

# SHIP'S COOK CERTIFICATE OF COMPETENCY



# NOTES FOR THE PRACTICAL ASSESSMENT

Includes a practical assessment of skills it is important to remember that it isn't what skills you demonstrate it is how you demonstrate those skills.

For example if part of your practical assessment includes demonstrating skills to prepare, cook and serve a variety of dishes then different candidates may cook different dishes. To ensure that each candidate is assessed on their practical skills fairly the criteria we follow is as follows:

Practical assessment criteria:

- Candidate works in a clean and hygienic manner
- Candidate presents themselves in a clean and professional manner
- Candidate demonstrates appropriate knife skills
- Candidate works in a safe manner following OHS standards
- Candidate demonstrates a variety of preparation methods
- Candidate demonstrates a variety of cooking methods
- Candidate's food has good flavor
- Candidate presents food in an attractive manner
- Candidate uses equipment and utensils in an appropriate manner
- Candidate can weigh and measure ingredients accurately
- Candidate prepares, cooks and serves food in realistic industry timeframes
- Candidate can optimise his working space

# I. Minimum requirements for ships' cooks

1.1 Access to adequate food and drinking water of appropriate quality and provided free of charge on board ship is vital to the health and well-being of seafarers. The minimum standards for food and catering on board ship, as set out in Regulation 3.2(1) and (2) and Standard A3.2(1) and (2), relate to the quantity, nutritional value, quality and variety of food, based on the duration and nature of the voyage and the number of seafarers on board. The seafarers' religious requirements and cultural practices with regard to food must also be duly taken into account. For flag State inspection requirements, reference should be made to the *Guidelines for flag State Inspections under the Maritime Labour Convention, 2006*.

1.2 In accordance with Standard A3.2(8), no seafarer under the age of 18 shall be employed or engaged to work as a ship's cook.

# II. Competencies for ships' cooks

## Overview

2.1 This section addresses the skills that ships' cooks should acquire during their education or training. The recommended qualifications and training requirements for ships' cooks reflect the fact that ships' cooks may manage galley operations, including both the procurement of supplies and practical food production.

2.2 Ships' cooks should have the skills, support and resources to serve proper quantities of quality, nutritious food that takes into account seafarers' various religious and cultural, backgrounds, and fulfills hygiene requirements. Knowing how to ensure hygiene in and around the galley is a crucial skill for ships' cooks and Regulation 3.2 expressly states that food on board must be served under hygienic conditions. Knowing how to store and handle food hygienically plays a crucial role in preventing people from falling ill from the food served on board.

2.3 The paragraphs on practical cookery emphasize that ships' cooks should have a wide understanding of the processes used in and around the galley, taking into account that it should be possible to keep food on board for some time, and highlight that it is essential for the ships' cook to have access to a varied selection of good quality raw ingredients.

2.4 The food products with shortest shelf life should be used first on the voyage. Food products should be used in an economical, sensible and varied way. The meals that are served should also meet the different requirements and needs of the crew for a nutritious, varied and good quality diet. The food served daily should also take account of individual needs, for example the needs of diabetics and crew members with food intolerance or allergies. The ships' cook should also understand the significance of the cultural, religious and social aspects of mealtimes on board. Regulation 3.2 specifically mentions the need to take into account the differing cultural and religious backgrounds of the crew.

2.5 Ships' cooks require competencies in order to meet expectations of the shipowner and master and seafarers with respect to food being made from scratch using raw ingredients. Nutritionally balanced ready meals or semi-processed products should only be used for a short period of time.

2.6. This section also addresses other competencies that ships' cooks are expected to have, including workplace safety and communication and other basic skills, for example calculation skills to change the number of servings prepared in a set recipe to reflect the number of crew members likely to eat a particular dish at a particular meal.

## 3 Practical cookery – Basic cooking skills

### 3.1. Menus

3.1.1 . The ship's cook should:

- be familiar with the various types of menus and their differences;
- be able to read, understand and follow a recipe, have knowledge regarding nutrition, raw ingredients, preparation techniques and cultural and religious requirements, and be able to apply these skills in menu planning

Be familiar with the company menu book, if applicable;

- be familiar with the rules of menu composition;
- be able to estimate the amount of leftovers and include their use in menus, reducing food wastage both in the longer term and in day-to-day planning;
- take into account the role of all the senses, the need for variation and the importance of nutritional value when planning;
- be able to understand the importance of weekly menus, and to be able to organize and prepare the weekly menus;
- be able to prepare a meal so that the ingredients retain their nutritional content while still maintaining a tempting appearance;
- be aware of the social aspect of mealtimes and of the practical consequences of this on menu planning, including with regard to special traditions, celebrations and occasions;
- have an understanding of the interaction between mealtimes and the daily rhythms of work on board and the importance of such interaction in terms of the practicalities of serving meals and snacks.
- be familiar with what constitutes a healthy diet.

