

Nautical & Marine Engineering Courses

CHIEF COOK COURSE

AIM OF COURSE

The aim of the Chief Cook Course is to equip participants with the skills and knowledge to store, handle and prepare different types of healthy and nutritious food in a safe and hygienic manner on-board the ship.

LEARNING OBJECTIVES

At the end of the course, participants will be able to:

- Apply the knowledge and skills to ensure that food and beverages are stored, handled, prepared and cooked in a safe and hygienic manner.
- Identify the various types of injury that can happen in the galley, the methods to prevent such injuries from occurring.
- Describe the six classes of nutrients and its relationship with the human body, dietary guidelines and restrictions, energy balance, vitamin supplements and the varied ways to cook healthily.

COURSE COVERAGE

The Chief Cook Course covers the following modules:

1) Food and Beverage Hygiene and Safety

- State the definition of food hygiene
- Understand the types and characteristics of micro-organisms
- Explain the causes of food poisoning and the measures to control it
- Identify the sources of food-borne diseases and how it is transmitted
- Be aware of the importance of personal hygiene and grooming and the measures that has to be taken to prevent food contamination
- Identify the procedures for storing food properly and recognizing the signs when food has spoiled
- Realize the need and methods to preserve food properly
- Describe and follow accepted food preparation procedures
- Identify the reasons and ways to maintain utensils and equipment for food preparation
- Explain why pest needs to be controlled and the methods to detect their presence and eliminate them
- List the ways to carry out housekeeping, cleaning and sanitation around the galley
- Understand the Hazard Analysis and Critical Control Point (HACCP) system

2) Safety in the Working Environment

- Identify the appropriate protective clothing and equipment that needs to be worn
- Knowledge on how to use equipment properly and safely and the dangers associated with it
- State the ways to ensure proper housekeeping so as to:
 - Prevent back injuries
 - Prevent cuts and scratches
 - Prevent burns
 - Prevent slips, trips and falls
- State the safety procedures that needs to be followed during an emergency
 - Fire
 - Explosion
 - Electrocution
- Understand how to carry out elementary first aid

3) Nutritional Knowledge and Dietary Requirements

- Explain the six classes of nutrition and their functions in the body
 - Proteins, carbohydrates, fats, vitamins, minerals and water
- Discuss where these nutrients can be found from the different categories of food
- Describe the food pyramid, dietary guidelines and restrictions, energy balance and vitamin supplements
- Identify diseases that can arise from unhealthy eating habits
- Identify healthy cooking methods
- Multi-Cultural Awareness

PRE-REQUISITE

Participants to the course should have minimum 2-years service as a cook.

COURSE DURATION

2 Days

COURSE FEE

S\$642 per participant (Inclusive GST)

CONTACT US: Please contact Ms Lee Pei Leng for enquiries and quotation on the Course.
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