



---

---

## **Maritime Labour Convention, 2006: Food and Catering: Ship's Cooks and Catering Staff**

**Notice to all shipowners, crewing agents, masters, all seafarers and other shipboard personnel**

*This notice should be read in conjunction with Part 8 of the Merchant Shipping (Maritime Labour Convention)(Minimum Requirements for Seafarers etc) Regulations 2014 ("the MLC Minimum Requirements Regulations") and with Merchant Shipping Notice MSN 1845 (M) Maritime Labour Convention, 2006: Food and Catering: Provision of Food and Fresh Water.*

*This notices replace Merchant Shipping Notice MSN 1482 – Certificates of Competency as Ship's Cooks.*

---

---

### **Summary**

This Notice provides information on the requirements of the Merchant Shipping (Maritime Labour Convention) (Minimum Requirements for Seafarers etc.) Regulations 2014 (the "MLC Minimum Requirements Regulations") Part 8 of which has been made to give effect to Regulation 3.2 and Standard A3.2 of the International Labour Organisation (ILO), Maritime Labour Convention, 2006.

- It replaces the Merchant Shipping (Certificate of Ship's Cooks) Regulations 1981, which are revoked.
- It sets out the minimum training requirements for all Ship's Cooks and catering staff.
- The new training requirements give consideration to the religious requirements and religious practices as they pertain to food and the duration and nature of the voyage.
- Ship's Cooks may qualify from the age of 18.
- Minimum sea time has been reduced from five years to one month at sea.
- The requirement to carry a ship's cook applies only to ships operating beyond 60 miles from a safe haven and on ships operating with more than 10 seafarers on board.

### Relationship with the MLC Minimum Requirements Regulations

- Part 8 of the MLC Minimum Requirements Regulations needs to be read together with this Merchant Shipping Notice, as this Notice sets out the requirements referred to in the Regulations, the breach of which is a criminal offence.



- Those requirements are – the training requirements for a ship’s cook; the certificates accepted as equivalents by the Secretary of State; the training requirements for other catering staff, and the conditions under which exemption from the requirement to carry a ship’s cook can be issued.
- Certain regulations in the MLC Minimum Requirements Regulations refer to this Notice. To assist the reader, paragraph 9 identifies those regulations and the relevant paragraphs of this Notice.

## 1. Introduction

- 1.1 The Merchant Shipping (Maritime Labour Convention) (Minimum Requirements for Seafarers etc.) Regulations 2014 (“the MLC Minimum Requirements Regulations”) implement for the UK the Food and Catering requirements of the International Labour Organisation (ILO) Maritime Labour Convention, 2006 (MLC) with respect to ship’s cooks and other catering personnel, in Part 8 of the Regulations.
- 1.2 The MLC Minimum Requirements Regulations amongst other things replace the Merchant Shipping (Certificate of Ship’s Cooks) Regulations 1981 which laid out the previous carriage and training requirements for Ship’s Cooks on UK registered sea-going ships.
- 1.3 This notice deals also with the carriage and training requirements for catering staff and persons processing food for others in the galley with particular reference to regulation 40 of the MLC Minimum Requirements Regulations.
- 1.4 The MLC Minimum Requirements Regulations do not apply to non-sea-going ships, or to pleasure vessels, fishing vessels, warships or naval auxiliaries, ships of traditional build (such as dhows or junks) or vessels which are not ordinarily engaged in commercial activities.
- 1.5 The requirements relating to ship’s cooks do not apply to ships which operate only within 60 miles of a safe haven and do not operate to or from, or call at, a port in a country other than the United Kingdom, or to ships which ordinarily operate with fewer than 10 seafarers on board.
- 1.6 For guidance on MCA’s interpretation of the definition of “seafarer”, “ship” or “shipowner”, see MGN 471 (M), Maritime Labour Convention, 2006: Definitions.

## 2. Requirement to carry a qualified ship’s cook [Regulation 37]

- 2.1 A qualified ship’s cook must be carried on all ships when the total crew consists of 10 seafarers or more on-board (including the master or skipper).
- 2.2 In **exceptional circumstances** the Maritime and Coastguard Agency (MCA - acting on behalf of the Secretary of State) may issue an exemption for a ship to operate without a qualified ship’s cook until the next port of call, or for a period not exceeding one month, but only if there is a person on board the ship who is trained or instructed in areas including food and personal hygiene and handling in accordance with the relevant requirements of this Merchant Shipping Notice (Annex 1). An application for an exemption can be made to the MCA. If agreed, an exemption will be given in writing and may be subject to conditions.