**3.1.2** In order to be able to design and serve a varied menu, the ship's cook should have knowledge of and ability to use recipes, various cooking methods and information on how nutrients change during cooking, taking into account nutritional and taste implications.

**3.1.3** A ship's cook should also be able to prepare:

- a cold table
- hot and cold dishes
- egg dishes
- lunch dishes
- soup, especially basic stock soups
- sauces, especially basic sauces
- rice types, noodles and pasta dishes
- fish, meat and poultry
- garnishes and accompaniments
- vegetables
- desserts
- fresh bread and bakery products
- international cuisine, taking into account cultural and religious requirement
- additional meals for persons who may be on board when authorized (excluding passengers)

## 4.1 Fundamentals of cooking

4.1.1 The ship's cook should have knowledge of basic food chemistry and of how the storage and preparation of raw ingredients influences the quality and nutritional value of the ingredients.

4.1.2 The ship's cook should also have knowledge of how to assess the quality of raw ingredients and processed or semi-processed foods, and be able to select and use seasonal and local foods when purchasing provisions, and understand dairy products and their uses.

## 4.2. Practical cooking skills

4.2.1 In order to undertake practical aspects of cooking, the ship's cook should have acquired the necessary theoretical competencies needed for planning, preparing and serving a varied, nutritious menu in a practical way. The ship's cook should:

- be able to organize good work processes and efficient product flows and have the ability, in practice, to establish safe food handling practices such as filleting, deboning, trimming and portioning meat without wastage during preparation. It is important that the ship's cook has a good overview of stores and has established schedules for the timely thawing of relevant food;
- be able to combine the principles of variation, reusing leftovers and prevention of food wastage;
- be able to bake bread and other bakery products and pastries using various bakery methods, including the use of dried yeast;
- know how to use the utensils and equipment in the galley, for instance know how to use the oven, how to correctly use cutting boards and kitchen knives and the different knife skills;
- be fully aware of how to use fiddles (storm bars) and pan holders correctly in situations of bad weather;
- understand the value of hygienic and practical conditions for cooking, in order to facilitate the preparation of food and the improvement of work processes;
- be familiar with food preservation methods;
- be able to prepare meals taking account of preparation time and methods that are crucial to final taste.

## 4.3. Methods of preparation

4.3.1 The ship's cook should know how to apply different food preparation techniques, be aware of the advantages, disadvantages and typical uses of each technique and have a knowledge of the most common ways of preparing food to meet special cultural and religious requirements. The ship's cook should recognize different butchery cuts and have knowledge of various cooking methods.

4.3.2 The ship's cook should also have knowledge of:

- how to handle the practical production of hot and cold food, including different types of meat, fruit and vegetables in combination with different accompaniments, spices and cooking methods, taking into account the different senses (appearance, taste, color, composition, and so on) and good work processes, allowing the meals to be finished and served at the right time;
- how to retain the nutritional content, including knowledge of the chemical processes in cooking that affect raw ingredients and their nutrients;
- ideal roasting and core temperatures for meat and how to use and sanitize probe thermometers;
- the importance of the cooking method for the consistency, appearance and taste of a meal and good principles for serving food;
- how to plan and prepare snacks and bake bread and cakes.

### **4.3.3 *Presentation and serving***

A meal can be served and presented in many different ways. Methods of presentation and service generally depend on tradition, culture or religion. While sense of taste is by and large the same across the globe, the taste experience is always individual, as it is fundamentally a reflection of tradition and previous experience.

For most people, mealtimes provide an important social meeting opportunity and so it is important for the ship's cook to have some insight into the seafarers' needs.

The buffet is the most common way of serving food on board ships. The presentation of a meal in terms of color, smell and taste has a major impact for those who are to eat it. Hot food should be served hot and likewise cold food should be served cold. Serving temperature and the presentation of the meal can critically influence the perception of a meal. The ship's cook should therefore have knowledge of fundamental principles for presentation and serving.

