



Ship's Cook Upgrading Course

The course aims to provide the participant with comprehensive knowledge and skills in accordance with industry standards to achieve and manage all galley operations on board of ships.

Training Outcome/s:

After the training, participants must be able to:

- Practice food safety and sanitation
- Practice multi- cultural and religious belief
- Implement and practice waste segregation/MARPOL Annex V
- Demonstrate theoretical and practical fundamentals of cooking
- Perform calculations and conversions
- Prepare nutritionally- and health- balanced calendar menu
- Supervise/Administer galley area
- Prepare stocks, sauces and soups
- Demonstrate theoretical and practical for Eastern European Cuisine
- Demonstrate theoretical and practical for Western Cuisine
- Demonstrate theoretical and practical for Mediterranean Cuisine
- Demonstrate theoretical and practical for Asian Cuisine
- Demonstrate theoretical and practical for fundamentals of baking and pastry

Entry Standard/s:

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