional Testing Corporation at (212) 356-0660.

### Requesting a Handscore

Candidates who fail the examination may request a hand scoring of their data file. Hand scoring is a manual check of the data file by the testing service to determine if there have been any errors in scoring. Although the probability of such an error is extremely remote, this service is available. Requests for hand scoring must be received by PTC no later than 90 days after the date of the examination by completing and returning the Request of Handscore form on [www.ptcny.com](http://www.ptcny.com) with payment of \$25. Candidates who fail the examination will not be permitted to see the examination questions. For reasons of test security, no candidate is allowed to review the examination or any of its items.

To ensure correct reporting of results, PTC automatically performs handscores of examinations of candidates who score within 3 points of passing as a quality control measure. Thus, it is extremely doubtful that any examination results will change from “fail” to “pass” through handscoring.

### Confidentiality

The Board will release the individual test scores ONLY to the individual candidate. Any questions concerning test results should be referred to the Board or to PTC. Upon request from individuals and/or the public, the Board will verify the certification of a candidate.

### Reexamination

The Certification Examination for Culinary Medicine Specialists can be repeated an unlimited number of times. The candidate must file a new Application and submit the full application fee each time.

---

## EXAMINATION SECURITY

Candidates seeking admission to take the examination do so for the purpose of pursuing registration, and for no other purpose. Because of the confidential nature of the examination, candidates may not make or keep copies, excerpts, or notes of examination materials, and to not use or divulge information learned from the examination. The examination is the exclusive property of CMSB and candidates may not use examination information in any way without the express prior written consent of CMSB.

The Certification Examination for Culinary Medicine Specialists is confidential. Candidates are required to sign a confidentiality agreement prior to the start of the examination.

Candidates agree to abide by the testing rules in effect at the time of their test appointment. CMSB, PTC, and/or Prometric staff may refuse a candidate admission to the examination if they do not have the proper identification as detailed in the Candidate Handbook. Candidates who do not abide by the testing rules may have their exam terminated during the exam administration in order to maintain a secure and proper exam administration and/or exam scores invalidated.



---

## ATTAINMENT OF CERTIFICATION & RECERTIFICATION

Candidates who pass the Certification Examination for Culinary Medicine Specialists will receive certificates indicating their certification status as a Certified Culinary Medicine Specialist and will be entitled to use the trademarked designation CCMS® after their names.

Certification for Culinary Medicine Specialists is recognized for a period of five (5) years at which time 30 hours of coursework, including 4 hands-on modules and fee, will be required to maintain certification.

---

## REVOCATION OF CERTIFICATION

Certification will be revoked for any of the following reasons:

1. Falsification of any part of an application.
2. Revocation of any current license to practice medicine.
3. Misrepresentation of certification status.

The Board of the CCMS Program shall make all decisions regarding revocation of certification.

---

## CONTENT OF THE EXAMINATION

The Certification Examination for Culinary Medicine Specialists is a computerized exam with a total testing time of two hours. The exam consists of 100 scored, multiple-choice questions and 20 non-scored, pre-test questions. The pre-test questions are distributed throughout the examination and do not count towards a candidate's score, as they are being evaluated to determine if they perform well enough statistically to be introduced as scored questions on a future exam. Only the scored items count towards the candidate's final score.

The content of the examination is described in the Content Outline on the next page.

The questions for the examination are obtained from individuals with expertise in culinary medicine and are reviewed for construction, accuracy, and appropriateness by the Board and PTC's psychometricians.

The Board, with the advice and assistance of the Professional Testing Corporation, prepares the examination.

The Certification Examination for Culinary Medicine Specialists will be weighted in approximately the following manner:

I.	General Diet and Lifestyle Principles	45%
II.	Nutrition Principles	15%
III.	Nutrition and Health	20%
IV.	Culinary Principles	20%

---

## CONTENT OUTLINE

### I. GENERAL DIET AND LIFESTYLE PRINCIPLES

- A. Weight Management
  - 1. Diet
    - a. Different approaches
    - b. Meal replacements
    - c. Commercial programs
    - d. Medical programs
  - 2. Exercise (basic principles)
  - 3. Mindfulness, Motivational Interviewing, & Accountability
  - 4. Portion & Food Environment Control
  - 5. Psychology (Binge, night, and other maladaptive eating behaviors)
- B. Eating Habits/Food Selection
  - 1. Menu Strategies
  - 2. Social Determinants of Health
  - 3. Knowledge of Nutrition Guidance
    - a. Nutrition Labels
    - b. MyPlate
    - c. Nutrition Guidance (ex. Nutrition labels, My Plate, RDA and RDIs, etc.)
  - 4. Oversight Organizations and Regulations
- C. Diets
  - 1. Mediterranean Diet
  - 2. DASH Diet
  - 3. Vegetarian Diets
  - 4. Pediatric Diets
  - 5. Fad Diets
  - 6. Obesity Treatment