## Competency

### Professional competence

### The methodology of determination of professional competence

### Criteria of evaluation

## PREPARE AND COOK SOUPS, STOCKS, AND SAUCES

Prepare and cook stocks

- Demonstrate the correct use of equipment to prepare, cook and store stocks
- Prepare and cook white chicken stock, brown veal stock and a consommé
- Evaluate the finished product

Practical test talked through by the examiner. The assessed techniques will be chosen randomly by the examiner within the content of the module and the ingredients provided

The development of the practical test is divided into : work plan, preparation and taste, presentation, hygiene and safety, budget and food recuperation

Prepare and cook soups

- Demonstrate the correct use of equipment to prepare, cook and store soups
- Prepare different types of soups such as veloutés, consommés, broth and vegetable soups
- Demonstrate the finishing methods and present appropriate accompaniments
- Evaluate the finished product

Practical test talked through by the examiner. The assessed techniques will be chosen randomly by the examiner within the content of the module and the ingredients provided

The development of the practical test is divided into : work plan, preparation and taste, presentation, hygiene and safety, budget and food recuperation

## Competency

### Professional competence

### The methodology of determination of professional competence

### Criteria of evaluation

Prepare and cook sauces

- Demonstrate the correct use of equipment to prepare, cook and store sauces
- Making different sauces, stable and unstable, warm and cold
- Sauce Bearnaise, Hollandaise,
- Mayonaise, tartare
- Making a classic brown sauce
- Making a beurre blanc
- Evaluate the finished products

Practical test talked through by the examiner. The assessed techniques will be chosen randomly by the examiner within the content of the module and the ingredients provided

The development of the practical test is divided into : work plan, preparation and taste, presentation, hygiene and safety, budget and food recuperation

## Competency

## Professional competence

## The methodology of determination of professional competence

## Criteria of evaluation

### **PREPARE AND COOK FRUITS AND VEGETABLES**

Prepare fruits and vegetables

- Check that fruits and vegetable and accompanying ingredients are of the correct quantity and quality
- Demonstrate the correct use of equipment to prepare fruit and vegetable
- Prepare fruit and vegetable by peeling washing and trimming assemble ingredients according to dish specification demonstrating safe and hygienic practices
- Store fruits and vegetables appropriately prior to cooking if required

Practical test talked through by the examiner. The assessed techniques will be chosen randomly by the examiner within the content of the module and the ingredients provided

The development of the practical test is divided into : work plan, preparation and taste, presentation, hygiene and safety, budget and food recuperation

## Competency

### Professional competence

### The methodology of determination of professional competence

### Criteria of evaluation

Cook fruits and vegetables

- Demonstrate the correct use of equipment to cook, prepare store and serve fruits and vegetables
- Been comfortable working with a knife : cutting in bru-noise, matignon, julienne,
- Cook vegetable different ways : Glazed, braised, steam, cook green vegetables to keep colors and vitamins
- Working with potatoes : Steamed, rösti, pureed,
- Knowledge and use of different rices and pastas : make a risotto, make fresh pastas
- Cook, assemble, hold, store ( if required) and serve cooked fruits and vegetables

Practical test talked through by the examiner. The assessed techniques will be chosen randomly by the examiner within the content of the module and the ingredients provided

The development of the practical test is divided into : work plan, preparation and taste, presentation, hygiene and safety, budget and food recuperation

Competency	Professional competence	The methodology of determination of professional competence	Criteria of evaluation
<b>PREPARE AND COOK MEAT AND OFFAL</b>	Prepare meat and offal	<ul style="list-style-type: none"> <li>- Demonstrate the correct use of a tool and equipment when preparing, portioning and storing meat and offal to dish specification whilst working in a safe and hygienic manner</li> <li>- Be able to debone a simple cut of meat for exemple a lamb shoulder</li> </ul>	Practical test talked through by the examiner. The assessed techniques will be chosen randomly by the examiner within the content of the module and the ingredients provided  The development of the practical test is divided into : work plan, preparation and taste, presentation, hygiene and safety, budget and food recuperation

