



# Nutritionally and Healthy Balanced Calendar Menu

To provide the theoretical knowledge, practical skills and safe work practices in the preparation, cooking and serving of healthy, nutritious and balanced meals with focus on understanding the principles behind nutrition, menu planning, selecting the healthiest ingredients and applying the best cooking principles and methods for flavor and nutrient retention.

## Intended Learning Outcome/s

**After the training/assessment, the participant/s shall be able to:**

- Calculate menu yield
- Conduct inventory
- Calculate provision requirements
- Incorporate desirable components for health balanced menu
- Estimate calorie intake, portions and ingredients
- Prepare diet plan
- Request ingredients and supplies
- Prepare healthy green dishes

## Course Prerequisite & Qualification

Qualified Ship Cooks for upgrading