- 2.3 The MCA may consider substantially equivalent arrangements to the requirement to carry a qualified ship's cook. For example, on certain ships the competencies of a qualified ship's cook might not be held by a single person. In such circumstances an application for approval can be made to the MCA. If this equivalent arrangement is approved by the MCA it will be given in writing and it will be recorded on the ship's Safe Manning Document (SMD) or, where a SMD is not applicable, a notice will be issued to the owner/operator. The MCA can impose conditions and limitations and alter or cancel the approval.

#### **GUIDANCE**

*The requirement for a qualified ship's cook to be carried on a ship has changed from being based on tonnage and operating area of the vessel to the number of crew carried on the ship.*

*In the context of an application for exemption referred to in paragraph 2.2, exceptional circumstances are considered to include injury or illness of ship's cook themselves or a close family member requiring the ship's cook to be repatriated but excludes absence of relieving crew, problems relating to the issue of visas or other commercial reasons. Application for a ship to operate without a fully qualified cook should be made to the MCA Seafarer Training & Certification Branch through email: [safemanning@mcga.gov.uk](mailto:safemanning@mcga.gov.uk) or by telephone +44 (0)2380 329231.*

*Please note that for exemptions from the Safe Manning Regulations there is a fee, which is set out in the Merchant Shipping (Fees) Regulations.*

*These equivalent arrangements may occur on passenger ships and Mobile Offshore Drilling Units (MODU) or Special Purpose Ships (SPS) which have large numbers of non-marine crew. These ships have large catering departments and may carry specialist chefs/cooks and managers who individually are not trained in all the competencies required by ship's cooks but between them are trained to this required standard. It is for the owner/operator of the ship to demonstrate that the proposed catering staff between them hold all the competencies of a ship's cook. Where an equivalent is agreed to, it will be recorded in a clause on the ship's Safe Manning Document (SMD) stating how the equivalence is to be achieved.*

### **3. Certificate of competency as a ship's cook [Regulation 38]**

3.1 To be eligible to be issued with a UK (MLC 2006) Ship's Cook Certificate an applicant has to meet the following requirements:

- 3.1.1 be at least 18 years of age;
- 3.1.2 have completed a minimum of one month sea going service in any capacity;
- 3.1.3 have completed training in accordance with the learning outcomes and assessment criteria set out in Annex 1 and Annex 2;
- 3.1.4 have completed the following Standards of Training Certification and Watchkeeping (STCW) basic safety courses
  - Personal Survival Techniques (**STCW Code A-VI/1-1**)
  - Fire Prevention and Fire Fighting (**STCW Code A-VI/1-2**)
  - Elementary First Aid (**STCW Code A-VI/1-3**)
  - Personal Safety and Social Responsibility (**STCW Code A-VI/1-4**)



- Security Awareness

3.1.5 hold a current Seafarer Medical Fitness Certificate (ENG 1) or equivalent

## **GUIDANCE**

*Sea service must be proven by Discharge Book entries or Certificates of Discharge*

*Where training has been undertaken that has not been specifically designed to meet the requirements of Annex 1 and Annex 2 an application should be made to the International Association of Marine Institutes (IAMI) ([www.iami.info](http://www.iami.info)) for Accreditation of Prior Learning (APL).*

*In assessing prior learning, the learning outcomes set out in Annex 1 and 2 are not expected to be above the following Qualification Framework Levels:*

*European Qualification Framework (EQF) – Level 3*

*Qualifications and Credit Framework for England and Northern Ireland (QCF) - Level 2*

*Credit and Qualification Framework for Wales (CQFW) – Level 2*

*Scottish Credit and Qualification Framework (SCQF – Level 5)*

*The National Qualifications for Ireland (NFQIE) – Level 3*

*Any learning outcomes not accredited will have to be completed.*

*Marine Information Note (MIN) 479 (M) (and subsequent revisions) contains a list of qualifications and awarding bodies that are recognised and accepted in the UK as fulfilling the learning outcomes and assessment criteria set out in Annex 1 of this Merchant Shipping Notice.*

*The MCA will accept training for the basic safety courses listed in 3.1.4 which have been approved by a “White List” signatory of the STCW Convention.*

*See MSN 1839(M) for information about seafarer medical fitness certificates. Applications for a Seafarer Medical Fitness Certificate (ENG1) should be made directly to one of the MCA approved Doctors. The list of Approved Doctors is published in a Merchant Shipping Notice and can also be found on the MCA webpage at:*

<https://www.gov.uk/seafarers-medical-certification-guidance>

## **4. Application for UK (MLC 2006) Ship’s Cook Certificate of Competency.**

4.1 Application for the issue of a UK (MLC 2006) Certificate of Competency should be made to the address at the end of this notice using application form MSF4395.

