



Purpose:

The e-learning module is designed for theoretical training of ships cook in accordance with Maritime Labour Convention (MLC) 2006 requirements and MESC/2013/9 "Guidelines on the training of ships' cooks".

What is an e-learning module?

E-learning module is the electronic textbook on one or more sections. Theoretical materials can be accompanied by drawings, diagrams, photos, animations and videos. There is a test for assessment of knowledge gained at the end of each section.

Contents:

- Introduction
- Minimum requirements for ships' cooks
- Division of responsibilities and obligations
- Competencies for ships' cooks
 - Galley administration, management and supervision
 - Prevention of food-borne disease
 - Food Hygiene
 - Personal Hygiene
 - Nutrition and health – Balanced menus
 - Religious and cultural aspects
 - Other basic skills
 - Workplace safety and health
 - Prevention of food-borne disease
 - Firefighting in the galley
 - Waste

Target groups

Ships cook

Ship types

Generic

Regulations

Maritime Labour Convention (MLC) 2006
MESC/2013/9 "Guidelines on the training of ships' cooks"






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Section 4 Competencies for ship's cooks – 4.3 Galley administration, management and supervision

Catering staff.
Catering staff includes cooks, cooks' assistants and stewards/stewardesses.

The shipowner must ensure that every member of the catering staff is properly trained or instructed for their positions and have an adequate knowledge of food and personal hygiene to ensure that food is stored, stock rotated, handled, cooked and served safely and that good practice is clearly applied.

Ships' Cooks and other equivalent qualifications will include food hygiene training.




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Section 4 Competencies for ship's cooks – 4.4 Prevention of food-borne disease

4.4.8. Cross Contamination.
Cross contamination, a leading cause of foodborne illness. Cross contamination happens when germs from raw or unclean food get into foods that are ready to serve or that will not be cooked again before you serve them.



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Section 4 Competencies for ship's cooks – 4.4 Prevention of food-borne disease

Incubation period: the time it takes a disease causing microorganism to produce symptoms and signs of the disease after entering a person's body, this period varies in length from a few hours to many years, depending on the species of microorganism.

The norovirus has an incubation period of just 12–48 hours, and the proportion of those exposed that fall ill can be high (often above 50%) in all age groups.

Symptoms often start with sudden onset of projectile vomiting and/or diarrhoea. There may be fever, myalgia, abdominal cramps and malaise.

Recovery occurs in 12–60 hours in most cases, and severe illness or mortality is rare, particularly if oral rehydration treatment is applied.



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Section 4 Competencies for ship's cooks – 4.4 Prevention of food-borne disease

Main 15 reasons for food poisoning are:

- Undercooking - Ensure that food is thoroughly cooked! - e.g. juices from poultry and joints of meat should run clear!
- Unsafe temperatures to keep prepared food.
- Preparation of food too far in advance and stored at room temperature.
- Cooling food too slowly before refrigeration.
- Unsafe temperature in refrigerator and freezer.



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Section 4 Competencies for ship's cooks – 4.3 Food Hygiene

Generally, the ship food supply and transfer chain consist of five major components that provide multiple opportunities for the introduction, or proliferation, of contaminants in food.

- the source of food coming into the port,
- transfer of food to storage points on board ship,
- storage and general distribution of food on board ship,
- preparation and serving of food, including cooking and mixing by food handlers;
- handling and storage of food for personal consumption by passengers or crew, including taking food away and storing it in private areas for subsequent consumption.



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Test tasks

COMMENT
Steward receives general supervision from ship's cook.

Test of questions
Steward receives general supervision from...

Choose the correct answer:

master.

cooks' assistant.

ship's cook.

Attempts: 1

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