



DEMOCRATIC SOCIALIST REPUBLIC OF SRI LANKA
MERCHANT SHIPPING SECRETARIAT

Ministry of Ports & Civil Aviation

No.79, Technical Junction, Maradana Road, Colombo 10, Sri Lanka.

Telephone: +94(0)112435127, Fax: +94(0)112435160, E-mail: dmsmos@slt.net.lk

180Hrs Cook Updating Course

1. Core Syllabus

Core Syllabus - 180 hrs Cook Updating Course		
#	UNITS	HRS
1	OBSERVE GENERAL GALLY SAFETY PROCEDURES	7.00
2	OBERVE HEALTH FOOD HYGIENE PRACTICES	8.00
3	MARPOL & MLC	7.00
4	PERSONAL HYGIENE	5.00
5	FOOD SAFETY AND STORAGE	9.00
6	KNOWLEDGE OF INGREDIENTS AND STOCK CONTROL & NUTRITIONAL VALUE OF FOOD	9.00
7	MULTI CULTURE AND RELIGIOUS AWARENESS	3.00
8	PRACTICAL	132.00
	TOTAL	180.00



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2. Detail Syllabus

Detail Syllabus - 180 hrs Cook Updating Course		
#	UNITS	HRS
1	OBSERVE GENERAL GALLY SAFETY PROCEDURES	
1.1	Health, safety and housekeeping requirement on board as cooks	2.00
1.2	The guidelines for preventive accidents	1.00
1.3	The preparedness for rough weather	2.00
1.4	The code of Safe Working Practices	1.00
	Exam	1.00
2	OBERVE HEALTH FOOD HYGIENE PRACTICES	
2.1	The importance of personal hygiene	1.00
2.2	Why hygiene is important for Food & Beverage field	1.00
2.3	Bacterial food contamination	1.00
2.4	How to prevent food poisoning	1.00
2.5	High risk foods and their implications in food poisoning	1.00
2.6	Reasons for food poisoning	1.00
2.7	Cooling of cooked food and reheating before service	1.00
	Exam	1.00
3	MARPOL & MLC	
3.1	MARPOL	3.00
3.2	MLC	3.00
	Exam	1.00
4	PERSONAL HYGIENE	
4.1	The identification of unhygienic practices and risks of harm to others is minimized all the times.	2.00
4.2	The fitness to work	1.00
4.3	Requirement of temporary absence from work if infected with secondary infections.	1.00
	Exam	1.00
5	FOOD SAFETY AND STORAGE	
5.1	The ways of segregation of raw and cooked foods.	2.00
5.2	Importance and methods of storing raw and cooked foods	2.00
5.3	How to take precautions in entering to cold rooms.	1.00
5.4	How to clean the work places and store rooms.	1.00

5.5	Importance of covering food to avoid pests contamination	1.00
5.6	Importance of pest Control	1.00
	Exam	1.00
#	UNITS	HRS
6	KNOWLEDGE OF INGREDIENTS AND STOCK CONTROL & NUTRITIONAL VALUE OF FOOD	
6.1	The importance of nutritional values and retention of them	2.00
6.2	How to take stock count, how to use perishables without waste	2.00
6.3	The ways in thawing frozen food	1.00
6.4	Importance of Cost controls and providing a nutritious meal	1.00
6.5	Importance of taking the sufficient stocks and preparation for emergencies	2.00
	Exam	1.00
7	MULTI CULTURE AND RELIGIOUS AWARENESS	
7.1	Requirements of Cooking Halal meals	1.00
7.2	Importance of Vegetarian Meals, Hindu and other religious meals.	1.00
7.3	Limitations in using Pork, Beef and other restricted materials	1.00
	Exam	
8	PRACTICAL	
8.1	Stocks	14.00
8.2	Soups	14.00
8.3	Sauces	12.00
8.4	Appetizers and Canapés	12.00
8.5	Salads & Sandwiches	12.00
8.6	Fish	12.00
8.7	Poultry	12.00
8.8	Meat	12.00
8.9	Potato, Rice & Pasta	12.00
8.10	Vegetables	12.00
	Practical Exam	8.00
	TOTAL	180.00

Equipment list Cookery

- All-purpose knife
- Apple slicer
- Baba molds ‘
- Baker brush
- Banquettes
- Blender
- Boning knife
- Bread knife
- Bread molds
- Butchers knife
- Butter curler
- Cake molds
- Can opener
- Can opener
- Casserole pot
- Cheese knife
- Chef’s knife
- Chiller
- Chinese spatula
- Chinos
- Chocolate molds
- spatula
- Clever
- Conical strainer
- Cooking range
- Cooks knife
- Cooling racks
- Croissant cutter
- Cutters round
- Cutting board
- Cutting board rack
- Deck oven
- Decorating comb
- Deep frying skimmer
- Digital thermometer
- Digital weighing scale
- Dish washer
- Dockers
- Dough divider
- Dough scraper
- Dough sheerer
- Egg slicer
- Fillet knife
- Fish scalar
- Fish spatula
- Food pans
- Freezer
- Funnel
- Garbage bins
- Gas cylinders
- Gas lighter
- Gas torch
- Gloves
- Grater
- Griddles
- Grills
- Ice cream scoop
- Ladle
- Lasagna spatula
- Liquidizer
- Lobster cracker
- Measuring jug
- Measuring spoons
- Meat folk
- Meat hammer
- Meat tenderizer
- Microwave ovens
- Mixing bowls
- Mixing bowls (plastic)
- Muffin molds
- Nonstick round molds
- Non-stick pan
- Nozzles
- Oval molds
- Oyster knife
- Paring knife
- Pastry bags
- Pastry rings ‘
- Pastry trays
- Pastry wheel
- Pate molds
- Perforated spatula
- perforated spoons

Equipment list Cookery -

cont....