## **GUIDANCE**

*Application form MSF 4395 contains guidance on the documents that should be submitted along with the application form and is available from the MCA website at:*

<https://www.gov.uk/apply-for-a-uk-seafarer-coc-deck-and-engineer-officers#appforms>



## 5. Certificates of equivalent competency

5.1 The MCA (on behalf of the Secretary of State) accepts a Ship's Cook's Certificate issued by an EU Member State or another Administration after the date they ratify the Maritime Labour Convention, 2006 as equivalent to a ship's cook certificate issued under the MLC Minimum Requirements Regulations.

5.2 A Ship's Cook's Certificate issued by an Administration that is neither an EU Member State nor a signatory to the Maritime Labour Convention, 2006 may be accepted as equivalent to a ship's cook certificate issued under the MLC Minimum Requirements Regulations providing that it has been shown that the training approved by the Administration concerned is equivalent to the UK requirements and a Memorandum of Understanding exists between the UK and the Administration concerned outlining this recognition.

5.3 Such equivalent certificates will be accepted for service in the capacity of cook on UK ships providing that in addition to a current Ship's Cook's Certificate the holder of that certificate also holds the basic training listed in 3.1.4 and holds a current ENG 1 Seafarer Medical Fitness Certificate or an acceptable equivalent.

### **GUIDANCE**

*Further information on UK seafarer medical certificates is contained in MSN 1839 (M), which along with the list of equivalent medical fitness certificates, can be found on the MCA website:*

<https://www.gov.uk/seafarers-medical-certification-guidance>

## 6. Recognition of existing Ship's Cooks certificates of competency (Regulation 39)

6.1 A Ship's Cook's Certificate issued or recognised under The Merchant Shipping (Certificate of Ship's Cooks) Regulations 1981 will continue to be recognised for a period of 5 years from the date when the MLC Minimum Requirements Regulations come into force unless it is suspended or cancelled in accordance with Section 62 of the Merchant Shipping Act.

6.2 This 5 year period is intended to allow time for all those holding a Ship's Cook qualification issued under the Merchant Shipping (Certificate of Ship's Cooks) Regulations 1981 to update them to the standards required by the MLC Minimum Requirements Regulations.

### **GUIDANCE**

*The Merchant Shipping (Certificates of Cooks) Regulations 1981 recognised grandfather rights for ship's cooks certificates issued under UK legislation prior to 1981 (under section 43 of the Merchant Shipping Act 1970 or section 27(2) of the Merchant Shipping Act 1906).*

*In addition, Certificates of Competency as Ship's Cooks issued by*

- (i) Canada*
- (ii) Republic of Ireland*
- (iii) The Shipping Offices in Bombay, Calcutta, Chittagong or Karachi to persons who have completed two years at sea in the rating of second cook, baker or chief cook on board vessels of 1,000 gross tons or over were recognised for work as ship's cooks on UK ships.*

**NOTE:** *The 5 year period is not intended to allow existing cooks to delay updating their*



*certificates for five years but is primarily aimed at assisting shipowners with large or small numbers of ship's cooks where it would simply not be feasible for all such cooks to update at the same time. MCA would nonetheless recommend that, notwithstanding this five year period, holders of UK Ship's Cook certificates should seek to update them as soon as possible. Leaving updating until the last minute may result in there not being sufficient places on courses for all those wishing to update their existing certificates and this will not be accepted as a valid reason for extending the validity on existing certificates.*

## **7. Updating existing UK Ship's Cooks Certificates of competency**

7.1 UK Ship's Cooks Certificates issued under the Merchant Shipping (Certificate of Ship's Cooks) Regulations 1981 and those certificates deemed equivalent under those regulations and issued by UK establishments may be issued with a UK (MLC 2006) Ship's Cooks Certificate on completion of the following:

- Food Safety in Catering (Annex 1\*);
- Cultural and religious catering requirements (Annex 2\*);
- Dietary requirements of shift workers (Annex 2\*) and
- STCW Safety Training as listed under 3.1.4

### **GUIDANCE**

*Candidates upgrading their certificate to UK (MLC 2006) Ship's Cook Certificate who have acceptable documentary evidence of completing all or some of the training listed in 7.1 will not be required to repeat that training.*

*MIN 479 (M) (and subsequent revisions) contains a list of qualifications and awarding bodies that are recognised and accepted as fulfilling the learning outcomes and assessment criteria set out in Annex 1 of this Merchant Shipping Notice.*

\*A testimonial from the Master of the vessel on which the applicant is serving, which confirms that the learning outcomes for Food Safety in Catering and/or the Cultural and religious catering requirements, and/or dietary requirement of shift workers, have been met will be accepted in lieu of completing training courses or assessments. Any such testimonial should be in the form of, or carry the same information, as the pro-forma in Annex 3a or 3b to this MSN, as appropriate.

## **8. Training requirements for catering staff and persons processing food in the galley [Regulation 40]**

- 8.1 The shipowner must ensure that every member of the catering staff is properly trained or instructed for their position in accordance with the requirements of this Merchant Shipping Notice. Such training or instruction is to be in food and personal hygiene as well as the safe handling and storage of food on board ship in accordance with the learning outcomes and assessment criteria set out in Annex 1 of this Merchant Shipping Notice.
- 8.2 The shipowner must ensure that any person who processes food in the galley is properly trained or instructed in areas including food and personal hygiene and handling in accordance with the learning outcomes and assessment criteria set out in Annex 1 of this Merchant Shipping Notice. This ensures they 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.





- 8.3 Catering staff defined in regulation 42 of the MLC Minimum Requirements Regulations, includes cooks, cooks' assistants and stewards/stewardesses.
- 8.4 Food prepared by a seafarer for themselves, or by one seafarer for another outside the confines of the galley is excluded from the requirements stated in 8.1 and 8.2.
- 8.5 Marine Information Note MIN 479 (M) (and subsequent revisions) contains a list of qualifications and awarding bodies that are recognised and accepted as fulfilling the learning outcomes and assessment criteria set out in Annex 1 of this Merchant Shipping Notice.

#### **GUIDANCE**

*Any seafarer processing food in the galley is deemed to be a member of the catering staff regardless of their main role on-board ship.*

*Periodic assessments of the effectiveness of training or instructions should be made*

*Company and ship audits should be able to verify competency levels. If there is any evidence of poor hygiene practices, designated cooks or others working in the galley should receive refresher training or other appropriate food hygiene training.*

*Catering staff should have an awareness of the potential problems associated with food allergy and intolerance and have a basic understanding of how to avoid cross contamination and of the importance of providing accurate information to the crew.*

#### **9. References to this Notice in the Merchant Shipping (Maritime Labour Convention) (Minimum Requirements for Seafarers etc.) Regulations 2014 (the "MLC Minimum Requirements Regulations")**

9.1 The references to this Notice in the MLC Minimum Requirements Regulations are below. This is the version of the Merchant Shipping Notice 1846 (M) which is considered to be relevant until further notice.

**Regulation 37(3):** The training and instruction requirements referred to are those specified in Annex 1, (see paragraph 2.2 of this notice).

**Regulation 40: Training requirements for catering staff and other persons processing food in the galley.** The training requirements are set out in Annex 1 of this Notice. An exemption under **regulation 37(3)** may only be issued if there is someone on board who satisfies the training requirements in Annex 1 (see paragraph 2.2 of this notice).

#### **Regulation 42:**

**"eligible person":** The training which must be completed by a person to be eligible for issue of a certificate of competency as a ship's cook in accordance with **regulation 38** are set out in Annex 1 and Annex 2 of this notice (see paragraph 3.1.3)

**"ship's cook certificate"** Section 5 of this notice specifies which certificates the Secretary of State accepts as equivalent to a UK ship cook's certificate for the purposes of **Regulation 37**.