### II. NUTRITION PRINCIPLES

- A. Carbohydrates
  - 1. Impact
  - 2. Glycemic Index/Glycemic Load
- B. Proteins
  - 1. Metabolism
  - 2. Sources for Vegetarian Diet
- C. Lipids
  - 1. Impact
  - 2. Sources in Diet
- D. Vitamins & Minerals
  - 1. Impact
  - 2. Sources in Diet

### III. NUTRITION AND HEALTH

- A. Hypertension
- B. Cancer
- C. Heart Disease
- D. Pregnancy
- E. Food Allergies
- F. Food Intolerance
- G. Celiac Disease
- H. Bariatric Surgery

### IV. CULINARY PRINCIPLES

- A. Menu/Meal Planning
- B. Selection and Modification of Recipes
- C. Selection of Ingredients
- D. Food Preparation/Kitchen Skills
- E. Cooking Methods/Culinary Techniques
- F. Flavor Building
- G. Special Ingredients
  - 1. Fiber
  - 2. Fats
  - 3. Sweeteners
  - 4. Thickening Agents

---

## SAMPLE EXAMINATION QUESTIONS

In the following questions, choose the one best answer.

1. Which of the following flours contains gluten?

1. Millet
  2. Wild rice
  3. Semolina
  4. Buckwheat
- 

2. According to the Mediterranean Diet, what is the recommended MINIMUM number of servings of fish per week?

1. One
  2. Two
  3. Three
  4. Four
- 

3. Which of the following is the best source of beta carotene?

1. Oranges
  2. Bananas
  3. Sweet potatoes
  4. Summer squash
- 

4. Which of the following foods would provide satiety with the fewest calories?

1. Fish
2. Eggs
3. Pasta
4. Fruits and vegetables

Answers	
Q	A
1	3
2	2
3	3
4	4

---

## ONLINE PRACTICE TEST

### WHY TAKE IT

To experience taking a computerized exam, to review content included in Certification Examination for Culinary Medicine Specialists, and to learn more about question format, style, and level of difficulty.

### SCORE REPORT

After completing the online practice test, you will receive an instant score report showing test performance in each of the content areas. The score report does not provide correct answers or indicate which questions were answered correctly and incorrectly.

**NOTE:** The online practice test is an optional tool candidates may use as they prepare for the certification examination. While the practice test may help candidates identify areas of strengths and weakness, it should not be used as the only means to determine candidate preparedness or readiness to test. Since the practice test is NOT intended to be a study guide nor the sole source of preparation for the actual certification examination, candidates are NOT provided with the answer key, rationales for each question, nor notification of which specific items were answered correctly or incorrectly.

Though the specific questions that are on the practice test will not appear on the actual certification examination, it allows candidates to become familiar with the style of questions that may be asked. The instant score report received after practice test submission shows overall test performance as well as performance in each of the content areas. Candidates may find this information useful in determining future study needs. Once the practice test is scored, candidates cannot return to the test to review the questions. Performance on the practice test does not guarantee similar performance on the actual certification examination.

The PTC Online Testing System does not demonstrate the testing software used during the certification examinations. Those who purchase the online practice test should be aware that they will use a different testing platform when they take certification examinations at designated proctored testing centers.

The practice test is not a requirement for certification eligibility nor does it contribute in any way to success on the certification examination. There are many ways candidates should prepare for the certification examination. Candidates should use a variety of resources and consider their own education and experiences. Review the content outline and reference materials listed in the handbook for additional exam-related information.

### CONTENT INCLUDED

- I. General Diet and Lifestyle Principles
- II. Nutrition Principles
- III. Nutrition and Health
- IV. Culinary Principles

### FEES

\$50, paid by credit card.

### HOW TO APPLY

Go to <https://secure.ptcny.com/webtest> and follow the directions to apply.

---

## REFERENCES

Ahluwalia N, Andreeva VA, Kesse-Guyot E, et al. Dietary patterns, inflammation and the metabolic syndrome. (2013) *Diabetes Metab.* April, 39(2), pp. 99-110.

Akobeng Ak, Thomas AG. Systematic review: tolerable amount of gluten for people with celiac disease (2008) *Aliment Pharmacol Ther.* 27, pp. 1044-1052.

