



## 81 UPGRADING COURSE FOR COOKS (UCC)

### 2010 DATES:

- Jan 04 – 15
- Jan 18 – 29
- Feb 01 – 12
- Feb 15 – 26
- Mar 01 – 12
- Mar 15 – 26
- Apr 05 – 16
- Apr 19 – 30
- May 03 – 14
- May 17 – 28
- May 31 – Jun 11
- Jun 14 – 25
- Jun 28 – Jul 09
- Jul 12 – 23
- Jul 26 – Aug 06
- Aug 09 – 20
- Aug 23 – Sept 03
- Sept 06 – 17
- Sept 20 – Oct 01
- Oct 04 – 15
- Oct 18 – 29
- Nov 01 – 12
- Nov 15 – 26
- Nov 29 – Dec 10

### DURATION:

**2 Weeks**

(10 days: 0830H – 1630H)

### COURSE CONTRIBUTION:

**USD 704.00**

(NSA Member)

**USD 782.00**

(Non-NSA Member)

*Inclusive of course materials*

### NOTE:

Enrollment must be made two (2) weeks prior to actual course schedule

This course is designed for Chief Cooks and Chief Stewards. It covers all essential aspects of catering management with emphasis on cost accounting & provision management and sanitation & hygiene. The hands-on practically deals on variety of international cuisine covering soups, salads, appetizers, main course, desserts and European bread & cake baking.

**COURSE AIMS & OBJECTIVES:** To upgrade the participant's skills and general know-how in catering field in order to meet the demand & expectations of the shipping industry. Upon completion of the course, trainees/students must be able to learn and acquire knowledge of:

1. the proper attitude and behavior aligned with the profession;
2. cooking techniques & menu planning
3. different types of services in the kitchen
4. preparation of food provision menu and their nutritional value
5. cost accounting and ways & means to maintain lower cost of production;
6. good practice of kitchen hygiene & Sanitation
7. prevention of food contamination and food borne illnesses;
8. theoretical and practical knowledge about mixing and baking of breads, pastries and cakes; and
9. recipes & food preparation of Norwegian, European and other prominent International cuisines.

**COVERAGE / PROGRAM FOCUS:** The course covers the following subject & training areas.

#### *Theory:*

- Motivation & Personality Development
- Culinary
- Provision Management
- Food Safety, Sanitation & Hygiene
- Baking

#### *Laboratory:*

- Cooking variety of Norwegian, European and other international cuisine
- Bread baking: traditional European breads and cakes
- Desserts: hot and cold
- Practice of food safety, sanitation and hygiene

**METHOD:** Theoretical and practical instruction is given appropriate arrangement and combination. Laboratory demonstration and guided hands-on followed by assigned group activities shall be employed to facilitate training and to assess & evaluate level of adeptness and comprehension of trainees.

**ENTRY REQUIREMENT / TARGET GROUP:** Preferably, shipboard experience as Chief Cook or Chief Steward.

**COURSE CERTIFICATE:** A Certificate of Completion is given to each participant who satisfactorily fulfills the Course.

## Register

ADDRESS: Norwegian Training Center-Manila Gate 2 TESDA Complex, East Service Road, Taguig, Metro Manila, Philippines

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