## More Information

Seafarer Safety and Health Branch  
Maritime and Coastguard Agency  
Bay 1/29  
Spring Place  
105 Commercial Road  
Southampton  
SO15 1EG

Tel : +44 (0) 23 8032 9328  
Fax : +44 (0) 23 8032 9251  
e-mail: [mlc@mcga.gov.uk](mailto:mlc@mcga.gov.uk)

General Inquiries: [infoline@mcga.gov.uk](mailto:infoline@mcga.gov.uk)

MCA Website Address: [www.dft.gov.uk/mca](http://www.dft.gov.uk/mca)

File Ref: MC018/001/0063

Published: June 2014  
Please note that all addresses and  
telephone numbers are correct at time of publishing

© Crown Copyright 2014

***Safer Lives, Safer Ships, Cleaner Seas***





**FOOD SAFETY IN CATERING**

Learning Outcomes		Assessment Criteria	
1	Understand how individuals can take personal responsibility for food safety	1.1	Outline the importance of food safety procedures, risk assessment, safe food handling and behaviour
		1.2	Describe how to report food safety hazards
		1.3	Outline the legal responsibilities of food handlers and food business operators
2	Understand the importance of keeping him/herself clean and hygienic	2.1	Explain the importance of personal hygiene in food safety including its role in reducing the risk of contamination
		2.2	Describe effective personal hygiene practices, for example, protective clothing, hand washing, personal illnesses, cuts and wounds
3	Understand the importance of keeping the work areas clean and hygienic	3.1	Explain how to keep the work area and equipment clean and tidy to include cleaning and disinfection methods, safe use and storage of cleaning chemicals and materials, and waste disposal
		3.2	State how work flow, work surfaces and equipment can reduce contamination risks and aid cleaning
		3.3	Outline the importance of pest control
4	Understand the importance of keeping food safe	4.1	State the sources and risks to food safety from contamination and cross contamination to include microbial, chemical, physical and allergenic hazards.
		4.2	Explain how to deal with food spoilage including recognition, reporting and disposal
		4.3	Describe safe food handling practices and procedures for storing, preparing, cooking, chilling, reheating, holding, serving and transporting food
		4.4	Explain the importance of temperature controls when storing, preparing, cooking, chilling, reheating, holding, serving and transporting food
		4.5	Describe stock control procedures including deliveries, storage, date marking and stock rotation



**HEALTH AND SAFETY IN CATERING IN THE MARITIME INDUSTRY**

Learning Outcomes		Assessment Criteria	
1	Understand the importance of health and safety in catering in the maritime industry	1.1	Identify the groups who have responsibilities in current legislation
		1.2	Identify the legal responsibilities of employers and employees
		1.3	Discuss the power of enforcement officers
		1.4	Identify the action available to the enforcement officers in the event of non-compliance
		1.5	State regulations covering specific safety issues
		1.6	Identify common causes of ill health and accidents
		1.7	List the potential costs of non-compliant health and safety practices
		1.8	List the potential benefits of compliant health and safety practices
2	Be able to identify hazards in the catering workplace onboard ship	2.1	List causes of slips, trips and falls in the workplace
		2.2	State the steps to minimise the risk of slips, trips and falls
		2.3	Identify the main injuries from manual handling
		2.4	State ways to reduce the risk of injury from lifting, carrying and handling
		2.5	Identify the correct lifting procedure
		2.6	Identify ways machinery/equipment can cause injuries
		2.7	List control measures to avoid accidents from machinery/equipment
		2.8	State types of hazardous substances
		2.9	List control methods for hazardous substances to prevent exposure and protection of employees



		2.10	Indicate the main causes of fire and explosions
		2.11	State how elements of the fire triangle can be used to extinguish a fire
		2.12	Identify dangers associated with electricity
		2.13	Identify the measures to prevent electricity dangers
		2.14	State methods to deal with electrical dangers
		2.15	Identify hazards associated with working onboard ship
		2.16	State methods to control hazards associated with working onboard ship
3	Understand how to control hazards in the workplace	3.1	Define the term 'hazard'
		3.2	Define the term 'risk'
		3.3	List the steps in the risk assessment process
		3.4	Identify the benefits of risk assessment
		3.5	Identify the dangers of failing to carry out a risk assessment
		3.6	State the reasons for reporting accidents
		3.7	Explain the legal requirement for accident reporting
		3.8	Outline the information to be recorded in the Accident Book
		3.9	State the functions of PPE
		3.10	State the employers' and employees' responsibilities regarding provision use, care and maintenance of PPE
		3.11	State how the main types of safety signs can be identified
4	Understand how to maintain a healthy and safe workplace	4.1	Briefly describe the sources of information which can assist in developing health and safety systems in the workplace
		4.2	Identify the features in the food preparation area which will affect safe working practices
		4.3	Identify the welfare facilities required for the staff in catering and hospitality operations