- Perforated trays
- Pie molds
- Pittu steamer
- Potato baller
- Revolving cake stands
- Rice steamer
- Roasting pan
- Rolling pin
- Salamander
- Sauce boats
- Sauce pan
- Sauté pan
- Savarin mold
- Saw knife
- Scissors
- Scoops with handle
- Sharpening knife
- Sharpening tool
- Sifter
- Silicon mats
- Sinks
- Skewers
- Skimmer
- Slicing knife
- Slicing knife
- Small mixing bowls
- Soufflé sups
- Soup cups
- Soup plates
- Spatula –(bowl scraper)
- Spice trays
- Spoons
- Spray cleaner
- Stainless steel bowls in different sizes
- Stainless steel tables
- Steamers
- Stock pot
- Strainer with fine mesh
- Strainer with handle
- String hopper squeezer
- Tart rings
- Tartlet molds
- Thick bottom pans
- Toaster
- Tongs
- Vegetable cutters
- Vegetable peeler
- Whisks
- Wok pans
- Wooden spatula flat
- Wooden spatula long

Equipment list Food & Beverage

- Bar Spoons
- Bar Towels
- Beverage Trays
- Blenders, Juicers And Shakers
- Bottle Opener And Wine Bottle
- Bussing Trays
- Chafing Dishes
- Chairs
- Chopping Board
- Clean Uniforms
- Cleaning Equipment
- Cocktail Recipe Books
- Cocktail Shaker
- Coffee-Making Equipment
- Condiments
- Crockery
- Cutlery
- Decorative Material
- Display Material
- Drip Mats
- Dust Pan And Brush
- Dusters And Glass Cloth
- Fire Extinguishers
- First Aid Items
- Flower Vase
- Food Covers
- Gel Fuel For Burners
- Glass Ware
- Glass Washers
- Glassware Appropriate To Beverage And Style
- Gloves
- Hand Washing Sinks
- Ice Buckets
- Ice Crushers
- Ice Pail/Tongs
- Ice Tongs
- Jiggers
- Juice Extractor
- Knives
- Linen
- Liquid Measures
- Menus And Wine Lists
- Mixing Glass
- Napkins
- Openers And Wine Knives
- Plastic Containers
- Plate Warmer
- Post Mix Systems
- Refrigeration Equipment
- Safety Signage
- Service Cutlery And Tongs
- Service Trays
- Silver Platters
- Stands
- Stirrers And Swizzles
- Strainers
- Tables And Chairs
- Tea And Coffee Making Facilities
- Toothpicks
- Trays
- Trolleys
- Utensils
- Waiter's Kit (Bottle/Wine Opener, Pen & Note Pad, Lighter, Waiter's Cloth,)
- Jugs

Equipment list Housekeeping

- Bins
- Broom or Sweeper
- Bucket (for 3- bucket system Red, yellow and green)
- Carpet blower
- Carts And Trolley
- Chemical Caddy
- Chemical Dispenser
- Cleaning Agents Used In House Keeping
- Communication Equipment
- Computer And Accessories
- Dress Hangers
- Dust Pan
- Fire Extinguisher
- First Aid Box
- Floor Care Signage
- Floor Polisher
- Floor Squeegee
- Inspection Table
- Iron And Iron Boards
- Keys
- Label Identified Areas
- Laundry Bags And Cover
- Laundry Baskets
- Laundry Control Sheets
- Linen Bins
- Linen Cart/Trolley
- Linen Racks
- Linen Room Log Book
- Linen Trolley
- Maintenance Order Forms
- Manual And Electrical Housekeeping Equipment
- Mop handle
- Mop head
- Mop Squeezer
- Office Facilities
- Personal Protective Equipment
- Public area cart
- Push Brush
- Racks And Tags
- Required Linen And Uniform Stocks
- Room Amenities
- Shampoo machine

Reference

1. Cookery for the Hospitality Industry
 - Graham Dodgshun, Michel Peters David O’dea
2. Food Safety & Sanitation
 - David McSwane, H.S. D, Nancy Rue Richard Linton
3. Caserani & Kinton’s The theory of Catering
 - David Foskett and Victor Ceserani
4. Advanced Practical Cookery
 - John Campbell, David Foskett, Victor Ceserani
5. Practical Cookery For Level 2 NVQ & Apprenticeships
 - John Campbell, David Foskett, Neil Rippington, Patricia Paskins
6. MARPOL
 - International Maritime Organization