



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

**COURSE AIMS & OBJECTIVES:** The course aims to upgrade participant's skills and general know-how in food & catering field towards meeting the standard, demand & expectations of the shipping industry. Upon completion of the course, trainees/students should 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 personal and food hygiene & kitchen sanitation;
7. prevention of food contamination and food borne illnesses;
8. procedures for collecting, processing, and disposing of galley waste in view of protection of the marine environment;
9. safe galley work practices to prevent injuries and accidents;
10. theoretical and practical knowledge about mixing and baking of breads, pastries and cakes; and
11. 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
- Baking: Bread & Pastries
- Provision & Cost Control
- Nutrition
- Food Safety, Sanitation & Hygiene
- Galley Waste Management
- Safety in the Galley

**Laboratory: Practical Cooking**

- Soups, Sauces, Appetizers, Salads & Dressing
- Variety of Main Courses
- Desserts (Hot & Cold)
- Baking of European Breads, Cakes, and Pastries
- Practice of Sanitation, Food and Personal Hygiene
- Application of Stocks Control
- Practice of Waste Management Techniques

**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:** Must have at least 2 years experience as Chief Cook (land based or sea based); or have attended the Upgrading Course for Messmen.

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

**DURATION:**

2 Weeks

(10 days: 0830H – 1630H)

**2011 DATES:**

1. Jan 03-07 / 10-14
2. Jan 17-21 / 24-28
3. Jan 31-Feb 04 / Feb 07-11
4. Feb 14-18 / 21-25
5. Feb 28-Mar 04 / Mar 07-11
6. Mar 14-18 / 21-25
7. Mar 28-Apr 01 / Apr 04-08
8. Apr 25-29 / May 02-06
9. May 09-13 / 16-20
10. May 23-27 / May 30-Jun 03
11. Jun 06-10 / 13-17
12. Jun 20-24 / Jun 27-Jul 01
13. Jul 04-08 / 11-15
14. Jul 18-22 / 25-29
15. Aug 01-05 / 08-12
16. Aug 15-19 / 22-26
17. Aug 29-Sep 02 / Sep 05-09
18. Sept 12-16 / 19-23
19. Sept 26-30 / Oct 03-07
20. Oct 10-14 / 17-21
21. Oct 24-28 / Oct 31-Nov 04
22. Nov 07-11 / 14-18
23. Nov 21-25 / Nov 28-Dec 02
24. Dec 05-09 / 12-16

**COURSE CONTRIBUTION:**

USD 704.00

(NSA Member)

USD 782.00

(Non-NSA Member)

*Inclusive of course materials / handout*

**Register**

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

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