



## IFS Academy

IFS is authorized to administer cooks certifications and to help make the process even easier, we've provided practice tests, educational resources and specialized prep courses at the Academy to ensure your success.

# CERTIFICATION

## REQUIREMENTS

Obligatory minimum requirements regarding the proof of competence for a ship's cook serving at sea are:

- Being 21 years of age or older
- Having a sea service of at least 36 months in the kitchen of seagoing vessel;
- Pass a theoretical and practical exam that show you meet the following competence standard:

| COMPETENCY   | KNOWLEDGE, NOTION AND PROFESSIONAL COMPETENCE  | THE METHODOLOGY OF DETERMINATION OF THE PROFESSIONAL COMPETENCE                               | CRITERIA FOR THE EVALUATION OF THE PROFESSIONAL COMPETENCE   |
|--|--|---|--|
| <b>EFFICIENT MANAGEMENT OF THE STOCK</b>                                 | <ul style="list-style-type: none"> <li>- Knowledge of FIDIFI (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> | 10 questions regarding the way of storing and handling of provisions on board (written).      | Multiple choice questions directly related to situations on board  |
| <b>COMPOSITION OF A BALANCED MENU FOR THE SHIP'S GALLEY</b>              | <ul style="list-style-type: none"> <li>- Knowledge of a broad range of menu's</li> <li>- Knowledge of budgets</li> <li>- Knowledge of food recuperation</li> <li>- Knowledge of the nutritional value of food</li> <li>- Knowledge of the possibilities of local purchasing</li> <li>- Knowledge of the different cultures within a multicultural crew</li> </ul>                          | Writing out a menu for one week, for a predetermined ship, crew and sailing area              | The candidate writes out this menu without consulting other resources and will be evaluated on basis of all elements mentioned in column 2         |
| <b>CALCULATION OF THE QUANTITIES/ PORTIONS AND ORDERING OF PROVISION</b> | <ul style="list-style-type: none"> <li>- Knowledge of weights</li> <li>- Knowledge of nutrition groups</li> <li>- Knowledge of the possibilities of local purchasing</li> <li>- Knowledge of prices</li> <li>- Knowledge of controlling the quality of products</li> <li>- Knowledge of the differences between home made products and ready made products</li> </ul>                      | 10 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 |
| <b>EXCELLENT KNOWLEDGE OF DISHES</b>                                     | <ul style="list-style-type: none"> <li>- Knowledge of the different food combinations</li> <li>- Knowledge of the basic sauces</li> <li>- Knowledge of meat preparations</li> <li>- Knowledge of fish preparations</li> <li>- Knowledge of soups, starters, main dishes and deserts</li> <li>- Knowledge of bread and pastry</li> </ul>  | 10 written questions  | 7 multiple choice and 3 open questions regarding basic preparations  |

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### IFS Belgium

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|   |   |   |  |
|---|---|---|--|
| <b>EXCELLENT KNOWLEDGE REGARDING HYGIENE, SAFETY AND MARPOL</b> | <ul style="list-style-type: none"> <li>- Knowledge of basic galley hygiene</li> <li>- Knowledge personal hygiene and safety</li> <li>- Knowledge of the hygienic use of materials</li> <li>- Knowledge of the problems of hygiene in the cold rooms and other storing places</li> <li>- Knowledge of the principles of HACCP (Hazard Analysis Critical Control Points)</li> <li>- Knowledge of MARPOL annex 5</li> <li>- Knowledge of the garbage control plan</li> <li>- Knowledge of the garbage logbook</li> </ul> | 10 questions regarding hygiene, safety en HACCP (Hazard Analysis Critical Control Points) | Multiple choice questions directly related with the elements mentioned in column 2   |
| <b>PREPARATION OF A 4-DISH COURSE</b>                           | <ul style="list-style-type: none"> <li>- Knowledge of a good kitchen practice</li> <li>- Knowledge of hygiene in the galley</li> <li>- Knowledge of budgetary aspects, the possible re-use en the application of these elements</li> </ul>  | The preparation of a 4-dish course  | <ul style="list-style-type: none"> <li>- The dishes that need to be made will be talked through with the examiner</li> <li>- The development of the practical test is divided into: work plan, preparation and taste, presentation and creativity, hygiene and safety, budget and food recuperation</li> </ul> |
| <b>PREPARATION OF BREAD AND PASTRY</b>                          | <ul style="list-style-type: none"> <li>- Working with fresh yeast</li> <li>- Working with dry yeast</li> <li>- Dosing of the salt content</li> <li>- Controlling the rise of the bread</li> <li>- White and grey bread</li> <li>- Leaven</li> <li>- Working with puffed pastry (frozen)</li> <li>- Basic preparations of pie</li> <li>- Working with cream</li> </ul>   | Preparation of bread and pastry   | <ul style="list-style-type: none"> <li>- The bread and pastry that need to be made will be talked through with the examiner</li> <li>- At least one of both raising agent will be just during the test</li> </ul>  |

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- For candidates who have a secondary school diploma cook, their experience during the education, will be month by month equal with the sea service with a maximum of 24 months.
- Every ship's cook who has a certificate of competence who's performing or will be performing his profession a shore and wants to return after a period of time as ship's cook at sea, needs to prove with an interval of 5 years, that he still has the necessary skills and competences confirm the conditions of section A-I/II of the STCW-code where appropriate for the function of ship's cook.

Source: Belgian Royal Degree of 24/05/2006

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