	4.4	Define incident reporting
	4.5	Outline the procedure to be followed when an incident is reported
	4.6	Identify situations where emergency procedures must be followed
	4.7	State the emergency procedure in the event of a serious accident/incident

### **KITCHEN OPERATIONS, COSTS AND MENU PLANNING**

Learning Outcomes	Assessment Criteria	
Describe the organisation of a kitchen	1.1	Describe the organisational structure of the kitchen
Plan and prepare menus for catering operations	2.1	Plan menus
	2.2	Interpret menus for food production
Demonstrate awareness of basic costs associated with the catering industry	3.1	Calculate costs and quantities relevant to simple activities in different catering operations
	3.2	Display basic numeric skills when calculating costs using metric/imperial measurements
Apply basic calculations used in catering operations	4.1	Calculate the food costs of different dishes to determine the food costs per portion

### **APPLYING WORK PLACE SKILLS**

Learning Outcomes	Assessment Criteria	
1 Be able to maintain personal presentation	1.1	Maintain personal professional appearance
	1.2	Demonstrate a positive and professional approach in their working condition
	1.3	Explain what is considered to be professional presentation of ones self
	1.4	Describe the reasons for maintaining professional presentation and the effect this has on the organisation
	1.5	Explain the skills required to maintain the work area
2 Be able to work effectively with	2.1	Demonstrate a positive attitude and behaviour



	customers and colleagues		with customers and colleagues
		2.2	Demonstrate use of correct procedures and good practice in dealing with customers and colleagues
		2.3	Communicate effectively to identify and provide support to customers and colleagues to solve problems should they arise
		2.4	Demonstrate working with others to achieve targets
		2.5	Describe the skills required to work effectively with customers and colleagues to provide a quality service or product
		2.6	Describe how to identify and solve customer and colleague problems and complaints should they arise
		2.7	List the key stages in working to meet team targets
3	Be able to prepare for a job application	3.1	Explain the importance of evaluating an interview
		3.2	Produce a Curriculum Vitae and covering letter
		3.3	Demonstrate a variety of interview skills
4	Be able to produce a plan to develop skills	4.1	Evaluate current skills against job aims
		4.2	Identify an opportunity to develop a skill
		4.3	Set and work towards a target
		4.4	Keep a record of skills development
		4.5	Describe the purpose of a personal development plan
		4.6	Describe how development plans are produced
		4.7	Explain the importance of feedback.

### **PREPARE AND COOK SOUPS AND SAUCES**

Learning Outcomes		Assessment Criteria	
1	Prepare and cook stocks	1.1	Demonstrate the correct use of equipment to prepare cook and store stocks
		1.2	Prepare and cook different types of stock and demonstrate safe work practices applying



			quality points at each stage of the process
		1.3	Evaluate the finished product
2	Prepare and cook soups	2.1	Demonstrate the correct use of equipment to prepare cook and store soups
		2.2	Prepare and cook different types of soup demonstrate safe work practices and applying quality points at each stage of the process
		2.3	Demonstrate finishing methods and present appropriate accompaniments
		2.4	Evaluate the finished product
3	Prepare and cook sauces	3.1	Demonstrate the correct use of equipment to prepare cook and store sauces
		3.2	Prepare and cook different types of sauce demonstrate safe work practices and applying quality points at each stage of the process
		3.3	Demonstrate finishing methods
		3.4	Evaluate the finished product

### **PREPARE AND COOK FRUIT AND VEGETABLES**

Learning Outcomes	Assessment Criteria	
Prepare fruit and vegetables	1.1	Check that fruit and vegetable and accompanying ingredients are of the correct type quantity and quality
	1.2	Demonstrate the correct use of tools and equipment to prepare fruit and vegetables
	1.3	Prepare fruit and vegetables by peeling washing and trimming assemble ingredients according to dish specifications demonstrating safe and hygienic practices
	1.4	Store fruit and vegetables appropriately prior to cooking if required
Cook fruit and vegetables	2.1	Demonstrate the correct use of tool and equipment when cooking fruit and vegetables and maintain safe and hygienic work practice throughout
	2.2	Cook assemble, hold, store (if required) and serve cook fruit and vegetables





