



# Nutritionally and Healthy Balanced Calendar Menu Webinar

To develop and validate cooks' competencies in preparing, cooking, and serving nutritionally healthy balanced calendar menu. It further aims to provide chief cooks an underpinning knowledge of the basic mathematics principles are important in performing their day-to-day operations onboard.

## Training Outcome/s

After the training, the participants must be able to:

- Calculate provision parameters using basic mathematics principles
- Define healthy eating.
- Prepare a nutritionally healthy balanced calendar menu.
- Illustrate practical cookery skills

## Entry Standard/s:

All Cooks and Chief Cooks.