American College of Cardiology/American Heart Association. Guideline for the Management of Overweight and Obesity in Adults: A Report of the American College of Cardiology/American Heart Association Task Force on Practice Guidelines and The Obesity Society (2013).

Butryn ML, Phelan S, Hill JO, et al. Consistent self-monitoring of weight: a key component of successful weight loss maintenance (2007) *Obesity*, December 15(12), p. 309.

Church T. Exercise in obesity, metabolic syndrome and diabetes, progress in cardiovascular disease (2011) 53(6), pp. 412-418.

Craig W, Mangels A. Position of the American Dietetic Association: Vegetarian Diets. (2009) *Journal of the American Dietetic Association*, 109, pp. 1266-1282.

Culinary Institute of America. *Techniques of Healthy Cooking*, Professional edition.

Culinary Institute of America. *The Professional Chef*. Most recent edition.

Dontas SA, Zerefos NS, Panagiotakos DB, Valis DA. Mediterranean diet and prevention of coronary heart disease in the elderly (2007). *Clin. Interv. Aging.* 2, pp. 109–115.

Dunford M. *Sports Nutrition: A Practice Manual for Professionals* (2012). 5<sup>th</sup> ed.

Estruch R, Rose, E, Salas-Salvado J. et al. Primary Prevention of Cardiovascular Disease with a Mediterranean Diet. (2013) *New England Journal of Medicine*, 368 (14), p. 1368.

Grams J, Garvey WT. Weight Loss and the Prevention and Treatment of Type 2 Diabetes Using Lifestyle Therapy, Pharmacotherapy, and Bariatric Surgery: Mechanisms of Action. (2015) *Curr Obes Rep*, June, 4(2), pp. 287-302.

Gudzune KA, et al. Efficacy of Commercial Weight-Loss Programs: An Updated Systematic Review. (2015) *Ann Intern Med*, April, 162(7), pp. 501-512.

Johnson and Wales University. *Culinary Fundamentals*. Most recent edition.

Karanja N, Erlinger T, Pao-Hwa L, et al. The DASH diet for high blood pressure: From clinical trial to dinner table (2004), *Cleveland Clinic Journal of Medicine*, 71(9), pp. 745-753.

Kastorini CM, et al. The Effect of Mediterranean Diet on Metabolic Syndrome and its Components: A Meta-Analysis of 50 Studies and 534,906 Individuals. (2011) *J Am College Card*, March, 57(11) pp. 1299-1313.

Katz D. Nutrition in Clinical Practice, 2<sup>nd</sup> edition.

Metzgar CJ, Nickols-Richardson SM. Determinants of weight gain prevention in young adult and midlife women: study design and protocol of a randomized controlled trial. (2015) JMIR Res. Protoc. March 26, 4(1), e36.

Moynihan AB, et al. Eaten up by boredom: consuming food to escape awareness of the bored self (2015) Front Psychol. April, 6, p. 369.

Phillips SM. Dietary protein requirements and adaptive advantages in athletes. (2012) British Journal of Nutrition, 108: S158-S167.

Pi\_Sunyer X. The Look Ahead Trial: A review and discussion of its outcomes. (2014) Curr Nutr Rep, December, 3(4), pp. 387-391.

Rolls B. The Volumetrics Eating Plan: Techniques and Recipes for Feeling Full on Fewer Calories (2007).

Sacks F, Bray G, Cray V, et al. Comparison of Weight-Loss Diets with Different Compositions of Fat, Protein, and Carbohydrates (2009). New England Journal of Medicine, 360, pp. 859-873.

Shaukat A. et al. Systematic Review: Effective management strategies for lactose Intolerance (2010) Ann Intern Med, 152, pp. 797-803.

Tershakovec AM. Infants, Children and Adolescents (1999), in Medical Nutrition and Disease (Ch. 4).

Trakselis L. Culinary Nutrition Principles and Applications (2013).

Trichopoulou A, Bamia C, Trichopoulos D. Anatomy of health effects of Mediterranean diet: Greek EPIC prospective cohort study. (2009) June, British Medical Journal, 338.

Vallis M, Piccinini-Valis H, Sharma AM, et al. Clinical review: Modified 5 As: minimal intervention for obesity counseling in primary care. (2013) Can Fam Physician. January, 59(1), pp.27-31.

Wadden TA et al. Eight-year weight losses with an intensive lifestyle intervention: the look AHEAD study. Obesity (Silver Spring). (2014) January, 22(1), pp. 5-13.

Wansink B. Mindless Eating: Why We Eat More than We Think (2007).