

	Transport Canada Marine Safety	Issue Date: August 2004	Section 4	Ref: 2293-INF--45-1
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TP 2293 E		<i>THE EXAMINATION AND CERTIFICATION OF SEAFARERS</i>		

CHAPTER 45 - SHIP'S COOK

PART I - GENERAL REQUIREMENTS OF APPLICANTS

- 45.1 Every applicant for a certificate as Ship's Cook shall:
- (a) complete one month service on board a ship as ship's cook or cook's helper;
 - (b) obtain a medical certificate prescribed by the Crewing Regulations;
 - (c) obtain a certificate of completion for each of the following Marine Emergency Duties Courses, set out in TP 4957, from a school listed in TP 10655:
 - (i) Basic Safety (A1);
 - (ii) Survival Craft (B1); and
 - (iii) Marine Fire Fighting (B2);
 - (d) obtain a Marine First Aid Advanced Certificate, set out in TP 13008; and
 - (e) subject to section 45.3, pass an examination.

PART II - EXAMINATIONS

- 45.2 The applicant shall undergo a written and practical examination consisting of:
- (a) true and false questions;
 - (b) preparing a day's menu for a specified number of people from a list of supplies; and
 - (c) preparing lunch or dinner for a specified number of people in a given time.
- 45.3 Applicants will be exempted from the requirements of the practical examination referred to in section 45.2 (b) and (c) if they produce a diploma from an approved school listed in TP 10065.

PART III - VALIDITY OF CERTIFICATE

- 45.4 The certificate as Ship's Cook is valid as a ship's cook on vessels making foreign or home-trade voyages extending south of 36 degrees north latitude, as required by the Crewing Regulations.
- 45.5 Not used.

PART IV - SYLLABUS OF EXAMINATION

45.6 Oral Examination

ITEM	COLUMN
1.	Storage and sanitation of shipboard foods.
2.	Use and care of equipment.
3.	Methods of retaining nutritive value.
4.	Cooling temperatures and cooking time.
5.	Method of serving.
6.	Size of serving.
7.	Seasoning.
8.	Garnishes.
9.	Use of leftovers.
10.	Personal hygiene.
11.	Food-borne diseases.
12.	Dishwashing procedures.
13.	Galley sanitation.
14.	Galley safety rules.
15.	Menu planning.
16.	Galley work schedule.
17.	Food service.
18.	Soups and sauces (hot and cold).
19.	Meat and Poultry Butchering; cookery (including carving), gravies, and stuffings.
20.	Seafood Preparation and Cookery Batters and breading, and use of leftovers.
21.	Vegetables Preparation for cooking; various methods of cooking, and simple sauces.

22.	Salads Salad dressings, sandwiches, relishes, cocktails, and hors d'oeuvres.
23.	Breakfasts Eggs, breakfast cereals, juices, toast, beverages (hot and cold), care of dairy products.
24.	Supper Dishes Italian pastas, cheese dishes, casserole dishes, etc.
25.	Breads Breads, rolls and quick breads.
26.	Cakes, cookies, doughnuts, and icings.
27.	Pastry Crusts and shells, fillings, and meringues.
28.	Desserts Custards, gelatine desserts, puddings (hot and cold), and sweet sauces.
29.	Fruits Cooking of fruits.
30.	Dish sanitation.