



# **Ships` Catering NC III (Ships` Cook)**

This course is designed to enhance the knowledge, skills and attitude of Ship cooks in accordance with industry and regulatory standards. It covers specialized competencies in food safety and sanitation, menu planning, victualing, preparing, cooking and serving various menu selections from breads, soups, salads, appetizers, main courses and desserts.

## **Intended Learning Outcome/s**

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

- Observe prevention measures food borne diseases
- Prevent cross contamination
- Observe food hygiene procedures
- Collect and segregate waste
- Store waste
- Dispose of waste
- Handle catering equipment
- Deal with occupational health and safety hazard and risks
- Apply first aid and fire fighting procedures in the galley
- Incorporate desirable components for health balanced menu
- Estimate calorie intake, portions and ingredients
- Prepare diet plan
- Request ingredients and supplies
- Control/monitor stock and supplies
- Maintain galley stores and supplies
- Maintain galley equipment and facilities
- Deal with administrative concerns in the galley
- Prepare stocks, soups, sauces, dips and dressings

## **Course Prerequisite & Qualification**

- Selected graduates from Bachelor Science in Hotel and Restaurant Management.
- Marlow Navigation Crew promoted from the ranks of Messman, Galley boy, Steward