



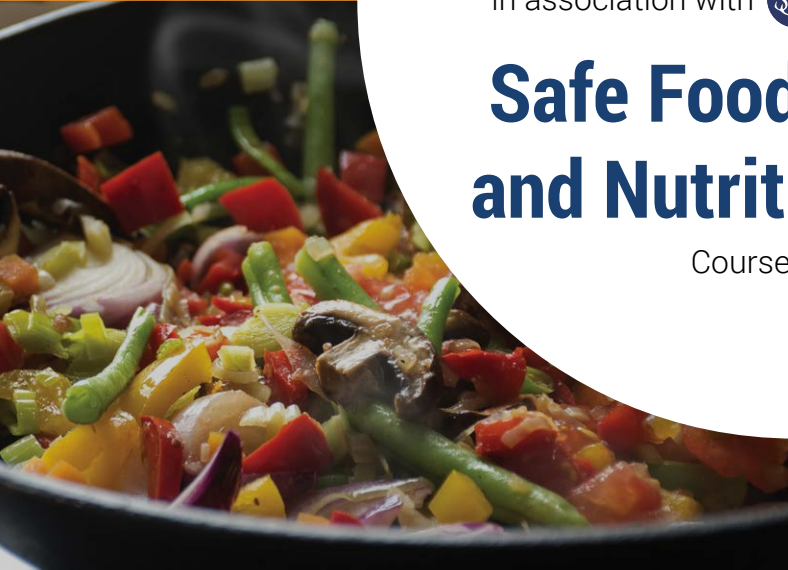
MCTC
Marine Catering Training Consultancy

'Excellence Through Quality
Training and Management'

in association with  STEAMSHIP MUTUAL

Safe Food Handling and Nutrition Course

Course Outline





Level 1, Version 2

Objectives

Business Objectives

The culinary eLearning modules aim to provide:

- balanced feeding rates;
- top-grade catering services for shipping companies;
- compliance to catering personnel based on the MLC Compliance Standards;
- shipping companies with good reviews during annual audits from the Oil Majors (TMSA)

Performance Objectives

The culinary eLearning modules support the following performance objectives:

- increased competence of catering personnel;
- increased motivation of catering personnel;
- improved nutrition quality on board (e.g. through variety of menus);
- improved stock & cost control to reduce inventory discrepancies on board;
- improved handling of cultural diversity issues (a growing problem)



Level 1 - Modules Outline

MODULE 1: INTRODUCTION TO THE GALLEY

Duration: 45 minutes

Chapter 1: Introduction

Chapter 2: Your Role as a Cook

- The role of a cook
- Cultural diversity

Chapter 3: Culinary Basics

- Introduction to menu planning
- Understanding daily meals
- Culinary personnel
- Culinary equipment and practices
 - Culinary knife cuts
 - Weights and measurements
 - Common vessel galley appliances and equipment

Chapter 4: Safety in the Galley

- Best practices
 - Proper apparel and signs, water and electricity, stoves, burners, and ovens, knives and chopping, fire hazards

Chapter 5: Conclusion

Module Test



MODULE 2: BASICS OF COOKING

Duration: 90 minutes

Chapter 1: Introduction

Chapter 2: Sauces, Stocks and Soups

- Thickening agents, basic sauces, stocks, soups

Chapter 3: Baking

- Types of flour
 - by raw materials (wheat, maize, rye, potato, chickpea, rice)
 - by processing method (unbleached/bleached flour, bread flour, all-purpose flour, self-raising flour, semolina)
- Leavening agents (biological, chemical, mechanical, other)
- Dough and steps in baking
- Pastries

Chapter 4: Animal Cuts

- Beef, pork, lamb & mutton, chicken

Chapter 5: Fish

- Health benefits, fish categories

Chapter 6: Cooking Methods

- Dry heat and moist heat cooking methods

Chapter 7: More on Menu Planning

- Sample weekly menu plan

Chapter 8: Conclusion

Module Test



MODULE 3: HEALTH & NUTRITION

Duration: 30 minutes

Chapter 1: Introduction

Chapter 2: Nutrients and Healthy Diet

- Nutrient categories (carbohydrates, fat, protein, vitamins, minerals, fibre, water)
- Food groups and nutritional values

Chapter 3: Diet-related Chronic Conditions & Prevention

- Osteoporosis, obesity, cholesterol, heart diseases, diabetes, kidney disease

Chapter 4: Food Allergies

Chapter 5: Menu Planning and Nutritional Values

- Sample weekly menu

Chapter 6: Conclusion

Module Test



MODULE 4: MANAGING YOUR BUDGET

Duration: 30 minutes

Chapter 1: Introduction

Chapter 2: Cost Awareness Guidelines

- Accurate measurements, portion control, product yield, correct food handling and processing

Chapter 3: Ordering Guidelines

Chapter 4: Inventories and Administration

- Process and procedures

Chapter 5: Menu Planning and Cost

- Portion costing formula and examples

Chapter 6: Conclusion

Module Test



MODULE 5: FOOD SAFETY MANAGEMENT

Duration: 45 minutes

Chapter 1: Introduction

Chapter 2: Food Supply Chains

- Galley designated areas
- Food supply chains:
 - STEP 1: Provision deliveries
 - STEP 2: Food processing
 - STEP 3: Storage
 - STEP 4: Food preparation
 - STEP 5: Serving food
 - STEP 6: Handling leftovers
 - STEP 7: Handling waste/recycling

Chapter 3: Bacteria and Pest Control

Chapter 4: Menu Planning based on Available Stock

Chapter 5: Conclusion

Module Test



Wishing you lots of fun with
kind regards,

Your MCTC Team!

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