## Competency

### Professional competence

### The methodology of determination of professional competence

### Criteria of evaluation

Cook meat and offal

- Demonstrate the correct use of a tool and equipment when preparing, portioning and storing meat and offal to dish specification whilst working in a safe and hygienic manner
- Use appropriate moulds/ bassins, shapes, flavoring to joints of meat and offal according to dish specification
- Demonstrate how to cook a red meat ( rare, medium rare, medium, medium well, well done)
- Demonstrate different ways to cook a meat : Pan fried, slow cooked, braised, poached, grilled
- Make/prepare dressings, sauces, coulis, gravies, jus and garnishes for meat and offal
- Apply finishing skills and assemble dish according to dish specifications, evaluating the finished dish/dishes

Practical test talked through by the examiner. The assessed techniques will be chosen randomly by the examiner within the content of the module and the ingredients provided

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**Competency**

**Professional competence**

**The methodology of determination of professional competence**

**Criteria of evaluation**

Prepare poultry

- Demonstrate the correct use of a tool and equipment when preparing, portioning and storing meat and offal to dish specification whilst working in a safe and hygienic manner
- Be able to debone a chicken or a guinea fowl

Practical test talked through by the examiner. The assessed techniques will be chosen randomly by the examiner within the content of the module and the ingredients provided

The development of the practical test is divided into : work plan, preparation and taste, presentation, hygiene and safety, budget and food recuperation

Cook poultry

- Demonstrate the correct use of a tool and equipment when preparing, portioning and storing meat and offal to dish specification whilst working in a safe and hygienic manner
- Demonstrate different cooking method
- Make/prepare dressings, sauces, coulis, gravies, jus and garnishes for meat and offal
- Apply finishing skills and assemble dish according to dish specifications, evaluating the finished dish/dishes

Practical test talked through by the examiner. The assessed techniques will be chosen randomly by the examiner within the content of the module and the ingredients provided

The development of the practical test is divided into : work plan, preparation and taste, presentation, hygiene and safety, budget and food recuperation

## Competency

## Professional competence

## The methodology of determination of professional competence

## Criteria of evaluation

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

- Prepare fish and shellfish
  - Demonstrate correct use of tools and equipment when preparing, portioning, cutting, storing whilst working in a safe and hygienic manner
  - Fish filleting different fishes 2 and 4 filets, flat and round
  - Appropriate techniques for dish specification, flavoring, coatings, lining dishes

The development of the practical test is divided into : work plan, preparation and taste, presentation, hygiene and safety, budget and food recuperation

## Competency

### Professional competence

### The methodology of determination of professional competence

### Criteria of evaluation

Competency	Professional competence	The methodology of determination of professional competence	Criteria of evaluation
<p><b>PREPARE AND COOK RICE, PASTA GRAINS AND EGG DISHES</b></p>	<p>Cook fish and shellfish</p>	<ul style="list-style-type: none"> <li>- -Correct tools and equipment used in various different dishes and applying in a safe and hygienic manner</li> <li>- Making a fumet</li> <li>- Demonstrate different ways to cook a fish : Pan fried, slow cooked, braised, poached, grilled in a salt crust</li> <li>- -Make/prepare dressings, sauces, coulis, flavored butters/oils and garnishes</li> <li>- -Apply skills and assemble according to dish specification, evaluate the finished dish/dishes</li> </ul>	<p>Practical test talked through by the examiner. The assessed techniques will be chosen randomly by the examiner within the content of the module and the ingredients provided</p> <p>The development of the practical test is divided into : work plan, preparation and taste, presentation, hygiene and safety, budget and food recuperation</p>
	<ul style="list-style-type: none"> <li>• Prepare and cook rice</li> </ul>	<ul style="list-style-type: none"> <li>- Use the correct type and amount of rice for the dish specification demonstrating safe and hygienic use of tool and equipment</li> <li>- Control of the cooking process to obtain the required quality</li> <li>- Assemble dish to specifications, evaluate</li> </ul>	<p>Practical test talked through by the examiner. The assessed techniques will be chosen randomly by the examiner within the content of the module and the ingredients provided</p> <p>The development of the practical test is divided into : work plan, preparation and taste, presentation, hygiene and safety, budget and food recuperation</p>

## Competency

### Professional competence

### The methodology of determination of professional competence

### Criteria of evaluation

- Prepare and cook pasta

- Use correct amounts and type of pasta for dish, demonstrate safe and hygienic practice
- Control the cooking process to obtain the quality required
- Assemble and finish the dish to requirements and evaluate the finished dish

Practical test talked through by the examiner. The assessed techniques will be chosen randomly by the examiner within the content of the module and the ingredients provided

