

TRAINING OF SHIP'S COOKS

COURSE AIM

To provide knowledge and skills needed to ship's cooks to safely prepare nutritious and appropriate food during the voyage, to ensure that seafarers have access to good quality food and drinking water provided under regulated hygienic conditions.

TARGET GROUP

All persons employed or to be employed as ship's cook on board ship.

COURSE CONTENT

The course will include the following subject:

- Overview,
- Practical cookery - Basic cooking skills,
- Galley administration, management and supervision,
- Prevention of food-borne disease,
- Food hygiene,
- Personal hygiene,
- Nutrition and health - Balanced menus
- Religious and cultural aspects,
- Other basic skills,
- Workplace safety and health,
- First aid in the galley,
- Firefighting in the galley,
- Waste.

This course is designed around the ILO - Guidelines on the Training of Ship's Cooks.

COMPETENCY

Delegates will be required to pass a theoretical assessment of skills, a written or verbal examination of theory.

PRE REQUISITE

There are no pre requisites for participation on this course.

METHOD OF TRAINING

This course includes theoretical and demonstration components and will include the visual teaching aids, writing materials and provision of catering.

COURSE DURATION

Two (2) days.

RATIO OF THE TRAINING

100% Theory

VALIDITY OF CERTIFICATE

5 years