## **PREPARE AND COOK MEAT AND OFFAL**

Learning Outcomes		Assessment Criteria	
1	Prepare meat and offal	1.1	Demonstrate the correct use of tool and equipment when preparing, portioning and storing meat and offal to dish specification whilst working in a safe and hygienic manner
		1.2	Use appropriate moulds/basins, shapes flavourings to joints of meat and offal according to dish specifications
2	Cook meat and offal	2.1	Select correct tool and equipment used in cooking of meat and offal using various methods of cooking methods applying safe and hygienic work practices
		2.2	Make/prepare dressings, sauces, coulis, gravies, jus and garnishes for meat and offal
		2.3	Apply finishing skills and assemble dish according to dish specifications, evaluating the finished dish/dishes

## **PREPARE AND COOK POULTRY**

Learning Outcomes		Assessment Criteria	
1	Prepare poultry	1.1	Demonstrate the correct use of tool and equipment when preparing, portioning and storing poultry to dish specification whilst working in a safe and hygienic manner
		1.2	Apply flavourings and coatings to cuts of poultry
2	Cook poultry	2.1	Select correct tool and equipment used in cooking of poultry using various methods of cooking methods applying safe and hygienic work practices
		2.2	Make/prepare dressings, sauces, coulis, gravies jus and garnishes for poultry
		2.3	Apply finishing skills and assemble dish according to dish specifications, evaluating the finished dish/dishes



## **PREPARE AND COOK FISH AND SHELLFISH**

Learning Outcomes		Assessment Criteria	
1	Prepare fish and shellfish	1.1	Demonstrate the correct use of tool and equipment when preparing, portioning cutting and storing fish and shellfish to dish specification whilst working in a safe and hygienic manner
		1.2	Use appropriate techniques to meet dish specifications for example; flavourings, coatings and lining dishes
2	Cook fish and shellfish	2.1	Select correct tools and equipment used in cooking of fish and shellfish using various methods of cooking methods applying safe and hygienic work practices
		2.2	Make/prepare dressings, sauces, coulis flavoured butters/oils and a garnishes
		2.3	Apply finishing skills and assemble dish according to dish specifications, evaluating the finished dish/dishes

## **PREPARE AND COOK RICE, PASTA, GRAINS AND EGG DISHES**

Learning Outcomes		Assessment Criteria	
1	Prepare and cook rice	1.1	Use the correct type and amount of rice for the dish specification demonstrating safe and hygienic use of tool and equipment and work practices throughout
		1.2	Demonstrate the control of the cooking process to obtain the required quality
		1.3	Assemble and finish the dish in line with dish/customer requirements and evaluate the finished dish
2	Prepare and cook pasta	2.1	Use the correct type and amount of pasta for the dish specification demonstrating safe and hygienic use of tool and equipment and work practices throughout
		2.2	Demonstrate the control of the cooking process to obtain the required quality
		2.3	Assemble and finish the dish in line with dish/customer requirements and evaluate the finished dish
3	Prepare and cook grains	3.1	Use the correct type and amount of grain for the dish specification demonstrating safe and hygienic use of tool and equipment and work practices throughout



			Demonstrate the control of the cooking process to obtain the required quality
		3.3	Assemble and finish the dish in line with dish/customer requirements and evaluate the finished dish
4	Prepare and cook eggs	4.1	Use the correct type and amount of eggs for the dish specification demonstrating safe and hygienic use of tool and equipment and work practices throughout
		4.2	Demonstrate the control of the cooking process to obtain the required quality
		4.3	Assemble and finish the dish in line with dish/customer requirements and evaluate the finished dish

### **PREPARE AND COOK DESSERTS AND PUDDINGS**

Learning Outcomes		Assessment Criteria	
1	Prepare hot and cold desserts and puddings	1.1	Prepare hot and cold desserts and puddings for cooking using the correct equipment demonstrating safe and hygienic work practices
2	Demonstrate how to cook and finish hot and cold desserts and puddings	2.1	Demonstrate the correct use of equipment to cook and finish hot and cold desserts and puddings whilst demonstrating safe and hygienic work practices
		2.2	Produce applying the correct finish and presentation methods to different types of puddings and desserts checking the quality points to each stage and evaluate the finished product