The development of the practical test is divided into : work plan, preparation and taste, presentation, hygiene and safety, budget and food recuperation

- Prepare and cook grains

- Use correct amounts and type of grains for the dish specified, demonstrate safe and hygienic use of tools and equipment
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- Control of the cooking process to obtain the required quality
- Assemble the finished dish to specific requirements, evaluate the dish

Practical test talked through by the examiner. The assessed techniques will be chosen randomly by the examiner within the content of the module and the ingredients provided

The development of the practical test is divided into : work plan, preparation and taste, presentation, hygiene and safety, budget and food recuperation

## Competency

### Professional competence

### The methodology of determination of professional competence

### Criteria of evaluation

## PREPARE AND COOK DESSERTS AND PUDDINGS

Prepare and cook eggs

- Use the correct type and amount of egg for dish specification, demonstrate safe and hygienic use of tool and equipment
- Demonstrate different cooking method such as poached, fried, scrambled, omelet,
- Control of the cooking process to obtain the required quality
- Assemble the finished dish to specific requirements, evaluate dish

Practical test talked through by the examiner. The assessed techniques will be chosen randomly by the examiner within the content of the module and the ingredients provided

The development of the practical test is divided into : work plan, preparation and taste, presentation, hygiene and safety, budget and food recuperation

- Prepare and cook hot and cold desserts and puddings

- Use the correct equipment demonstrating safe and hygienic work practices
- Basic dough for pastry: shortcrust pastry, puff pastry, sugarcrust pastry, flaky pastry, sponge cake
- Basic creams : Custard, Pastry cream, Butter cream, bavarois, Chiboust
- Meringues : French Italian and swiss

Practical test talked through by the examiner. The assessed techniques will be chosen randomly by the examiner within the content of the module and the ingredients provided

The development of the practical test is divided into : work plan, preparation and taste, presentation, hygiene and safety, budget and food recuperation

## Competency

### Professional competence

### The methodology of determination of professional competence

### Criteria of evaluation

## PREPARE AND COOK BAKERY PRODUCTS

- |  |  |   |   |
|--|--|---|---|
| <ul style="list-style-type: none"> <li>Demonstrate how to cook and finish deserts and puddings</li> </ul>      | <ul style="list-style-type: none"> <li>- Correct use of equipment to cook and finish hot/cold deserts and puddings demonstrating safe and hygienic work practices</li> <li>- Control of the cooking process to obtain the required quality</li> <li>- Apply skills and assemble according to dish specification, evaluate the finished dish</li> </ul>   | <p>Practical test talked through by the examiner. The assessed techniques will be chosen randomly by the examiner within the content of the module and the ingredients provided</p> | <p>The development of the practical test is divided into : work plan, preparation and taste, presentation, hygiene and safety, budget and food recuperation</p> |
| <ul style="list-style-type: none"> <li>PREPARE &amp; COOK PASTE, BISCUITS, CAKE AND SPONGE PRODUCTS</li> </ul> | <ul style="list-style-type: none"> <li>- Prepare and store correct products to be used and created, using correct equipment and tools in a safe and hygienic manner</li> <li>- Prepare different types of breads using dry yeast and fresh yeast</li> <li>- Demonstrate how to make a croissant dough</li> <li>- Bake and finish biscuits etc... to correct specifications, evaluate dish</li> </ul> | <p>Practical test talked through by the examiner. The assessed techniques will be chosen randomly by the examiner within the content of the module and the ingredients provided</p> | <p>The development of the practical test is divided into : work plan, preparation and taste, presentation, hygiene and safety, budget and food recuperation</p> |

**Competency**

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**Criteria of evaluation**

	<ul style="list-style-type: none"> <li>• PREPARE FERMENTED G +DOUGH PRODUCTS</li> </ul>	<ul style="list-style-type: none"> <li>- Prepare fermented dough products in advance using correct tool and equipment, store correctly, in a safe and hygienic work practice</li> </ul>	<p>Practical test talked through by the examiner. The assessed techniques will be chosen randomly by the examiner within the content of the module and the ingredients provided</p>	
<p><b>EFFICIENT STOCK MANAGEMENT</b></p>		<ul style="list-style-type: none"> <li>- Knowledge of FDIFDI (first date in, first date out)</li> <li>- Knowledge of handling and managing of frozen products</li> <li>- Knowledge of handling and managing of cold products</li> <li>- Knowledge of handling and managing of dry stores</li> <li>- Knowledge of product labeling</li> <li>- Knowledge of storing food on board</li> </ul>	<p>Questions regarding the way of storing and handling of provision on board</p>	<p>Multiple choice questions directly related to situations on-board</p>

**Competency**

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**Criteria of evaluation**

**COMPOSITION OF A WELL BALANCED MENU FOR THE SHIP'S GALLEY**

- Knowledge of a broad range of menus
- Knowledge of budgets
- Knowledge of food recuperation
- Knowledge of the nutritional value of food
- Knowledge of possibilities of local purchasing
- Knowledge of the different cultures within the crew

Writing out a menu for one week, for a predetermined ship, crew and sailing area

The candidates writes a menu and will be evaluated based on all the elements mentioned column 3

**CALCULATION OF THE QUANTITIES/PORTIONS AND ORDERING OF PROVISION**

- Knowledge of weights
- Knowledge of nutrition groups
- Knowledge of the possibilities of local purchasing
- Knowledge of prices
- Knowledge of controlling the quality of products
- Knowledge of the differences between home made products and ready made products

Questions regarding the calculation of the quantities and ordering of provision (written).

These questions are divided into 3 open question and 7 multiple choice all directly related to cost calculation and local purchasing possibilities

**Competency****Professional competence****The methodology of determination of professional competence****Criteria of evaluation****EXCELLENT KNOWLEDGE OF DISHES**

- Knowledge of the different food combinations
- Knowledge of the basic sauces
- Knowledge of meat preparations
- Knowledge of fish preparations
- Knowledge of soups, starters, main dishes and deserts
- Knowledge of bread and
- pastry

Questions regarding dishes and techniques

7 multiple choice and 3 open questions regarding basic preparations

## Competency

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### Criteria of evaluation

#### Health and safety in catering in the maritime industry

Understand the importance of health and safety in the maritime industry

•

Be able to identify hazards in the catering workplace on-board ship

•

Understand how to control hazards in the workplace

•

Understand how to maintain a healthy and safe workplace

Written questions

Multiple choice and open questions regarding basic preparations

#### Applying work place skills

Be able to maintain personal presentation

•

Be able to work effectively with co workers customers and colleagues

•

Be able to prepare for a job application

•

Be able to produce a plan to develop skills

Written questions

Multiple choice and open questions regarding basic preparations

**Competency**

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**Criteria of evaluation**

**Healthier foods and special diets**

Understand how to plan and provide special diets

- Outline current government nutritional guidelines for healthy diets

Written questions

Multiple choice and open questions regarding basic preparations

**Dietary requirements of shift workers**

Understand how to plan and provide the dietary requirements for shift workers

Written questions

Multiple choice and open questions regarding basic preparations

**Competency****Professional competence****The methodology of determination of professional competence****Criteria of evaluation****EXCELLENT KNOWLEDGE REGARDING HYGIENE, SAFETY AND MARPOL**

- Knowledge of basic galley hygiene
- Knowledge personal hygiene and safety
- Knowledge of the hygienic use of materials
- Knowledge of the problems of hygiene in the cold rooms and other storing places
- Knowledge of the principles of HACCP (Hazard Analysis Critical Control Points)
- Knowledge of MARPOL annex 5
- Knowledge of the garbage control plan
- Knowledge of the garbage logbook

Questions regarding hygiene, safety en HACCP (Hazard Analysis Critical Control Points)

Multiple choice questions directly related with the elements mentioned in column 2

**Competency****Professional competence****The methodology of determination of professional competence****Criteria of evaluation****EXCELLENT KNOWLEDGE REGARDING RELIGIOUS AND DIETARY REQUIREMENTS**

- Knowledge of the rituals, customs and guidelines associated with food and meals
- Knowledge of religious or cultural dietary requirements, including requirements concerning purchasing, segregation, preparation, and cooking of different types of food for cultural and religious reasons.

10 written questions

7 multiple choice and 3 open questions regarding basic preparations

## APPENDIX

### ACCOMODATION AND TRANSPORT

ACCOMMODATION

Arrangement made with an hotel located 2 minutes away from the workshop for 50€/night

TRANSPORT

A van will pick you up at 8h30 from Antibes center just next to the Bluewater's office located

LOCATION

Located 1630, chemin des Combes in Antibes  
10min minutes away from the port and 3 min from the motorway