## **PREPARE AND COOK BAKERY PRODUCTS**

Learning Outcomes		Assessment Criteria	
1	Prepare paste, biscuits, cake and sponge products	1.1	Prepare and store paste, biscuits cakes and sponges demonstrating the correct use of tool and equipment working in a safe and hygienic manner
2	Cook and finish paste, biscuits, cakes and sponge products	2.1	Demonstrate correct use of tools and equipment used in the cooking and finishing of paste, biscuits, cakes and sponge products
		2.2	Bake and finish biscuits, cakes and sponge products and evaluate the finished dish
3	Prepare fermented dough products	3.1	Prepare fermented dough products using the correct tools and equipment demonstrating safe and hygienic work practice
4	Cook and finish fermented dough products	4.1	Demonstrate the correct tools and equipment to cook dough products working safely and hygienically
		4.2	Finish and present dough products and evaluate the product

## **HEALTHIER FOODS AND SPECIAL DIETS**

Learning Outcomes		Assessment Criteria	
Understand how to plan and provide special diets		1.1	Describe the impact of special diets on health
		1.2	Describe catering practices to be considered when planning and providing meals for those on special diets
		1.3	Understand the principle of balanced diets
Outline current government nutritional guidelines for a healthy diet.		2.1	State the sources of essential nutrients
		2.2	Describe the impact of diet on health
		2.3	Describe catering practices that help maintain the nutritional value of food

## **CULTURAL AND RELIGIOUS CATERING REQUIREMENTS**

Learning Outcomes		Assessment Criteria	
1	Understand how to plan and provide the dietary requirements for people from different cultural and religious	1.1	Identify the major cultural and religious groups that make up the seagoing community.
		1.2	Describe catering practices to be considered when



	backgrounds		planning and providing meals for the major cultural and religious groups making up the seagoing community
--	-------------	--	---

### **DIETARY REQUIREMENTS OF SHIFT WORKERS**

Learning Outcomes		Assessment Criteria	
1	Understand how to plan and provide the dietary requirements for shift workers.	1.1	Describe the impact of shift working diets on health
		1.2	Describe catering practices to be considered when planning and providing meals for those on shift work



**Form of a testimonial (see paragraph 7 of this MSN)**

**HOLDERS OF MCA or MOD SHIP'S COOKS CERTIFICATES**

I confirm that: ..... Ship's Cooks Name

UK Ship's Cooks Certificate of Competency:

	Number	Date of Issue
Part 1		
Part 2		

OR Holds MOD Cooks Certificate

Number	Date of Issue

Served on the: [vessel name]

From [date joined]

until [current date or date of discharge]

in the capacity of Ship's Cook.

During this time he/she has demonstrated that he/she is competent in the following as described in Annex 1 and 2 of this guidance and requires no further training in these areas:

- Food Safety in Catering \*
  - Cultural and religious catering requirements \*
  - Dietary requirements of shift workers \*
- (\*delete as applicable)

Signed (Master)

Printed Name

Ship's Stamp

	Certificate Number	Issuing Authority	Date of Issue (dd/mm/yyyy)
Certificate of Competency*			
UK Certificate of Equivalent Competency*			

(\*delete as applicable)





Form of a testimonial (see paragraph 7 of this MSN)**EXPERIENCED OR OTHERWISE QUALIFIED COOKS**

I confirm that: ..... Ship's Cooks Name  
satisfies one of the following criteria

Criteria	Assessment number and date	If included Please tick
12 months sea service as Ship's Cook		
12 months working in a catering establishment and not less than 1 month sea service.		
Holder of level 2 cookery qualification and not less than 1 month sea service: Issuing Body of Qualification: Certificate Number: Date of Issue of Certificate:		
Holder of Fishing Cooks Certificate and not less than 1 month sea service.		

Served on the: [vessel name]

From [date joined]

until [current date or date of discharge]

in the capacity of Ship's Cook.

During this time he/she has demonstrated that he/she is competent in the following as described in Annex 1 and 2 of this guidance and requires no further training in these areas:

- Food Safety in Catering \*
  - Cultural and religious catering requirements \*
  - Dietary requirements of shift workers \*
- (\*delete as applicable)

Signed (Master)

Printed Name

Ship's stamp

	Certificate Number	Issuing Authority	Date of Issue (dd/mm/yyyy)
Certificate of Competency*			
UK Certificate of Equivalent Competency*			

(\*delete as applicable)

